A photograph of two students, a woman in a hijab and a man in a baseball cap, working together in a rooftop garden. They are tending to a large green plant in a pot. The background shows a city skyline with tall buildings under a bright, hazy sky. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The woman is on the left, leaning over the plant, and the man is on the right, holding a pair of scissors to trim the plant. Several other potted plants are visible in the foreground and background.

**Sustainable
habits 7x7**

Grade 12

Sustainable habits 7x7

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How to be a Sustainability Pioneer

Sustainable habits are daily actions and choices that prioritise the wellbeing of our planet for us today and future generations tomorrow. They are crucial to creating a more environmentally friendly and responsible world as well as mitigating climate change, conserving resources, preventing waste and protecting the ecosystems.

Sustainable habits encompass a wide range of practices, actions and habits that are as simple as switching off the lights for saving energy to conserving water by timing showers.

This guide has 49 pictures of actions, each mapped to the SDGs, that will inspire you to think of your new habit that will be good for people and the environment. Your new habit can be completely created by you such that it helps people and the environment.

Every time you complete the action that your new sustainable habit needs you to do, you will journal your observations from your activity and the impact of your activity on people and the environment. You are encouraged to incorporate this action into your routine, such that it is indeed your habit!

How to pick an activity?



Go through the pictures in the Sustainable Ideas 7X7 booklet. Stop and stare at the pictures with an action you wish you could do!



Answer the questions that follow each picture. Your answers to the questions will help you identify 1 or more activities that you would like to do through the year.



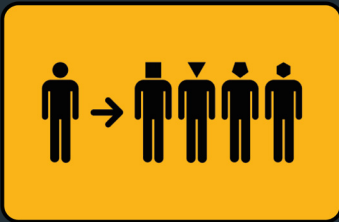
While choosing activities, align your interests and passions to the activities. Select activities that align with the ones you enjoy. If you are passionate about animals, you might choose activities related to wildlife conservation, for example.



Consider the social and environmental issues that are close to your heart. If you are concerned about plastic pollution, focus on activities that address this issue, such as participating in a beach clean up or reducing single-use plastic consumption.



Evaluate the resources you have access to. Some activities may require specific materials or tools, so choose activities that are feasible based on what's available to you.



Decide if you prefer working independently or with others. Some activities are suitable for solo efforts, while others can be done as a group or a family project. Choose based on your social preferences.



Consider the level of commitment required for each activity. Some may require less of your time, while others may require more. Choose activities that fit your schedule and availability.



Think about the relevance of activities to your local community or environment.



Prioritise activities that genuinely excite you. Your enthusiasm will make the experience more enjoyable and sustainable habits easier to develop.



How to journal?

Keep your Habits Journal to document your thoughts and experiences regularly as you do the activities. Reflect on the impact of your actions and how they contribute to habit building. Do enter this in your Habits Journal.

You can journal by writing, sketching, or with numbers and icons! Journal your way.

Remember that the goal is to develop sustainable habits that you can repeatedly do and enjoy for the long term.



How do I collect points for my sustainable habits?

To collect points, you simply need to submit your Habits Journal to your teacher at the end of the year.

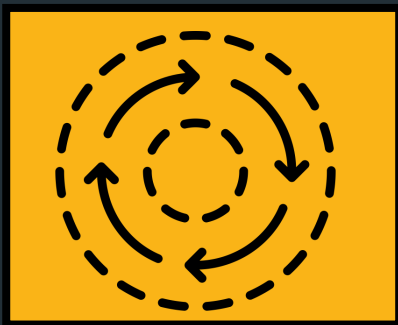


What do points mean?

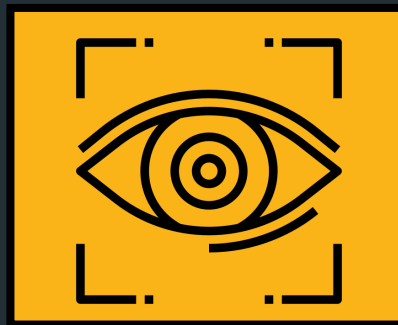
You will see that each activity has a number of points attributed to it based on the impact of the activity.

If you complete the activity then you will collect the Activity Points of the activity you do.

These Activity Points will be supplemented by Habit Points assessed by your teacher based on your journal and given to you by your teacher for:



Doing the activity consistently and rhythmically over a long period of time
- 10 points



The depth of your observations and journaling -
10 points



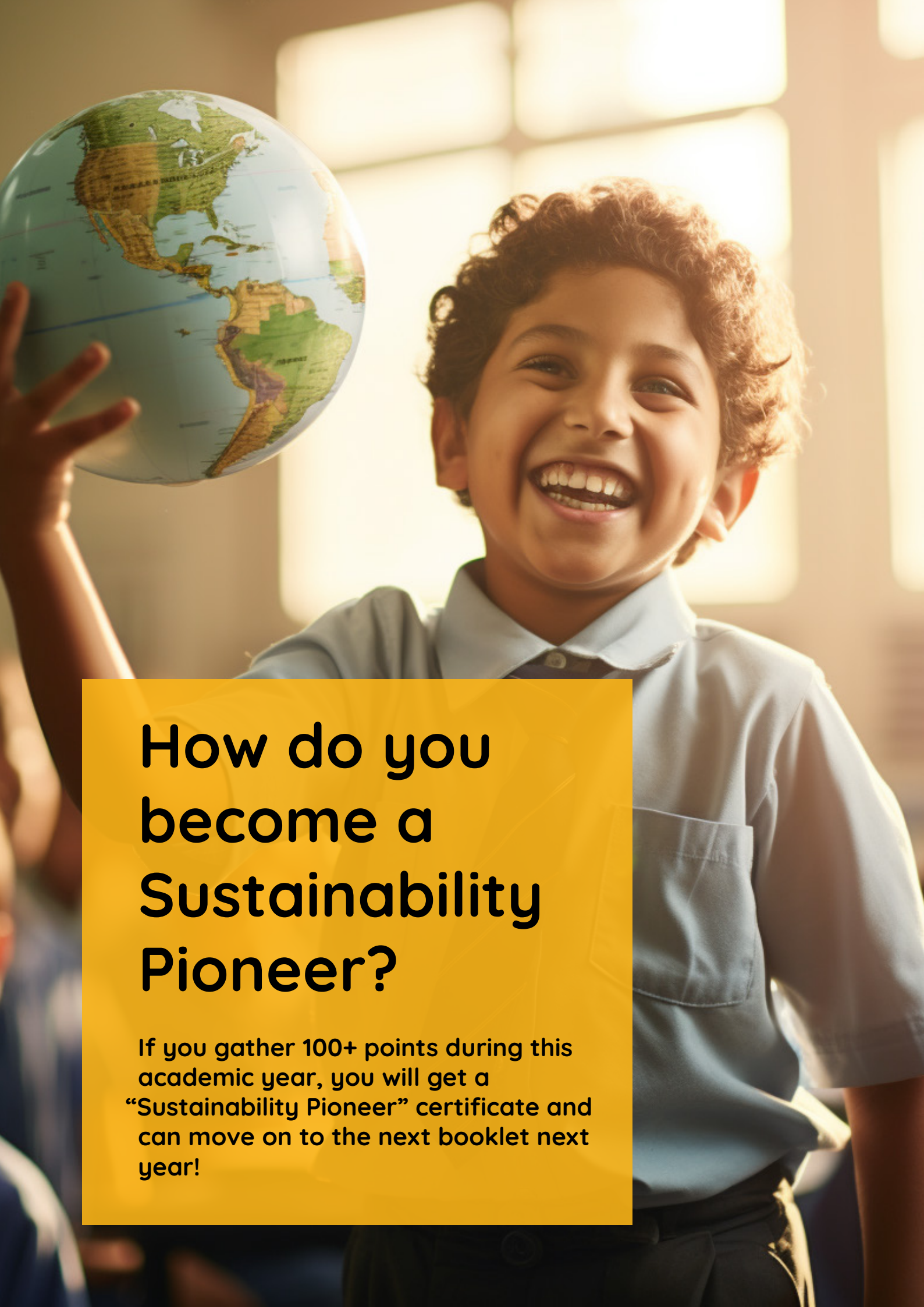
The amount of enjoyment you gained from the activities -
10 points

Calculation of points

At the end of the academic year, the teacher will calculate the total points earned by you. To do so, the teacher adds your Activity Points + the Habit Points that she gives you based on your journal. Here is an example of what your Points Card might look like!

Point category	Points	Teacher's comments
Activity Points for Activity 1	60	Completed activity
Activity Points for Activity 2	0	Incomplete activity
Activity Points for Activity 3	40	Completed activity
Habit Points	20	1. Display of rhythm and consistency in the doing the activity - 5 points 2. Depth of observations in journaling - 5 points 3. Enjoyment in doing the activity - 10 points

Hurrah! Total points earned by you for the academic year: 120



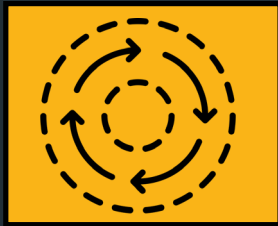
How do you become a Sustainability Pioneer?

If you gather 100+ points during this academic year, you will get a “Sustainability Pioneer” certificate and can move on to the next booklet next year!

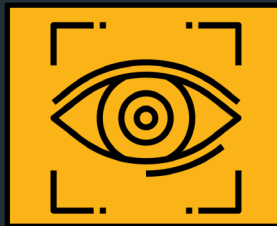
How do you get the Gold, Silver, and Bronze badges?

Your habits get you your badge! So maximise your Habit Points!

As a recap, Habit Points are:



Display of rhythm
and consistency
in the doing the
activity -
10 Points



Depth of
observations in
journaling -
10 points



Enjoyment in
doing the activity -
10 points

At the end of the year, the teacher will assess your journal, calculate your Habit Points and reward you with a badge using the following criteria:



If your teacher
gives you 30 Habit
Points - you get a
Gold badge!



If your teacher
gives you 20 Habit
Points - you get a
Silver badge!



If your teacher
gives you 10 Habit
Points - you get a
Bronze badge!

Focus on building sustainable habits in the future because Gold badges earned by you in 2 consecutive years will replace your earlier Bronze or Silver badge!

For example 2 Gold badges earned in years 2 and 3



Year 1



Year 2



Year 3

Would replace the originally received Silver badge in year 1 with a Gold badge



Year 1



Year 2



Year 3

Things to remember

It is important to remember that sustainable habits mean making meaningful adjustments to your daily life. Sustainable habits are also about being consistent.

Focus on developing sustainable habits and the points will automatically follow.

Reflecting in your journal is a great way to understand the impact of your actions and how they contribute to habit building.

Remember that sustainable habits are about growth, so do not be afraid to step out of your comfort zone. Aim to balance activities that are within your comfort zone with those that challenge you to learn something new.

Set goals for yourself. Challenge yourself to complete a certain number of activities within a specific timeframe.

Over time, these habits can collectively lead to a more sustainable and environmentally conscious society.

Remember, the 7x7 Sustainability Habits program is not just a program. It is a way of life. By following this guide, you are taking the first step towards a sustainable and promising future. Embrace the challenges, enjoy the journey, and be a Guardian of the Planet!

**I volunteer to
teach others**



70 Activity Points

***I WILL TEACH MY
BROTHER TO CROSS
THE ROAD***

I VOLUNTEER TO TEACH OTHERS

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to teach others?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to teach others!

Below are some sample activities that you could do.

Start your own podcast where you interview local environmental experts and share tips on sustainability, climate change, and conservation with your audience.

Collaborate with local businesses to develop a program that helps them adopt sustainable practices. Provide workshops and resources to encourage green initiatives in workplaces.

**I volunteer to
save water**



70 Activity Points

***I WILL EXPLAIN THE
WATER CYCLE TO
YOUNGER STUDENTS***

I VOLUNTEER TO SAVE WATER

Sustainable Development Goals

1 NO
POVERTY



6 CLEAN WATER
AND SANITATION



11 SUSTAINABLE CITIES
AND COMMUNITIES



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to save water?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to save water!

Below are some sample activities that you could do.

Interview all your neighbours about their monthly water consumption and practices they have implemented to reduce it.

Teach the younger children in your community about saving water by making sure taps in their homes are fully closed and checking for leaks.

**I volunteer to use
clean energy**

***A BIKE RIDE A DAY
KEEPS MY BODY FIT
AND THE EARTH CLEAN***

I VOLUNTEER TO USE CLEAN ENERGY



50 Activity Points

Sustainable Development Goals

7 AFFORDABLE AND
CLEAN ENERGY



11 SUSTAINABLE CITIES
AND COMMUNITIES



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to use clean energy?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on using clean energy?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to use clean energy!

Below are some sample activities that you could do.

Create a map of 5 types of renewable power plant locations across your state and volunteer to raise awareness about the same.

Prepare a list of clean energy solutions and circulate it in your community to help reduce the overall carbon footprint in your neighbourhood.

**I volunteer to
remove CO₂
from air**

*I WILL SORT THE
THINGS I WANT TO
REUSE AT HOME
INSTEAD OF
DISCARDING THEM*

I VOLUNTEER TO REMOVE CO₂ FROM AIR



50 Activity Points

Reuse

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to remove CO₂ from air?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to remove CO₂ from air!

Below are some sample activities that you could do.

Help younger kids to bring saplings from the nursery and assist them in planting the saplings in their gardens.

Assist at a local farm that practices sustainable agriculture.

**I volunteer to
manage waste**

***I WILL DONATE AND
NOT DISCARD***

I VOLUNTEER TO MANAGE WASTE



70 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to manage waste?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on managing waste?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to manage waste!

Below are some sample activities that you could do.

Organise and host an eco-friendly fashion show in your neighbourhood where the proceeds go to an environmental NGO. Encourage participants to create outfits from recycled materials and showcase sustainable fashion trends.

Develop an educational pamphlet or brochure about waste-to-energy technologies, highlighting their benefits and drawbacks. Present your findings to the school or community to foster informed discussions about sustainable waste management.

**I volunteer to
grow food**

MY INTERNSHIPS DON'T HAPPEN IN AIR-CONDITIONED ROOMS

I VOLUNTEER TO GROW FOOD



60 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to grow food?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
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the next page.

If your answer to this question is
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question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to grow food!

Below are some sample activities that you could do.

Assist at a farm and help in various activities such as soil preparation, sowing, ploughing and so on.

Assist in the preparation, packaging, and distribution of food at a community kitchen.

**I volunteer to
protect biodiversity**

THEIR SURVIVAL DEPENDS ON YOUR ACTIONS

I VOLUNTEER TO PROTECT BIODIVERSITY



50 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to protect biodiversity?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on protecting biodiversity?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to protect biodiversity!

Below are some sample activities that you could do.

Assist with a coral reef restoration project, participating in activities like coral planting and monitoring marine conservation efforts.

Organise a tree-planting event in your community, emphasising the role of trees in supporting biodiversity and mitigating climate change.

**I will move to
teach others**

*THIS IS AN AI-GENERATED IMAGE



60 Activity Points

*I WILL TEACH OTHERS
HOW TO PLAY A SPORT*

I WILL MOVE TO TEACH OTHERS

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can move to teach others?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on moving to teach others!

Below are some sample activities that you could do.

Mobilise a group of volunteers to transform neglected urban spaces into vibrant gardens. Use this as an opportunity to beautify the community and educate others about the benefits of green spaces.

Develop and lead guided eco-tours of local parks, nature reserves, or green spaces.

**I will move to
save water**

*A BUCKET OF WATER IS
ALL I NEED TO KEEP
MY BIKE SHINING*

I WILL MOVE TO SAVE WATER



70 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can move to save water?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on moving to save water!

Below are some sample activities that you could do.

Aerate your lawn or garden periodically by making holes every 6 inches. This will allow water to reach the roots, rather than run off the surface.

Water your plants in the early morning hours when temperatures are lower and winds are lighter in order to minimise evaporation.

**I will move to
use clean energy**



70 Activity Points

**WHEN THE WEATHER IS
NICE, I'D RATHER WALK
TO SCHOOL**

I WILL MOVE TO USE CLEAN ENERGY

Sustainable Development Goals



7 AFFORDABLE AND
CLEAN ENERGY

Activity checklist

Does the image on the previous page remind you of ways you can move to use clean energy?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on using clean energy?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on moving to use clean energy!

Below are some sample activities that you could do.

Use only public transportation or bicycles to commute for a day. Try to keep this up as often as you can.

Go out to a nearby park and list down 5 ways the sun's heat is utilised by the ecosystem. Come up with your own idea on how to harness the sun's energy and implement it.

**I will move to
remove CO₂
from air**

**ONE BURNS FOSSIL FUELS
AND THE OTHER BURNS
FAT. THE CHOICE IS YOURS**

I WILL MOVE TO REMOVE CO₂ FROM AIR



50 Activity Points

Sustainable Development Goals

13

CLIMATE
ACTION



Activity checklist

Does the image on the previous page remind you of ways you can move to remove CO₂ from air?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on moving to remove CO₂ from air!

Below are some sample activities that you could do.

Using the leaf propagation technique, plant a dracaena trifasciata (snake plant) at home to keep the air clean naturally.

Take public transport like metro or bus every time you travel to a new city, promoting sustainable tourism practices.

**I will move to
manage waste**



70 Activity Points

**COMPOSTING HELPS
MY TREES AND THE
ENVIRONMENT**

I WILL MOVE TO MANAGE WASTE

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can move to manage waste?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
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the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on managing waste?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on moving to manage waste!

Below are some sample activities that you could do.

Collect e-waste from your community and donate it to a recycling facility.

Take part in a bicycle clean-up around your neighbourhood to help with trash collection.

**I will move to
grow food**



70 Activity Points

***MY MEDITATION LOOKS
DIFFERENT***

I WILL MOVE TO GROW FOOD

Sustainable Development Goals

2
ZERO
HUNGER



3
GOOD HEALTH
AND WELL-BEING



Activity checklist

Does the image on the previous page remind you of ways you can move to grow food?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on moving to grow food!

Below are some sample activities that you could do.

Look after the garden in your house or community through activities such as watering, trimming, cleaning, and keeping a check on the growth of plants.

Take responsibility for washing the dishes after dinner.

**I will move to
protect biodiversity**



50 Activity Points

***I WILL TAKE CARE OF
INJURED BIRDS***

I WILL MOVE TO PROTECT BIODIVERSITY

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can move to protect biodiversity?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on protecting biodiversity?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on moving to protect biodiversity!

Below are some sample activities that you could do.

Organise a citizen science hike, encouraging peers to observe and document plant and animal species for local biodiversity research.

Organise a biodiversity-themed outdoor adventure day, incorporating activities like rock climbing or kayaking with discussions on ecosystems.

**I will go on an
expedition to
teach others**



60 Activity Points

***I RECORDED A
DOCUMENTARY OF
MY HOMETOWN FOR
MY CLASS***

I WILL GO ON AN EXPEDITION TO TEACH OTHERS

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can go on an expedition to teach others?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
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question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on an expedition to teach others!

Below are some sample activities that you could do.

Arrange a stargazing expedition to a dark-sky location. Teach participants about the importance of preserving dark skies for future generations.

Organise a desert expedition where participants learn survival skills in arid environments. Teach desert ecology and the importance of conserving water resources.

**I will go on an
expedition to
save water**

I VISITED A WATER RECYCLING PLANT

I WILL GO ON AN EXPEDITION
TO SAVE WATER



70 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can go on an expedition to save water?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
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Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on an expedition to save water!

Below are some sample activities that you could do.

Visit local businesses or restaurants to identify the different water conservation practices that they implement. Check their water consumption and water management goals.

Investigate the water consumption of local industries in your area, and document the effects of their consumption and waste on the environment.

**I will go on an
expedition to use
clean energy**



60 Activity Points

WE VISITED A SOLAR FARM

I WILL GO ON AN EXPEDITION TO
USE CLEAN ENERGY

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can go on an expedition to use clean energy?

What activity would that be ?

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can do repeatedly?
Day after day?

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That's it! Get started on an expedition to use clean energy!

Below are some sample activities that you could do.

Go around the neighbourhood to identify spots that can potentially be used to install solar lights.

Visit a sustainable farm or house and observe how renewable sources of energy are utilised and stored.

**I will go on an
expedition to remove
CO₂ from air**



50 Activity Points

**WE VISITED SITES THAT
NATURALLY ABSORB CO₂**

**I WILL GO ON AN EXPEDITION TO
REMOVE CO₂ FROM AIR**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can go on an expedition to remove CO₂ from air?

What activity would that be ?

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can do repeatedly?
Day after day?

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If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on an expedition to remove CO₂ from air!

Below are some sample activities that you could do.

Visit a nearby village and work with the farmers to see the manual hand-held tools that are used for various operations.

Visit a nearby timber mill to see the various products made using scrap wood and alternatives to solid wood.

**I will go on an
expedition to
manage waste**



70 Activity Points

***I WILL PICK UP TRASH
FROM CAMPING SITES***

**I WILL GO ON AN EXPEDITION TO
MANAGE WASTE**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can go on an expedition to manage waste?

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can do repeatedly?
Day after day?

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That's it! Get started on an expedition to manage waste!

Below are some sample activities that you could do.

Participate in a kayaking expedition in a nearby dam or lake where you also collect and properly dispose of any litter found.

Interview tourists in your city about their opinions on the waste management system and note down any feedback they have. Collate the main observations.

**I will go on an
expedition to
grow food**

 60 Activity Points


Canada


USA


Spain


China


India


Indonesia


South Africa


Australia
Sustainable Development Goals

***I WILL AVOID FRUITS
AND VEGETABLES THAT
COME FROM AFAR***

***I WILL GO ON AN EXPEDITION TO
GROW FOOD***



Activity checklist

Does the image on the previous page remind you of ways you can go on an expedition to grow food?

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That's it! Get started on an expedition to grow food!

Below are some sample activities that you could do.

Visit a farm to collect locally grown fruits, herbs, and vegetables. Make a delicious meal for your family.

Spend a day at a vertical farm and speak to the farmers or technicians working there to understand the process of plant growth.

**I will go on an
expedition to
protect biodiversity**



60 Activity Points

***I WILL ORGANISE A
DESERT WALK IN WINTER***

**I WILL GO ON AN EXPEDITION TO
PROTECT BIODIVERSITY**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can go on an expedition to protect biodiversity?

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That's it! Get started on an expedition to protect biodiversity!

Below are some sample activities that you could do.

Plan an expedition to a unique ecosystem, such as a mangrove forest, focusing on biodiversity conservation and sustainable ecotourism.

Organise a scientific exploration trip to study a specific species or ecological phenomenon, conducting field research and presenting findings.

**I will team up
to teach others**



70 Activity Points

Donate Your
Books Here

**WE WILL ORGANISE A
BOOK DONATION DRIVE**

I WILL TEAM UP TO TEACH OTHERS

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can team up to teach others?

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That's it! Get started on teaming up to teach others!

Below are some sample activities that you could do.

Organise a robotics competition where teams design, build, and program robots to help clean the environment.

Collaborate with a team on community service projects, such as building a playground or cleaning up a local park.

**I will team up
to save water**



70 Activity Points

**GARBAGE DOESN'T
STOP AT THE SHORE. IT
AFFECTS THE SEA
AS WELL**

I WILL TEAM UP TO SAVE WATER

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can team up to save water?

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That's it! Get started on teaming up to save water!

Below are some sample activities that you could do.

Organise sessions on water conservation in your neighbourhood by inviting local water authority officials and water conservation specialists. Then make posters on water conservation and stick them up in the neighbourhood.

Conduct debates and discussions with your friends on water conservation within your community. Delve into topics such as conservation practices, water footprint, technology, water supply, etc.

**I will team up to
use clean energy**



70 Activity Points

**WE WILL HAVE A SOLAR
COOKOUT!**

I WILL TEAM UP TO USE CLEAN ENERGY

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can team up to use clean energy?

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That's it! Get started on teaming up to use clean energy!

Below are some sample activities that you could do.

Make plant labels with your friends out of recyclable materials and place them in a community park or garden.

Organise an energy scavenger hunt with your friends, and locate sources of clean energy.

**I will team up
to remove CO₂
from air**



70 Activity Points

***I WANT MY TEAM TO WIN
THE EARTHSHOT PRIZE
FOR OUR INNOVATIVE
SOLUTIONS TO REMOVING
CO₂***

I WILL TEAM UP TO REMOVE CO₂ FROM AIR

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can team up to remove CO₂ from air?

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That's it! Get started on teaming up to remove CO2 from air!

Below are some sample activities that you could do.

Run awareness campaigns with your friends on the benefits of locally grown seasonal crops and fruits.

Make a team with your friends and build a small compost bin to make organic fertilisers for the nearby community garden.

**I will team up to
manage waste**



70 Activity Points

***I WILL MAKE THEIR
LIVES EASIER BY
SORTING MY WASTE
I WILL TEAM UP TO MANAGE WASTE***

Sustainable Development Goals

10
REDUCED
INEQUALITIES



12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION



17
PARTNERSHIPS
FOR THE GOALS



Activity checklist

Does the image on the previous page remind you of ways you can team up to manage waste?

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That's it! Get started on teaming up to manage waste!

Below are some sample activities that you could do.

In teams, compete to sort a pile of mixed waste into recyclables, compostables, and landfill items as quickly and accurately as possible.

Along with your neighbours organise a clothing drive in your community once a month. Donate the used clothes to a charity or distribute them to the needy.

**I will team up
to grow food**



70 Activity Points

**MY FUTURE FAMILY
WILL BE FOOD SECURE**

I WILL TEAM UP TO GROW FOOD

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can team up to grow food?

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That's it! Get started on teaming up to grow food!

Below are some sample activities that you could do.

Start a non-profit organisation with your friends, which raises awareness about the nutritive value of food. Organise events on occasions such as World Food Day through social media and online workshops.

Create a food bank with your friends to collect leftover food from events or festivals for distribution to the poor.

**I will team up to
protect biodiversity**



70 Activity Points

***I WILL HELP
DESERT DWELLERS
WITH ACCESS TO
MEDICINES***

I WILL TEAM UP TO PROTECT BIODIVERSITY

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can team up to protect biodiversity?

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That's it! Get started on teaming up to protect biodiversity!

Below are some sample activities that you could do.

Establish and manage a community garden with your friends that promotes native plant species and provides a habitat for local flora and fauna.

Form a team to design and implement a community-wide biodiversity conservation project, involving students in habitat restoration or species monitoring.

**I will be entrepreneurial in
teaching others**



60 Activity Points

***I WILL HELP MY SIBLING
WITH HER HOMEWORK***

**I WILL BE ENTREPRENEURIAL IN
TEACHING OTHERS**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can be entrepreneurial in teaching others?

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That's it! Get started on being entrepreneurial in teaching others!

Below are some sample activities that you could do.

Invite successful eco-entrepreneurs to speak at your school. Showcase your own sustainable venture at the event and share your entrepreneurship journey with your classmates.

Organise a workshop teaching people how to use and build renewable energy devices, such as solar chargers or small wind turbines.

**I will be entrepreneurial
towards saving water**



60 Activity Points

***I WILL BOIL AND PURIFY
MY OWN WATER***

**I WILL BE ENTREPRENEURIAL
TOWARDS SAVING WATER**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can be entrepreneurial towards saving water?

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That's it! Get started on being entrepreneurial towards saving water!

Below are some sample activities that you could do.

Build an app to monitor water usage in homes. Encourage your family members and neighbours to use it.

Make a working prototype of an efficient water sprinkler for irrigating your home garden or your community park.

**I will be entrepreneurial
towards using clean
energy**

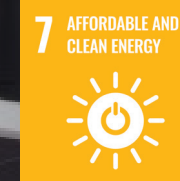


60 Activity Points

MY STALL IS POWERED BY THE SUN

I WILL BE ENTREPRENEURIAL
TOWARDS USING CLEAN ENERGY

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can be entrepreneurial towards using clean energy?

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That's it! Get started on being entrepreneurial towards using clean energy!

Below are some sample activities that you could do.

Set up a solar cooker and prepare a simple dish for your family and friends on a picnic outdoors.

Decorate reusable and recycled bottles with waste materials and sell them to your local community.

**I will be entrepreneurial
towards removing CO₂
from air**

I WILL SET UP A BIKE RENTAL BUSINESS

I WILL BE ENTREPRENEURIAL TOWARDS
REMOVING CO₂ FROM AIR



60 Activity Points

Sustainable Development Goals



Activity checklist

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That's it! Get started on being entrepreneurial towards removing CO₂ from air!

Below are some sample activities that you could do.

Create a small polyhouse for your home garden and distribute the plants grown in the controlled environment.

Work with a local nursery to see what kinds of plants are sold during different seasons.

**I will be entrepreneurial
towards managing
waste**

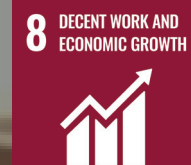


70 Activity Points

***MY PACKAGING DOES NOT
CREATE NEW WASTE***

**I WILL BE ENTREPRENEURIAL
TOWARDS MANAGING WASTE**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can be entrepreneurial towards managing waste?

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That's it! Get started on being entrepreneurial towards managing waste!

Below are some sample activities that you could do.

Develop an app that measures the daily, weekly, monthly waste you generate.

Start a monthly community newsletter that educates readers about waste reduction, provides recycling information, and offers tips on reducing waste in daily life.

**I will be entrepreneurial
towards growing food**



70 Activity Points

***I WILL FIND EFFICIENT
WAYS TO GROW FOOD***

**I WILL BE ENTREPRENEURIAL
TOWARDS GROWING FOOD**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can be entrepreneurial towards growing food?

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That's it! Get started on being entrepreneurial towards growing food!

Below are some sample activities that you could do.

Start a nursery and sell local plant saplings. Advertise it by distributing eco-friendly brochures among your school, community, and friends.

Work with a local food seller to understand the sourcing of food items, and the needs of the customer.

**I will be entrepreneurial
towards protecting
biodiversity**



70 Activity Points

***I WILL ENSURE MY PET IS
VACCINATED ON SCHEDULE***

**I WILL BE ENTREPRENEURIAL TOWARDS
PROTECTING BIODIVERSITY**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can be entrepreneurial towards protecting biodiversity?

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That's it! Get started on being entrepreneurial towards protecting biodiversity!

Below are some sample activities that you could do.

Launch a student-led ecotourism initiative, providing guided tours that highlight local biodiversity and promote sustainable tourism practices.

Create and sell eco-friendly products, with the profits supporting a local conservation project focused on biodiversity.

**I will use creative
arts to teach others**

I WILL ORGANISE A PAINTATHON IN THE DESERT DURING WINTERS

I WILL USE CREATIVE ARTS TO
TEACH OTHERS



40 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can use creative arts to teach others?

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That's it! Get started on using creative arts to teach others!

Below are some sample activities that you could do.

Collaborate with fellow students to design and build an outdoor sculpture using recycled or repurposed materials.

Develop a graphic novel or comic book that educates readers about a specific environmental issue, such as deforestation, wildlife conservation, or pollution.

**I will use creative
arts to save water**

***I WILL MAKE MURALS
ABOUT THE IMPORTANCE
OF CONSERVING WATER***

I WILL USE CREATIVE ARTS TO SAVE WATER



40 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can use creative arts to save water?

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That's it! Get started on using creative arts to save water!

Below are some sample activities that you could do.

Create a documentary about water conservation and present it to the wider community.

Start a blog on water saving ideas and successes within your community.

**I will use creative arts
to use clean energy**



40 Activity Points

***I WILL MAKE A
DOCUMENTARY ABOUT
THE DIFFERENT
SOURCES OF CLEAN
ENERGY***

***I WILL USE CREATIVE ARTS TO USE
CLEAN ENERGY***

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can use creative arts to use clean energy?

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That's it! Get started on using creative arts to use clean energy!

Below are some sample activities that you could do.

Prepare an interactive flowchart on clean energy solutions and circulate it in your community.

Compose slogans to raise awareness about clean energy and put them up in your neighbourhood.

**I will use creative
arts to remove
CO₂ from air**



30 Activity Points

Reduce Pollution!!

**I WILL RUN A SIGNATURE
CAMPAIGN TO STOP
POLLUTION**

**I WILL USE CREATIVE ARTS
TO REMOVE CO2 FROM AIR**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can use creative arts to remove CO₂ from air?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on using creative arts to remove CO₂ from air!

Below are some sample activities that you could do.

Start a blog and document the sustainable activities in your daily life that help reduce carbon emissions.

Compose a song about global warming and teach it to the young children in your neighbourhood.

**I will use creative arts
to manage waste**



60 Activity Points

***I WILL PUT UP POSTERS
ABOUT WASTE MANAGEMENT
AROUND MY CAMPUS***

**I WILL USE CREATIVE ARTS TO
MANAGE WASTE**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can use creative arts to manage waste?

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If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

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That's it! Get started on using creative arts to manage waste!

Below are some sample activities that you could do.

Host a book club where you discuss a chosen book on waste every month.

Design and draw what your immediate free-of-waste community would look like. This includes drawing where the waste bins, recycling facilities, composting sites, and any other facilities will be located for the most effective waste disposal cycle, and show it to your community members.

**I will use creative
arts to grow food**



70 Activity Points

***I WILL HELP LOCAL
FARMERS WITH THEIR
PACKAGING***

***I WILL USE CREATIVE ARTS TO
GROW FOOD***

Sustainable Development Goals

2

ZERO
HUNGER



12

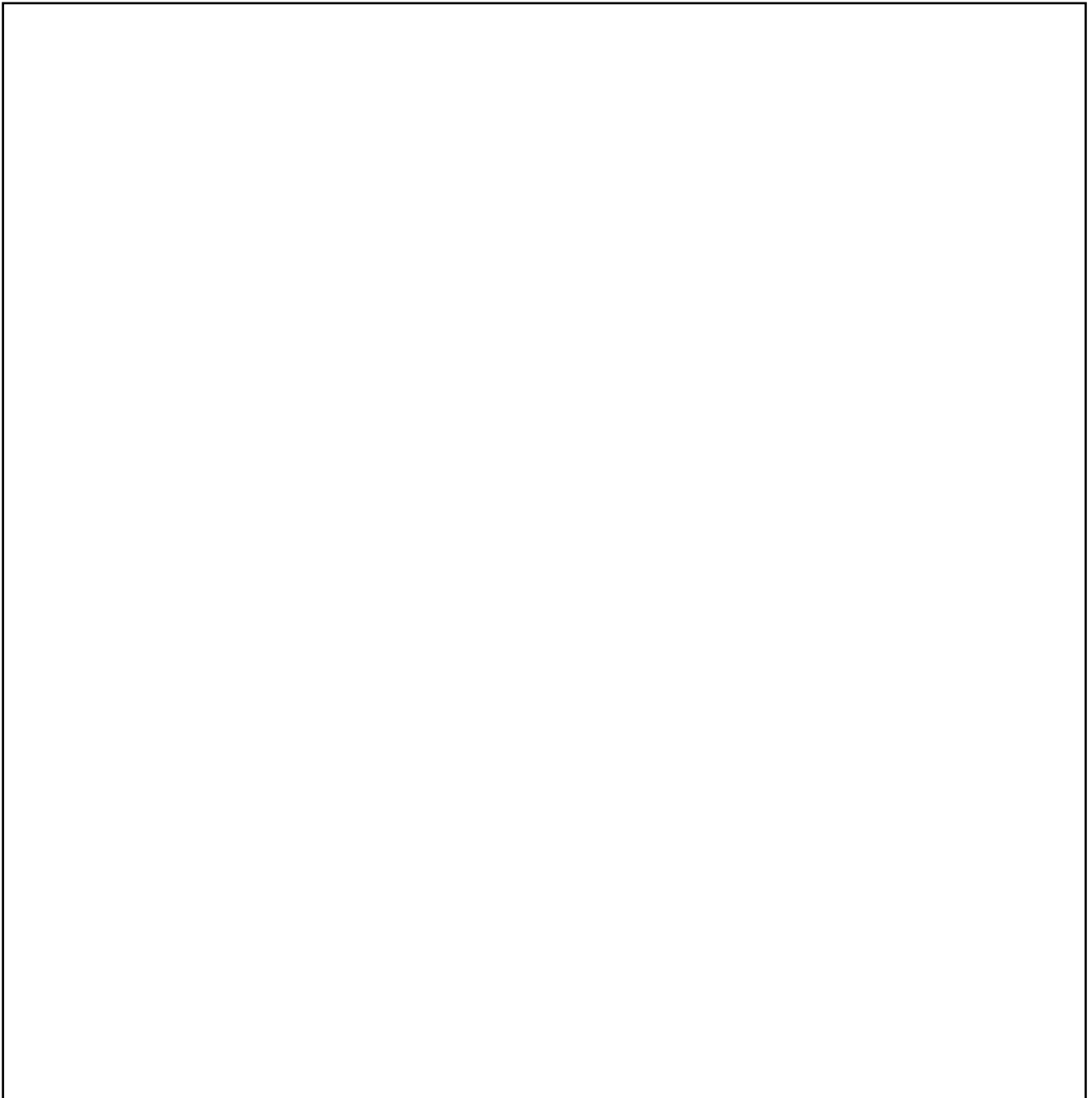
RESPONSIBLE
CONSUMPTION
AND PRODUCTION



Activity checklist

Does the image on the previous page remind you of ways you can use creative arts to grow food?

What activity would that be ?

A large, empty rectangular box with a thin black border, occupying the lower half of the page. It is intended for a student to draw or write their response to the question above.

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
“Yes” then go to the question on
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If your answer to this question is
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Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on using creative arts to grow food!

Below are some sample activities that you could do.

Make clay pots and molds of different sizes and colours for your home garden.

Assist a food seller in packaging their food items by making them bags from recyclable paper, clothes, or used plastic wrappers. You could consider charging them for your effort!

**I will use creative arts
to protect biodiversity**



40 Activity Points

Protect Biodiversity

***I WILL MAKE A PRESENTATION
ABOUT PROTECTING BIODIVERSITY***

**I WILL USE CREATIVE ARTS TO
PROTECT BIODIVERSITY**

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can use creative arts to protect biodiversity?

What activity would that be ?

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Day after day?

If your answer to this question is
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Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on protecting biodiversity?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on using creative arts to protect biodiversity!

Below are some sample activities that you could do.

Collaborate on a multimedia art project that combines visual arts, music, and storytelling to raise awareness about biodiversity conservation and ecosystem restoration.

Participate in a biodiversity-themed photography exhibition, showcasing the beauty and diversity of local ecosystems and species.

**I will experiment
to teach others**



70 Activity Points

*I WILL EDUCATE THE
ELDERS IN MY
VILLAGE ABOUT
CLIMATE CHANGE*

I WILL EXPERIMENT TO TEACH OTHERS

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can experiment to teach others?

What activity would that be ?

Is it an activity you
can do repeatedly?
Day after day?

If your answer to this question is
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the next page.

If your answer to this question is
“No” then go back to the
question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is “Yes” then hurrah! You are all set to start your activity.

If your answer to this question is “No” then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on experimenting to teach others!

Below are some sample activities that you could do.

Develop a tutorial or workshop on building solar ovens using common materials and spread awareness about clean energy.

Along with your friends make cleaning products using natural ingredients and discuss their benefits compared to commercially available ones.

**I will experiment
to save water**

I WILL BE AWARE OF THE PROS AND CONS OF EXPERIMENTAL TECHNIQUES

I WILL EXPERIMENT TO SAVE WATER



70 Activity Points

THU 5/23
Pros of cloud seeding:
Increased precipitation: Cloud seeding can increase precipitation in areas that are experiencing drought or water shortages.
Reduced crop damage: Cloud seeding can help to reduce crop damage caused by drought or hail.
Improved air quality: Cloud seeding can help to improve air quality by reducing dust and other pollutants in the atmosphere.
Suppression of fog and hail: Cloud seeding can be used to suppress fog and hail, which can improve safety and reduce damage.
Flexibility: Cloud seeding can be used to target specific areas and times, making it a more flexible tool than other water management techniques.

Cons of cloud seeding:
Unpredictability: Cloud seeding is not always effective, and it can be difficult to predict the results.
Environmental impacts: There is some concern that cloud seeding could have negative environmental impacts, such as disrupting ecosystems or impacting water quality.
Cost: Cloud seeding can be expensive, especially if it is used on a large scale.
Equity: There is a concern that cloud seeding could be used to benefit some groups at the expense of others, for example by diverting rain away from one region to another.

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can experiment to save water?

What activity would that be ?

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Day after day?

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Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

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That's it! Get started on experimenting to save water!

Below are some sample activities that you could do.

Design a water footprint calculator and encourage your family to use it.

Build a real-time leak detection system that you can use in your neighbourhood.

**I will experiment to
use clean energy**



70 Activity Points

I BUILT A PEDAL POWERED INVERTER

**I WILL EXPERIMENT TO USE CLEAN
ENERGY**

Sustainable Development Goals

7 AFFORDABLE AND
CLEAN ENERGY



Activity checklist

Does the image on the previous page remind you of ways you can experiment to use clean energy?

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can do repeatedly?
Day after day?

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That's it! Get started on experimenting to use clean energy!

Below are some sample activities that you could do.

Build a solar-powered car model with small solar panels, a small motor, cardboard, lightweight wheels and so on, and enhance your understanding of renewable energy technologies.

Develop an app that optimises energy consumption at home.

**I will experiment
to remove CO₂
from air**

*I WILL BE AWARE OF
THE NATURE-BASED
INITIATIVES TAKEN BY
MY COUNTRY*

I WILL EXPERIMENT TO REMOVE
CO₂ FROM AIR



70 Activity Points

Sustainable Development Goals

13

CLIMATE
ACTION



Activity checklist

Does the image on the previous page remind you of ways you can experiment to remove CO₂ from air?

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That's it! Get started on experimenting to remove CO₂ from air!

Below are some sample activities that you could do.

Make a working prototype of an electrostatic precipitator to observe how it can reduce pollution.

Conduct a photosynthesis experiment with 2 potted plants. Place 1 plant in a dark room for 3 days, and the other near some potassium hydroxide (to absorb carbon dioxide). Then, expose both to sunlight for 2 hours and test the leaves with iodine solution. The plant that absorbed carbon dioxide won't turn blue-black, indicating that CO₂ is necessary for photosynthesis.

**I will experiment
to manage waste**

I WILL EXPLORE ECO-FRIENDLY ALTERNATIVES TO FULFIL MY PROTEIN NEEDS

I WILL EXPERIMENT TO MANAGE WASTE



60 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can experiment to manage waste?

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That's it! Get started on experimenting to manage waste!

Below are some sample activities that you could do.

Experiment with different packaging materials such as using recycled paper, recycled plastic, biodegradable paper, and so on to test their strength and durability.

Investigate how waste management practices affect water quality. Experiment by conduct water quality tests in areas near landfills or waste disposal sites to understand potential environmental impacts.

**I will experiment
to grow food**



70 Activity Points

***I WILL STUDY THE
BENEFITS OF VERTICAL
FARMING***

I WILL EXPERIMENT TO GROW FOOD

Sustainable Development Goals

2 ZERO
HUNGER



Activity checklist

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That's it! Get started on experimenting to grow food!

Below are some sample activities that you could do.

Make a small vertical farm at home by planting generic plant seeds such as lemon, tomatoes, and observe their growth.

Investigate whether farming techniques such as electroculture or magnetic culture are beneficial for plant growth or not. Identify favourable techniques that enhance plant growth.

**I will experiment to
protect biodiversity**

 60 Activity Points

***I WILL READ UP ABOUT
PLANT-BASED DIETARY
ALTERNATIVES***

I WILL EXPERIMENT TO PROTECT BIODIVERSITY

Sustainable Development Goals



Activity checklist

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That's it! Get started on experimenting to protect biodiversity!

Below are some sample activities that you could do.

Build a bug hotel with old bottles, soil, rocks, sticks, and leaves. Place it outside where insects and worms can access it. Record your observations regularly.

Initiate a citizen science project, involving peers in collecting data on local species to contribute to regional or global biodiversity databases.