



**Sustainable
habits 7x7**

Grade 4

Sustainable habits 7x7

Contents

How to be a guardian of the planet	8
How to pick an activity?	9
How to journal?	11
How do I collect points for my sustainable habits?	12
What do points mean?	13
Calculation of points	14
How do you get the Gold, Silver, and Bronze badges?	16
Things to remember	18

Volunteering

I volunteer to teach others	19
I volunteer to save water	25
I volunteer to use clean energy	31
I volunteer to remove CO ₂ from air	37
I volunteer to manage waste	43
I volunteer to grow food	49
I volunteer to protect biodiversity	55

Physical activity

I will move to teach others	61
I will move to save water	67
I will move to use clean energy	73
I will move to remove CO ₂ from air	79
I will move to manage waste	85
I will move to grow food	91
I will move to protect biodiversity	97

Expedition

I will go on an expedition to teach others	103
I will go on an expedition to save water	109
I will go on an expedition to use clean energy	115
I will go on an expedition to remove CO2 from air	121
I will go on an expedition to manage waste	127
I will go on an expedition to grow food	133
I will go on an expedition to protect biodiversity	139

Teamwork

I will team up to teach others	145
I will team up to save water	151
I will team up to use clean energy	157
I will team up to remove CO2 from air	163
I will team up to manage waste	169
I will team up to grow food	175
I will team up to protect biodiversity	181

Entrepreneurship

I will be entrepreneurial in teaching others	187
I will be entrepreneurial towards saving water	193
I will be entrepreneurial towards using clean energy	199
I will be entrepreneurial towards removing CO2 from air	205
I will be entrepreneurial towards managing waste	211
I will be entrepreneurial towards growing food	217
I will be entrepreneurial towards protecting biodiversity	223

Creative arts

I will use creative arts to teach others..... 229

I will use creative arts to save water 235

I will use creative arts to use clean energy 241

I will use creative arts to remove CO2 from air 247

I will use creative arts to manage waste 253

I will use creative arts to grow food..... 259

I will use creative arts to protect biodiversity..... 265

Experimentation

I will experiment to teach others..... 271

I will experiment to save water..... 277

I will experiment to use clean energy..... 283

I will experiment to remove CO2 from air 289

I will experiment to manage waste..... 295

I will experiment to grow food 301

I will experiment to protect biodiversity 307



How to be a guardian of the planet

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 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 Sustainable Development Goals (SDGs), which will inspire you to think of a 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 indeed becomes your habit!

How to pick an activity?



Go through the pictures in the Sustainable Habits 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.



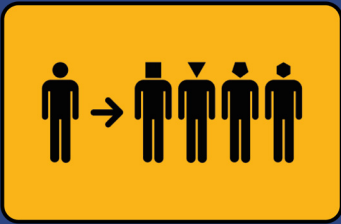
While choosing activities, align your interests and passions to the activities. Select activities that align with the ones you enjoy. If you are passionate about animals, you might choose activities related to wildlife conservation, for example.



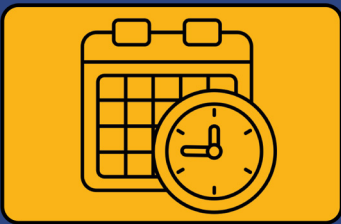
Consider the social and environmental issues that are close to your heart. If you are concerned about plastic pollution, focus on activities that address this issue, such as participating in a beach clean up or reducing single-use plastic consumption.



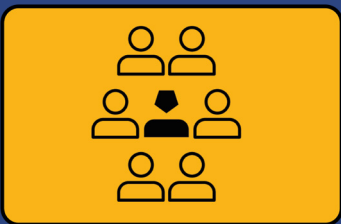
Evaluate the resources you have access to. Some activities may require specific materials or tools, so choose activities that are feasible based on what's available to you.



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.

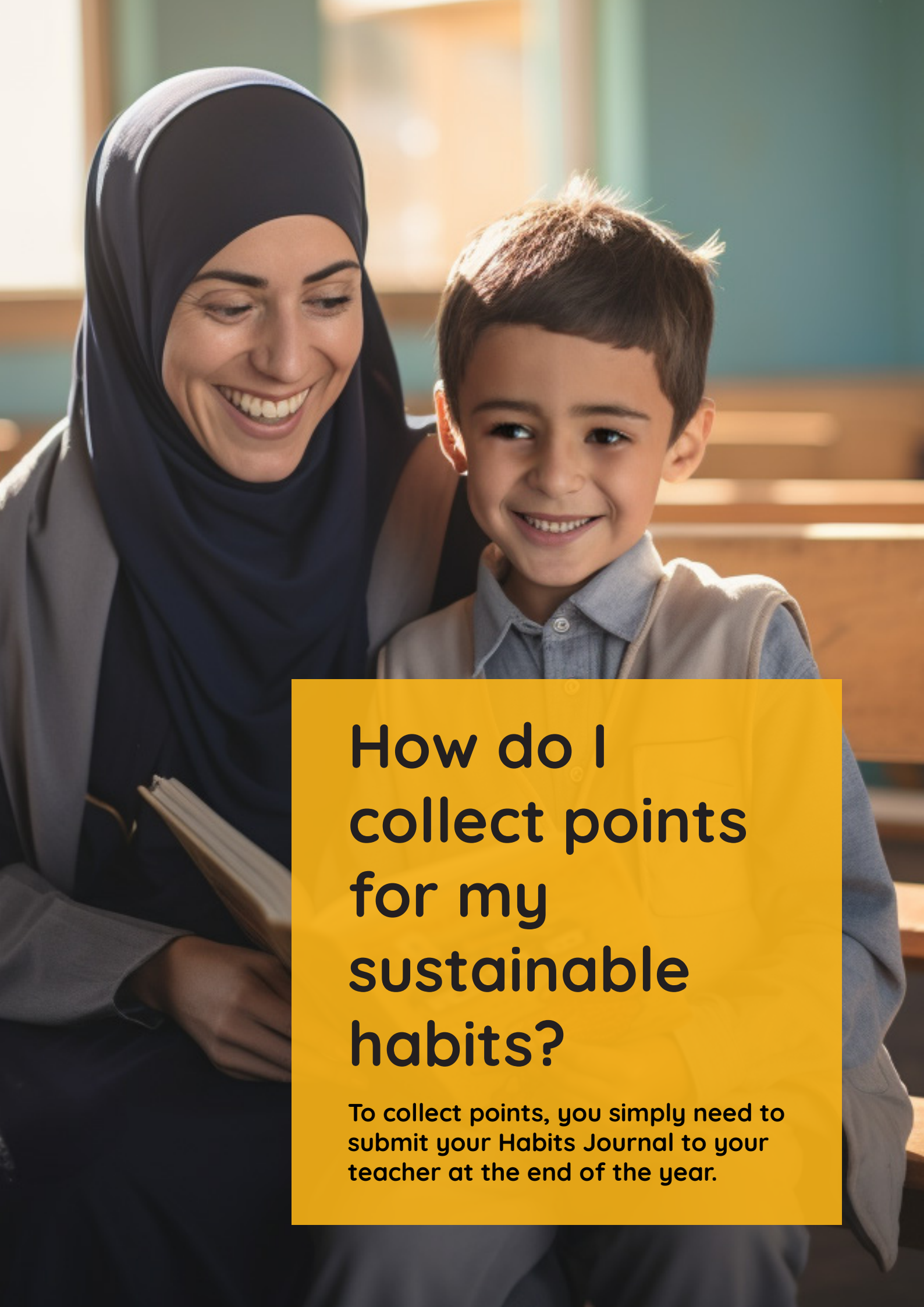


How to journal?

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.

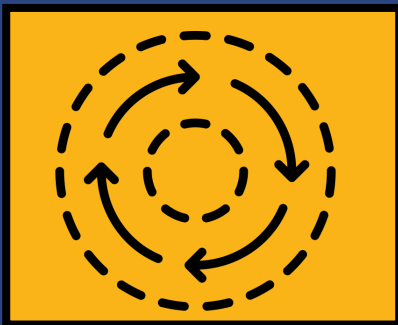


What do points mean?

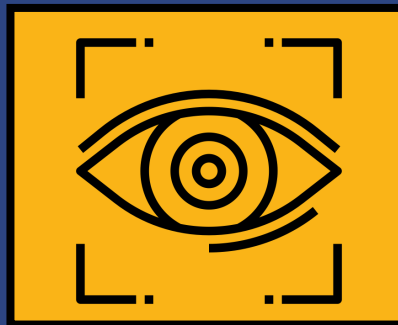
You will see that each activity has a number of points attributed to it based on the impact of the activity.

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



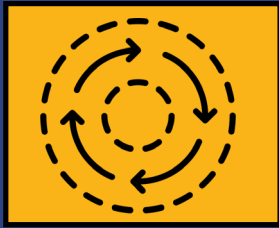
How do you become a Guardian of the Planet?

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

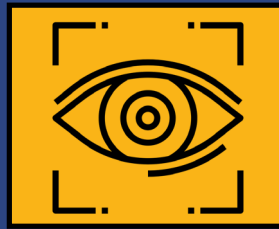
How do you get the Gold, Silver, and Bronze badges?

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 TAUGHT MY FRIENDS
TO WRITE WITH CHALK***

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.

Teach your younger sibling how to set the table during meal times.

Water the plants in your house using waste water, while also setting an example for your siblings and friends.

**I volunteer to
save water**



70 Activity Points

***I WILL KEEP THE TAP
CLOSED WHEN NOT IN
USE***

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.

Wash your favourite fruit in a bowl of water rather washing it under running water in the sink.

Teach the younger kids in your neighbourhood about water conservation.

**I volunteer to use
clean energy**



50 Activity Points

***I WILL ENCOURAGE
OTHERS TO USE CLEAN
ENERGY***

I VOLUNTEER TO USE CLEAN ENERGY

**SAVE ENERGY, SAVE EARTH!
USE SOLAR ENERGY**

Sustainable Development Goals



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.

Identify areas around your house that have adequate sunlight and get your parents to install solar lamps in those spots.

Visit a recycling centre with a grown-up and learn about the benefits of recycling household waste.

**I volunteer to
remove CO₂
from air**



50 Activity Points

***I DO NOT MIND GETTING
MY HANDS DIRTY FOR
THE ENVIRONMENT
I VOLUNTEER TO REMOVE CO2 FROM AIR***

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.

With permission, volunteer at a nearby park to help plant trees and flowers that absorb CO₂.

Take a pledge to save trees and reduce CO₂ and encourage your friends to do the same.

**I volunteer to
manage waste**



70 Activity Points

**FRUIT PEELS IN 1 BIN,
PLASTIC AND WRAPPERS
IN ANOTHER**

I VOLUNTEER TO MANAGE WASTE

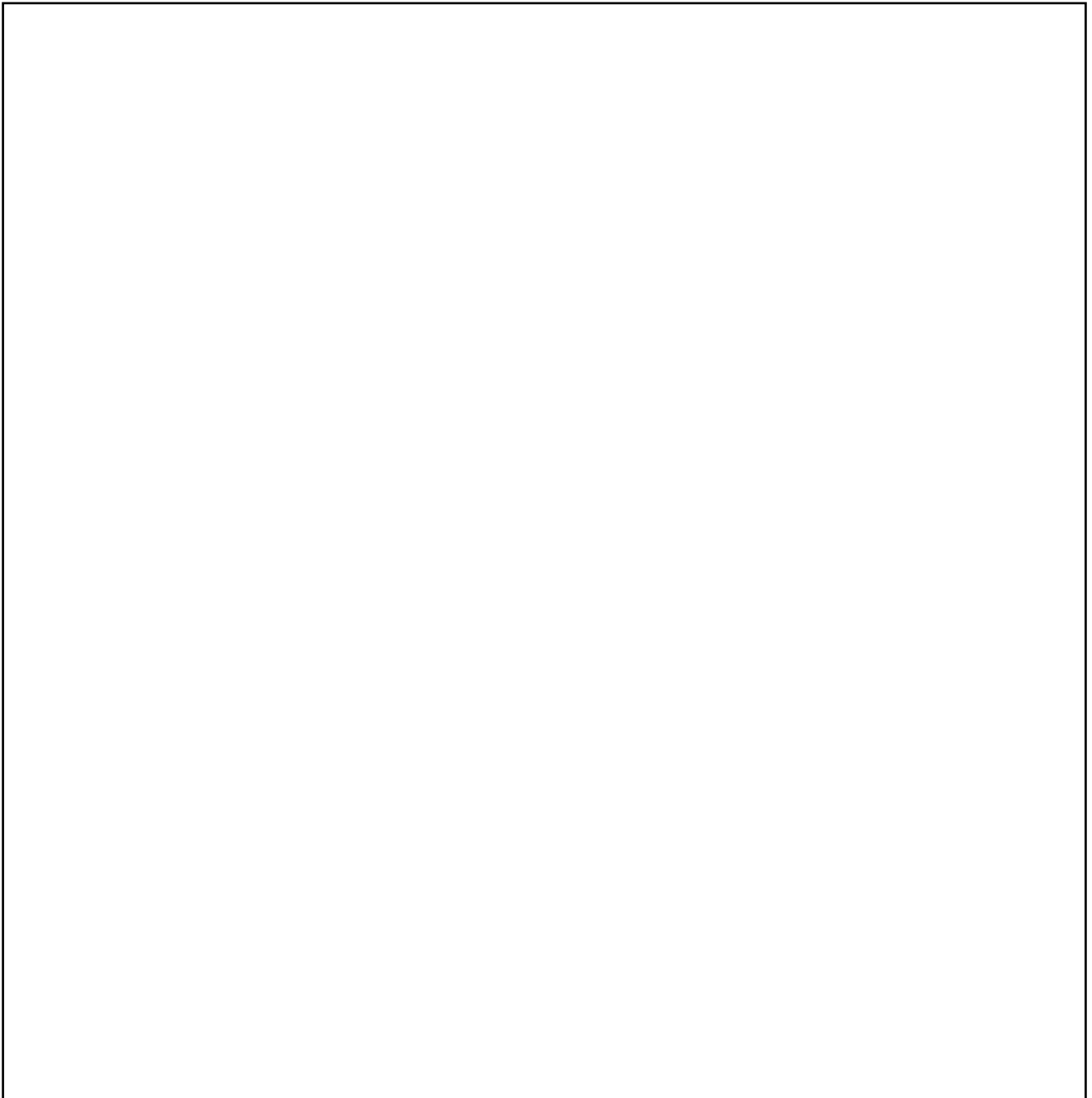
Sustainable Development Goals



Activity checklist

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

What activity would that be?

A large, empty rectangular box with a thin black border, intended for the user to 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
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.

Collect the plastic waste generated in your neighbourhood on a weekly basis and help in proper disposal.

Pack water or juice in a reusable bottle for lunch, recess, or any other breaks between classes.

**I volunteer to
grow food**



60 Activity Points

***I WILL VOLUNTEER AT
A NEARBY FARM***

I VOLUNTEER TO GROW FOOD

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
“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
volunteering to grow food!**

**Below are some sample
activities that you could do.**

**Pack leftover food during festivities or
occasions, and distribute it to people in need.**

**Teach young friends or siblings how to take
care of plants.**

**I volunteer to
protect biodiversity**



50 Activity Points

***I WILL SPEAK UP
ABOUT PROTECTING
OUR DESERT***

I VOLUNTEER TO PROTECT BIODIVERSITY

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.

With assistance from an adult, identify and work with local conservation organisations to create and maintain wildlife-friendly spaces in your local community.

Water and care for the plants in your community garden.

**I will move to
teach others**



60 Activity Points

***I WILL TEACH MY SISTER
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.

Teach your sibling or friend a yoga pose you learnt at school.

Teach your favourite sport to the children in the neighbourhood.

**I will move to
save water**



70 Activity Points

***I WILL USE A BUCKET
INSTEAD OF A HOSE TO
GIVE MY DOG A BATH***

I WILL MOVE TO SAVE WATER

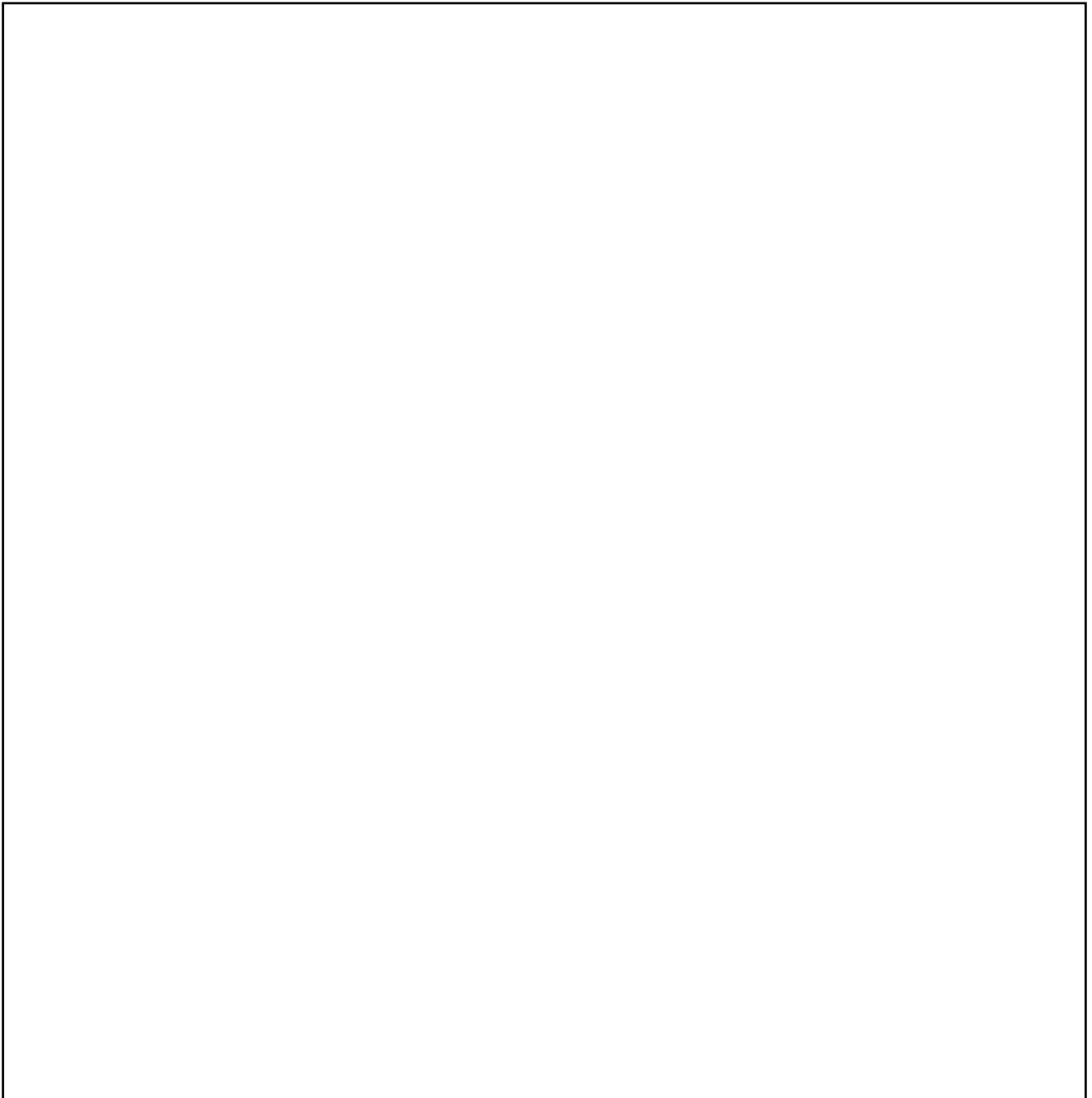
Sustainable Development Goals



Activity checklist

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

What activity would that be?

A large, empty rectangular box with a thin black border, intended for a student to write down an activity related to saving water.

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.

Organise a run in your community to raise awareness about water conservation.

Stick up posters at home reminding your family members to turn off the tap after use.

**I will move to use
clean energy**



70 Activity Points

***I WILL PLAY GAMES
THAT DO NOT NEED
ELECTRICITY***

I WILL MOVE TO USE CLEAN ENERGY

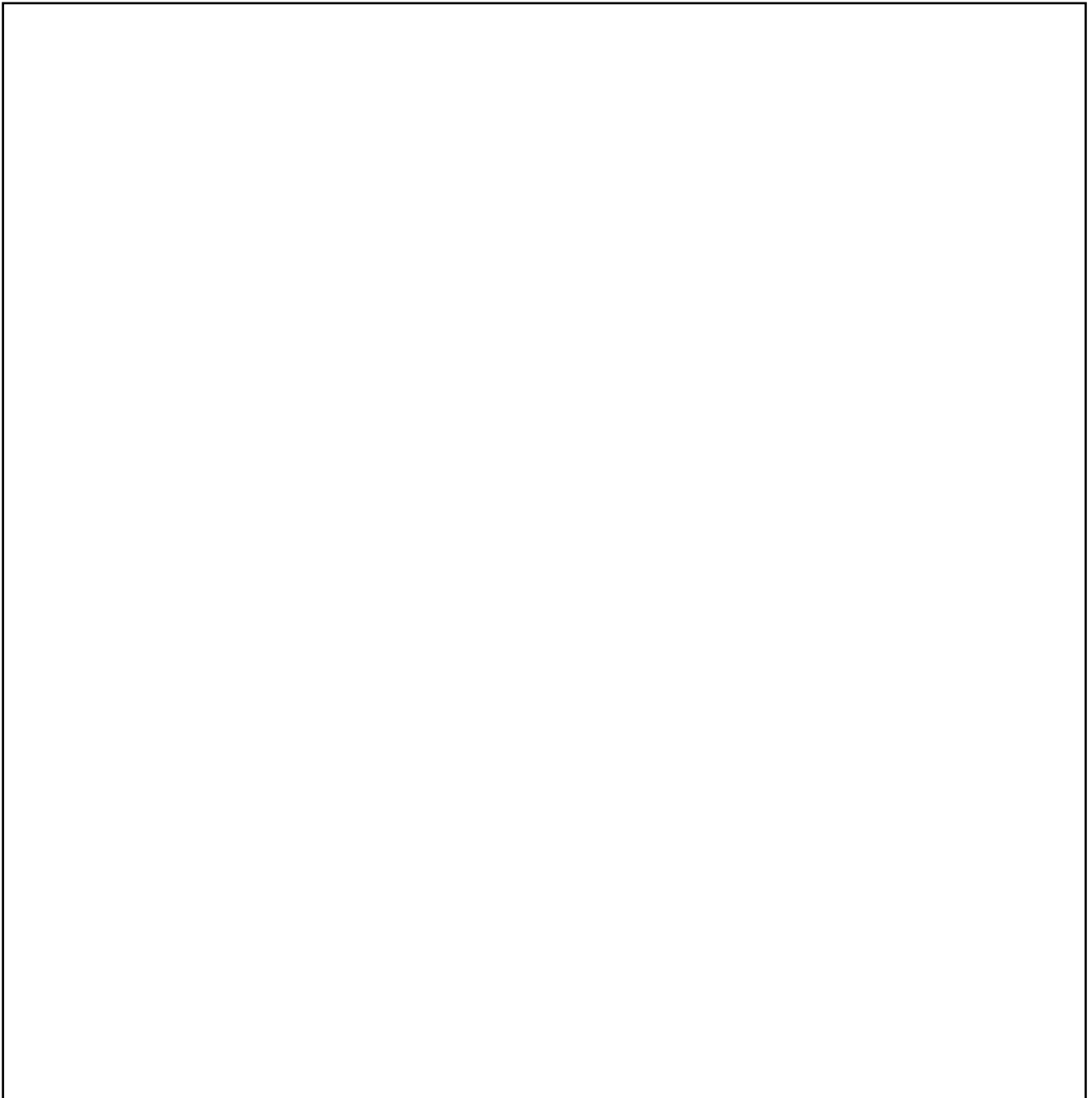
Sustainable Development Goals



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?

A large, empty rectangular box with a thin black border, intended for a student to write down an activity related to clean energy.

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 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.

**Visit a wind farm with your parent or teacher.
List 3 ways how wind energy can be used.**

Play with your friends outdoors whenever the weather permits!

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



50 Activity Points

***I LOVE PREPARING THE
SOIL TO PLANT NEW
SAPLINGS***

I WILL MOVE TO REMOVE CO₂ FROM AIR

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.

Walk or bike to school instead of going by car.

Exercise in open spaces such as gardens or parks, and also encourage your parents to do so.

**I will move to
manage waste**



70 Activity Points

***I WILL COLLECT THE
LEAVES THAT FALL
FROM THE TREES***

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
“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 moving to manage waste!

Below are some sample activities that you could do.

Assist your parents in cleaning up the garden and collecting household waste.

Go with your parents to donate old books and toys to an orphanage near your home.

**I will move to
grow food**



70 Activity Points

***I GROW MY OWN
HERBS AT HOME!***

I WILL MOVE TO GROW FOOD

Sustainable Development Goals

2 ZERO
HUNGER



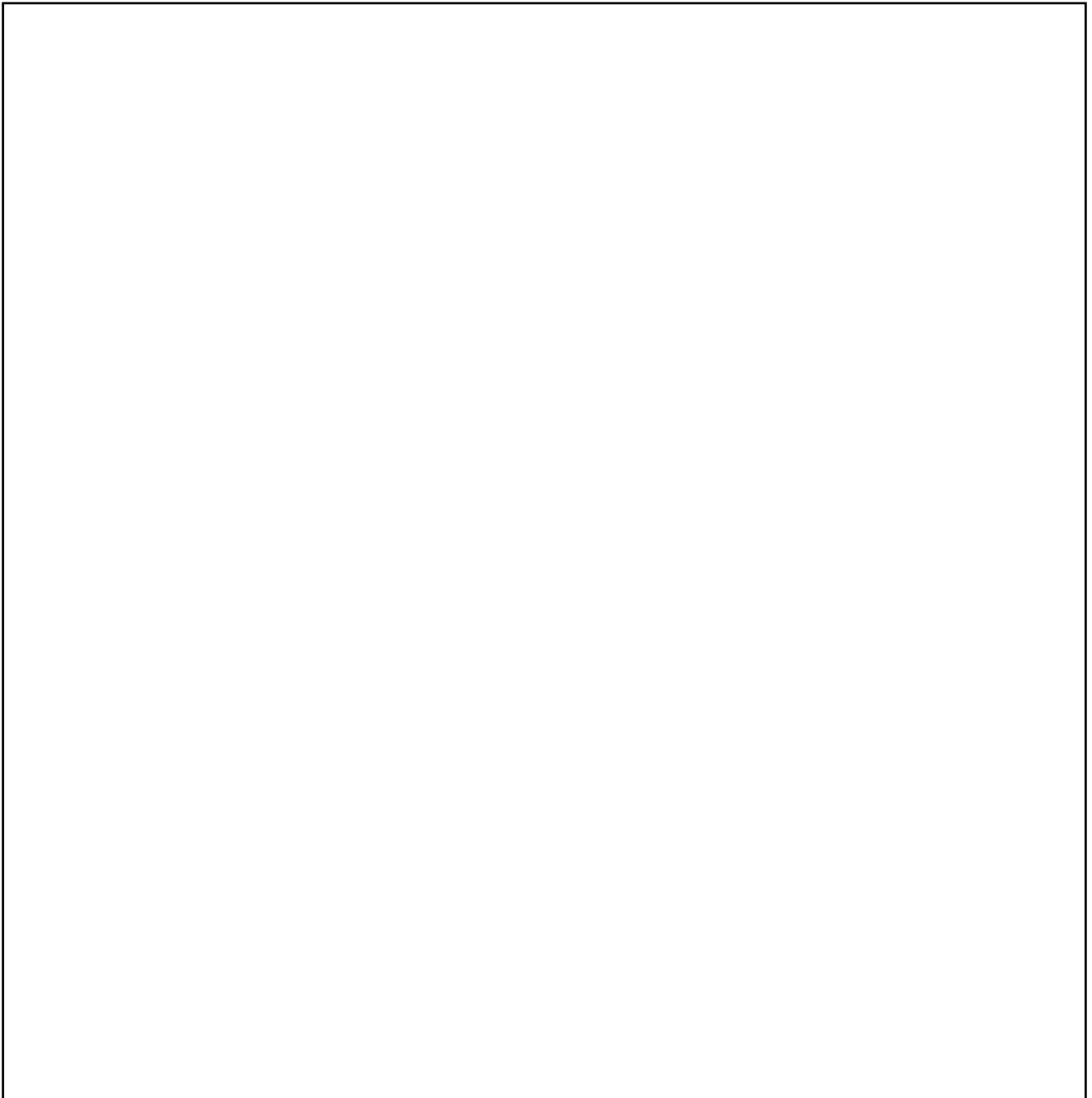
3 GOOD HEALTH
AND WELL-BEING



Activity checklist

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

What activity would that be?

A large, empty rectangular box with a thin black border, intended for a student to draw or write their answer 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
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.

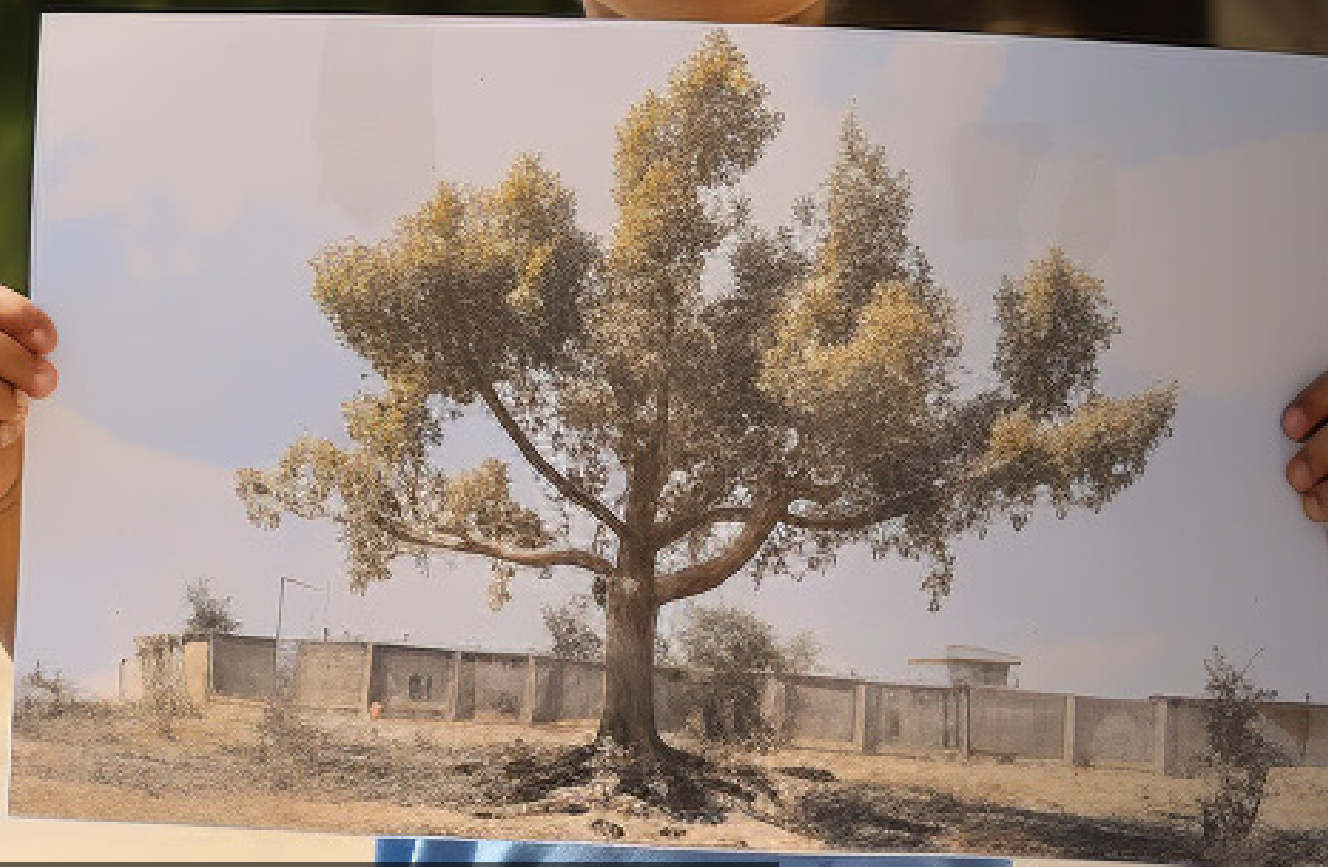
Help your parent or gardener plough the soil in your garden and sow new seeds.

Help your parents with shopping for gardening tools and seeds by carrying bags and other items.

**I will move to
protect biodiversity**



50 Activity Points



***I WILL MAKE MY
NEIGHBOURS AWARE
OF SAVING TREES***

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 fitness challenge, where your classmates/friends engage in activities that mimic animal movements while learning about their behaviours.

Organise a friendly football match with your classmates, with the teams having names of endangered species.

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



60 Activity Points

***I WILL TEACH MY
FRIENDS ABOUT MY
CULTURE***

**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
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Day after day?

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

**Below are some sample
activities that you could do.**

Take your sibling or a friend to a nearby park, and help them identify the different species of birds.

Organise a sustainability-themed picnic in the garden with your friends or siblings. Discuss the different aspects of sustainability that went into planning the picnic: no packaged food, reusable plates and glasses, proper disposal of waste and so on.

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



70 Activity Points

**MY FATHER TAUGHT ME
THE IMPORTANCE OF
FRESH WATER**

**I WILL GO ON AN EXPEDITION TO SAVE
WATER**

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?

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

Below are some sample activities that you could do.

With an adult, visit a local waterbody that is undergoing restoration and observe the various activities underway.

Check the bathrooms at home at the end of each day for running taps and leaks.

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



60 Activity Points

I GOT TO VISIT A WIND FARM!

I WILL GO ON AN EXPEDITION TO USE CLEAN ENERGY

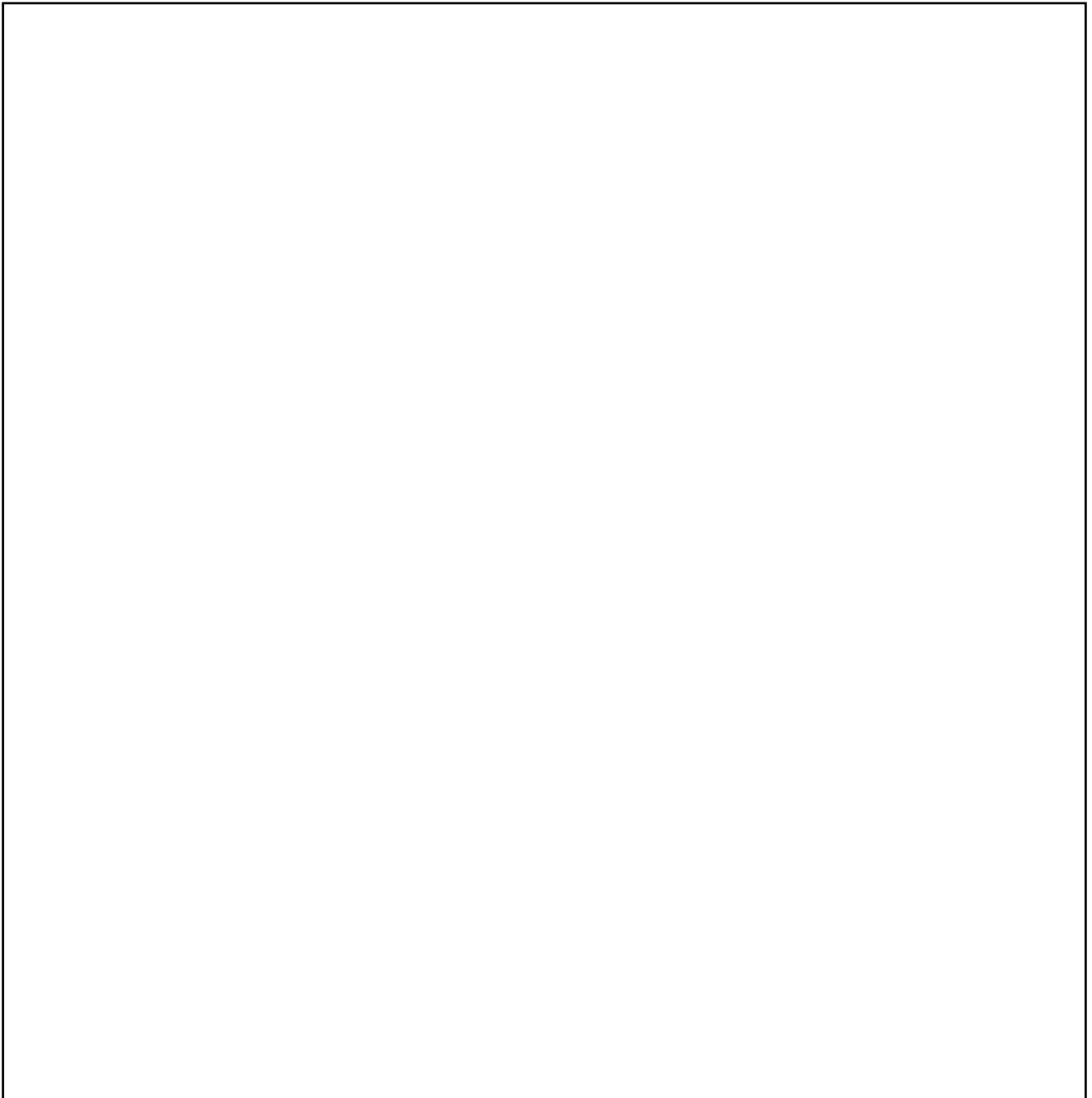
Sustainable Development Goals



Activity checklist

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

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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 on a small expedition around your neighbourhood to identify potential sites for the installation of solar panels.

Go around the neighbourhood and count the number of electric vehicles.

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



50 Activity Points

***I WILL ALWAYS TAKE
THE PUBLIC TRANSPORT
WHEN I CAN***

**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?

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

Below are some sample activities that you could do.

Organise a tree planting and adoption campaign in your neighbourhood. Get help from an adult.

With an adult, visit a green building and learn about sustainable building materials.

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



70 Activity Points

**WE WILL DISPOSE OF THE
GARBAGE ACCORDINGLY**

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

Below are some sample activities that you could do.

Take a tour around your neighbourhood and observe the waste management practices that are being implemented.

Visit and observe bin usage in different classrooms, and then discuss your findings with your teacher.

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



60 Activity Points

***I COLLECT FRESH
DATES FROM THE FARM***

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

Sustainable Development Goals

2 ZERO
HUNGER



11 SUSTAINABLE CITIES
AND COMMUNITIES



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.

Organise a picnic with your friends in a nearby park. Carry home-cooked food only and say “no” to packaged food.

Visit a farmers market with a grown-up, and gather information on how they grow their vegetables and fruit without chemicals.

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



60 Activity Points

***ANIMALS ARE MEANT
TO BE CARED FOR***

**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.

Go on a scavenger hunt with friends, where you explore a local park on multiple occasions, identifying various plant species, rocks, and animals.

Go on a bird-watching expedition with your family and understand the significance of conserving their habitats.

**I will team up
to teach others**



70 Activity Points

**MY BROTHERS AND I
LEARNT TO FOLD
CLOTHES TOGETHER**

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.

Play musical chairs in a small team. After every round instead of eliminating participants, eliminate chairs. Work together to accommodate everyone on the remaining chairs when the music stops.

Organise a “managing waste” session for younger children where you teach them about managing daily waste generated at home.

**I will team up
to save water**



70 Activity Points

**MY CLASSMATES AND
I MADE A CAMPAIGN
TO SAVE WATER**

I WILL TEAM UP TO SAVE WATER

Sustainable Development Goals



Activity checklist

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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 a water conservation session with your friends, where you raise awareness about the challenges with the availability of fresh water.

Help load and unload the dishwasher at home. Run it only when it is full.

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



70 Activity Points

***I ENCOURAGED MY
PARENTS TO SWITCH TO
CLEAN ENERGY***

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.

Play a renewable energy source guessing game in teams. Try to mimic wind, the sun's rays and so on, while the rest of the team members guess the clean energy source.

Play a game of "nature bingo" to spot different plants and animals in a large poster.

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

*MY FRIENDS AND I WILL
RAISE AWARENESS ABOUT
SAVING TREES.*

I WILL TEAM UP TO REMOVE CO₂ FROM AIR



70 Activity Points

Sustainable Development Goals

10 REDUCED
INEQUALITIES



13 CLIMATE
ACTION



17 PARTNERSHIPS
FOR THE GOALS



Activity checklist

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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.

With your friends, remove weeds from the garden and help your plants grow.

Play a board game instead of playing video games and save electricity.

**I will team up to
manage waste**



70 Activity Points

***I WILL COMPOST FRUIT
AND VEGETABLE PEELS
FROM MY NEIGHBOURHOOD***

I WILL TEAM UP TO MANAGE WASTE

Sustainable Development Goals

10 REDUCED
INEQUALITIES



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



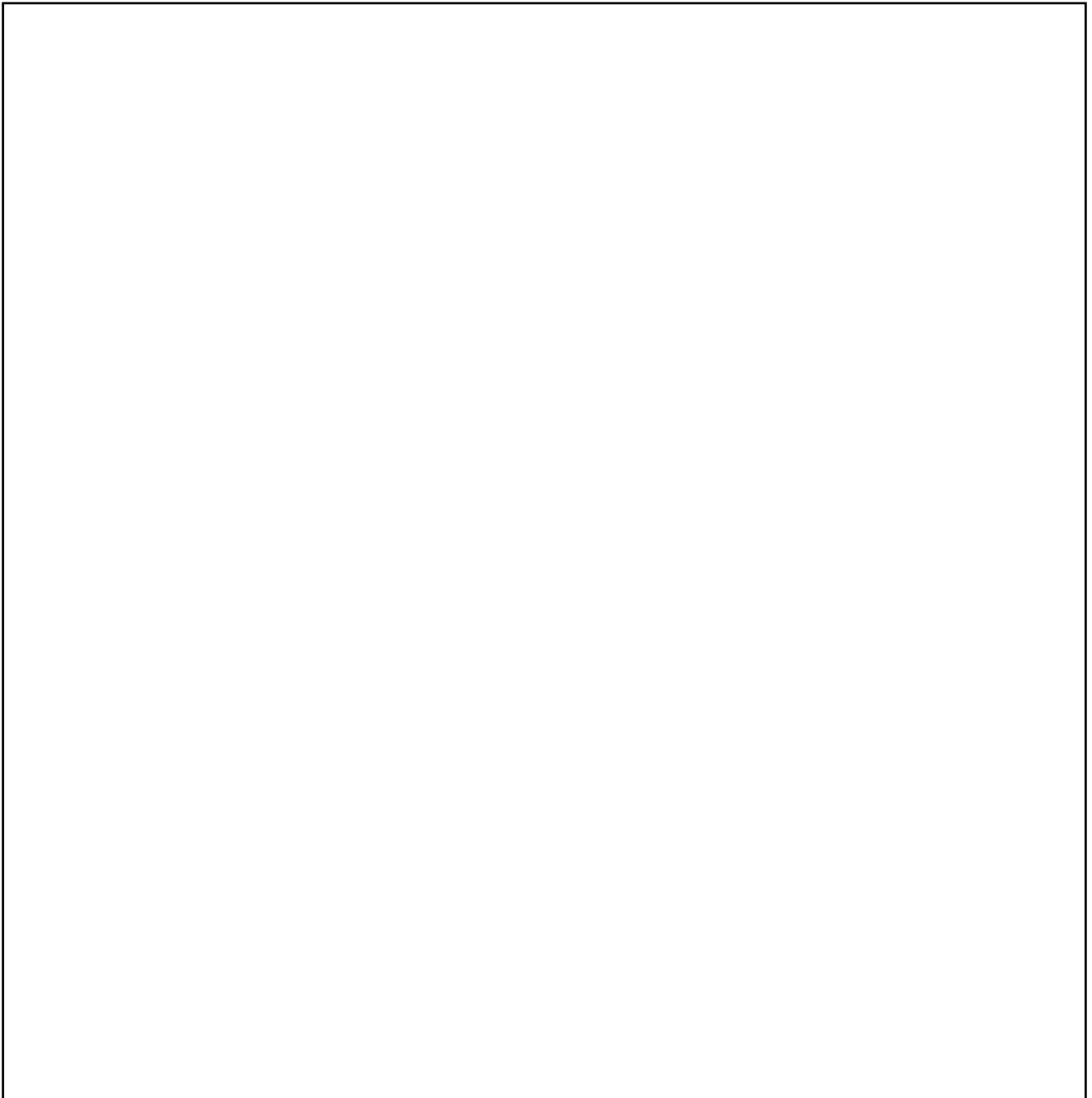
17 PARTNERSHIPS
FOR THE GOALS



Activity checklist

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

Below are some sample activities that you could do.

Team up with friends to clean the classroom every week at a designated time.

Collaborate with friends to create a chart illustrating waste segregation and recycling and show it to the children in your community.

**I will team up
to grow food**



70 Activity Points

***I WILL PLANT ONE NEW
SAPLING EVERY MONTH
WITH MY FAMILY.***

I WILL TEAM UP TO GROW FOOD

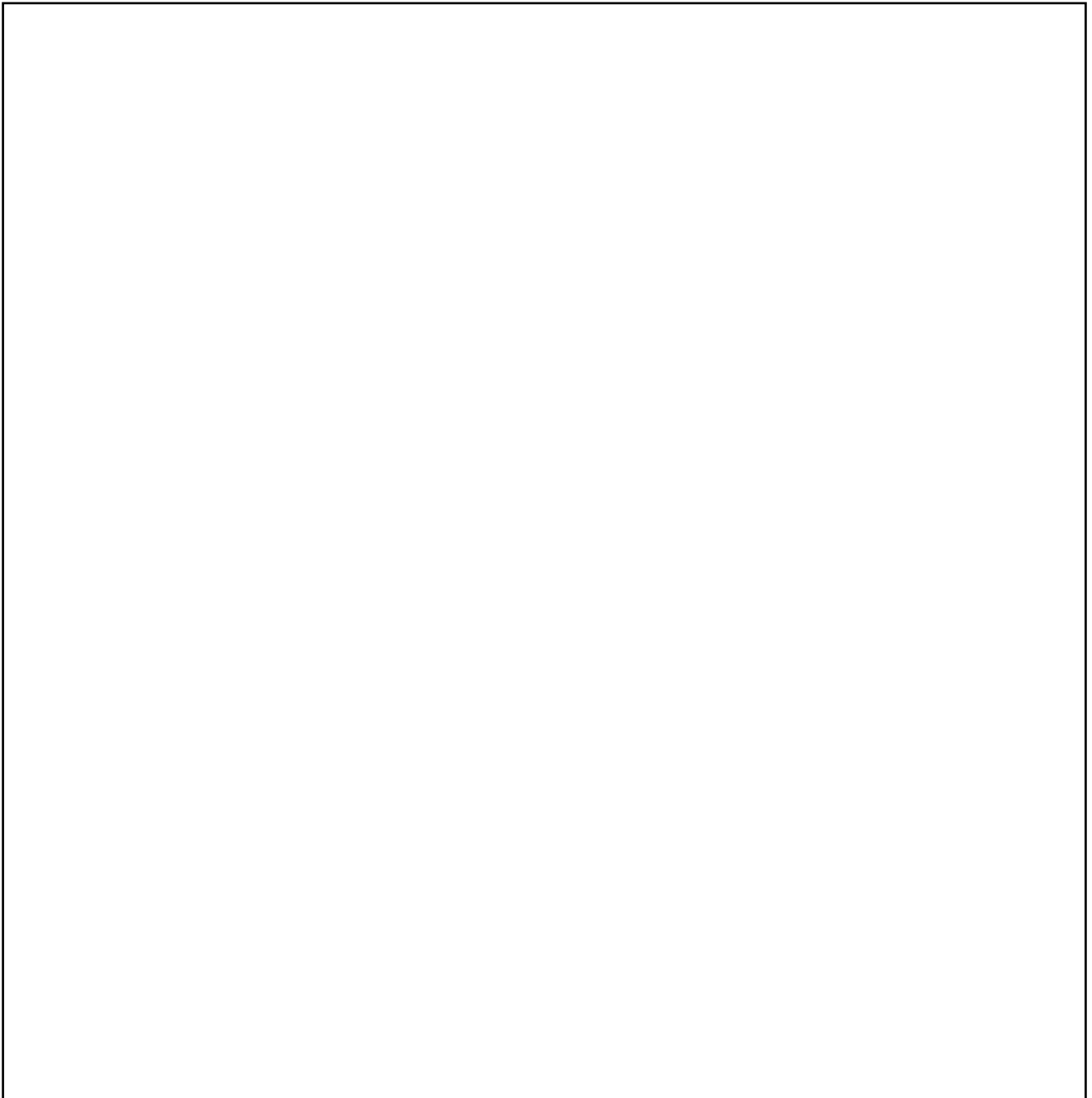
Sustainable Development Goals



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

Below are some sample activities that you could do.

Bake a “no preservatives” cake with your family to celebrate a special occasion.

Make compost from your kitchen waste with the help of an adult and share it with your neighbour.

**I will team up to
protect biodiversity**



70 Activity Points

***MY FRIENDS AND I BUILT
A SUPPORT STRUCTURE
FOR THE CREEPERS***

I WILL TEAM UP TO PROTECT BIODIVERSITY

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Work with your friends to create an animal shelter using recyclable materials and raise awareness in your neighbourhood about providing safe spaces for animals.

Work together with a friend to research and present a report to your classmates about an endangered species.

**I will be entrepreneurial
in teaching others**



60 Activity Points

***I WILL TEACH MY SISTER
HOW TO SAVE MONEY***

**I WILL BE ENTREPRENEURIAL IN
TEACHING OTHERS**

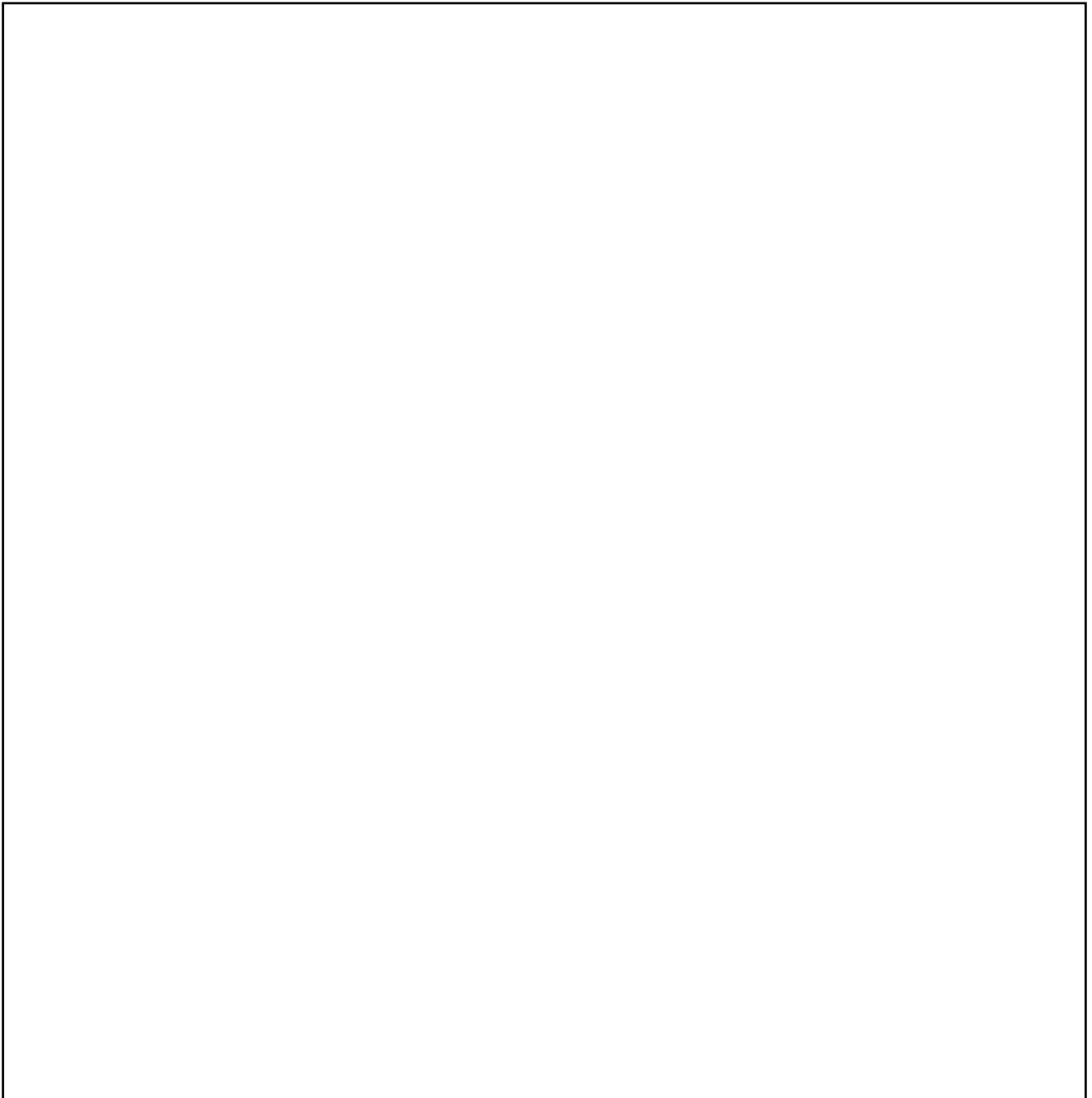
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That's it! Get started on being entrepreneurial in teaching others!

Below are some sample activities that you could do.

Talk to the children in your neighbourhood about the impact of plastic waste. Encourage them to say “no” to plastic straws.

Teach your friends and siblings to make dolls from recycled bottles and share it with others.

**I will be entrepreneurial
towards saving water**



60 Activity Points

***I WILL KEEP A TAB ON
THE WATER USAGE AT
HOME***

**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?

What activity would that be?

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

Below are some sample activities that you could do.

With the help of your parent, calculate how much is spent on water in your home on a daily, weekly, and annual basis with the help of the water bill. Is the water consumption the same in summer and winter? Note down your observations.

Design a new product that can collect rainwater and showcase it your community.

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



60 Activity Points

**WE LEARNT ABOUT
USING CLEAN ENERGY
AT SCHOOL TODAY!**

**I WILL BE ENTREPRENEURIAL
TOWARDS USING CLEAN ENERGY**

Sustainable Development Goals



Activity checklist

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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 green book club and encourage debates and discussions on environmental issues.

Set up a “green ideas” suggestion box in your neighbourhood for everyone to contribute. Pick 1 “doable” idea and find ways to implement it in your community.

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



60 Activity Points

***I WILL MAKE CLAY
CUPS AND GIFT THEM***

**I WILL BE ENTREPRENEURIAL TOWARDS
REMOVING CO₂ FROM AIR**

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

With help from an adult, start a community garden and grow your own vegetables.

Coordinate with your friends' parents and carpool for going to after-school classes.

**I will be entrepreneurial
towards managing
waste**

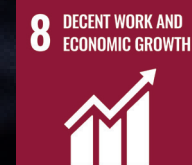


70 Activity Points

***I WILL WEAR CLOTHES
MORE THAN ONCE TO
REDUCE WASTE***

**I WILL BE ENTREPRENEURIAL TOWARDS
MANAGING WASTE**

Sustainable Development Goals



8 DECENT WORK AND
ECONOMIC GROWTH



9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION

Activity checklist

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

Below are some sample activities that you could do.

I will repurpose my old clothes to make new pieces like denim handbags, shorts and so on.

Collect plastic bottles and newspapers at home, then sell them as scrap with the help of an adult.

**I will be an entrepreneur
and grow food**



70 Activity Points

***I WILL ENCOURAGE
THE HABIT OF GROWING
PLANTS AT HOME***

**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.

Set up a stall in your neighbourhood to showcase healthy home-cooked dishes.

Visit a vegetable market with your parents, and ask the shopkeeper for the reason behind the price of a certain vegetable.

**I will be entrepreneurial
towards protecting
biodiversity**



70 Activity Points

***I WILL SELL DATES AT
MY SCHOOL FAIR***

**I WILL BE ENTREPRENEURIAL TOWARDS
PROTECTING BIODIVERSITY**

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Upcycle plastic waste items used at home into useful everyday objects, then host a fair to showcase these creations.

Set up any 1 recycling initiative along with your family, such as making bags from used paper, and use the proceeds for a conservation project.

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



40 Activity Points

***I WILL TEACH OTHERS
SONGS ABOUT THE
ENVIRONMENT***

***I WILL USE CREATIVE ARTS TO
TEACH OTHERS***

Sustainable Development Goals



Activity checklist

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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 using creative arts to teach others!

Below are some sample activities that you could do.

Teach your friends to create waste paper bags from old newspapers.

Show your friends how to use old wooden spoons to create hand puppets.

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



40 Activity Points

***I WILL USE IMAGES
TO RAISE AWARENESS
ABOUT THE IMPORTANCE
OF WATER***

**I WILL USE CREATIVE ARTS TO SAVE
WATER**



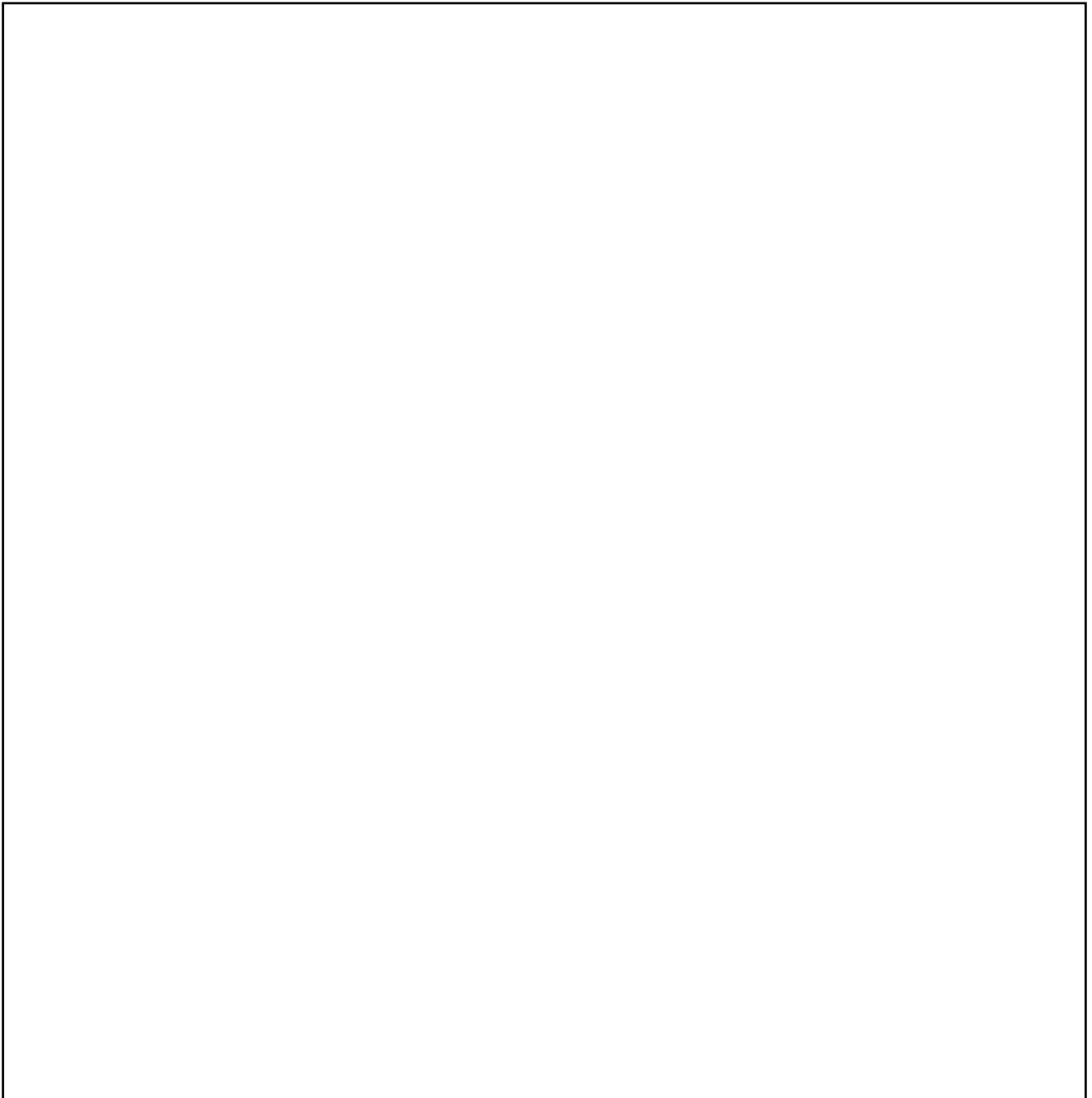
Sustainable Development Goals



Activity checklist

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

What activity would that be?

A large, empty rectangular box with a thin black border, 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
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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 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 using creative arts to save water!

Below are some sample activities that you could do.

Write dialogues for a skit on any 1 water conservation practice like turning off taps while brushing teeth, using rainwater for watering plants, etc. Stage the skit along with your friends for your parents and the community to raise awareness.

Create a poster on the water cycle and put it up in your neighbourhood.

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



40 Activity Points

***I WILL UPCYCLE OLD
BOXES***

**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?

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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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 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 using creative arts to use clean energy!

Below are some sample activities that you could do.

Dip waste paper strips in water colours and use them to create art. Hold the strips up against the chart paper in natural wind in the playground or garden and see the magic unfold!

Create a clean energy collage depicting the sources of clean energy and show it to your friends to increase their awareness.

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



30 Activity Points

***I WILL MAKE WIND
CHIMES OUT OF OLD CANS***

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

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.

Paint a picture that represents the beauty of the natural world.

Paint and decorate a waste plastic bottle and display it in your house.

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



60 Activity Points

***I WILL MAKE COLLAGES
OUT OF OLD MAGAZINES***

**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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can do repeatedly?
Day after day?

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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 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 using creative arts to manage waste!

Below are some sample activities that you could do.

Mend worn-out toys and dolls instead of throwing them away.

Reuse old clothes around the house for various purposes by transforming old shirts and clothes into cleaning rags or for mopping floors.

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



70 Activity Points

***I WILL MAKE MY OWN
PLANT POTS***

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

Sustainable Development Goals

2

ZERO
HUNGER



12

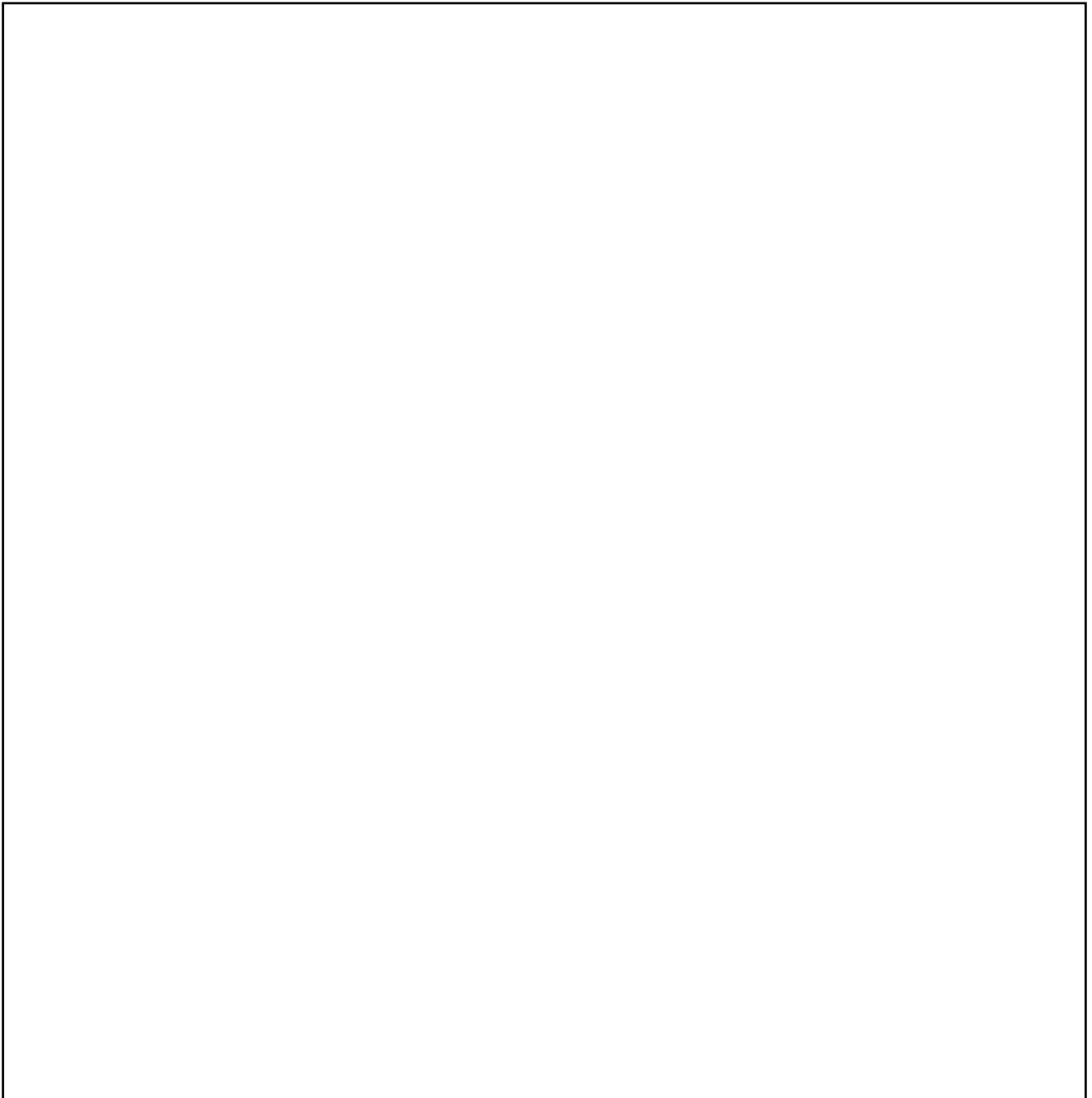
RESPONSIBLE
CONSUMPTION
AND PRODUCTION



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, intended for a student to write down an activity related to growing food using creative arts.

Is it an activity you
can do repeatedly?
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 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.

Draw and design your own garden map where you will grow fruits and vegetables. Use that map for your garden as you grow your food.

Create a flower pot for your room by decorating a used tin can and planting in it. Place your plant in a way that it gets enough sunlight too.

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



40 Activity Points

I WILL BUILD MY OWN BIRD HOUSE

**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.

Write (and perhaps illustrate!) short stories with ecological themes, promoting creativity and environmental awareness.

Create a model of a coral reef ecosystem using coloured pasta.

**I will experiment to
teach others**



70 Activity Points

***I'M SHOWING MY
FATHER HOW OIL MIXES
WITH WATER***

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?

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

Below are some sample activities that you could do.

Use a recycled paper-based wind catcher to teach your siblings about wind movements across different nights.

Teach your younger sibling about rainbows using a prism.

**I will experiment to
save water**



70 Activity Points

***I AM EXPERIMENTING
TO SEE HOW SAND
FILTERS WATER***

I WILL EXPERIMENT TO SAVE WATER

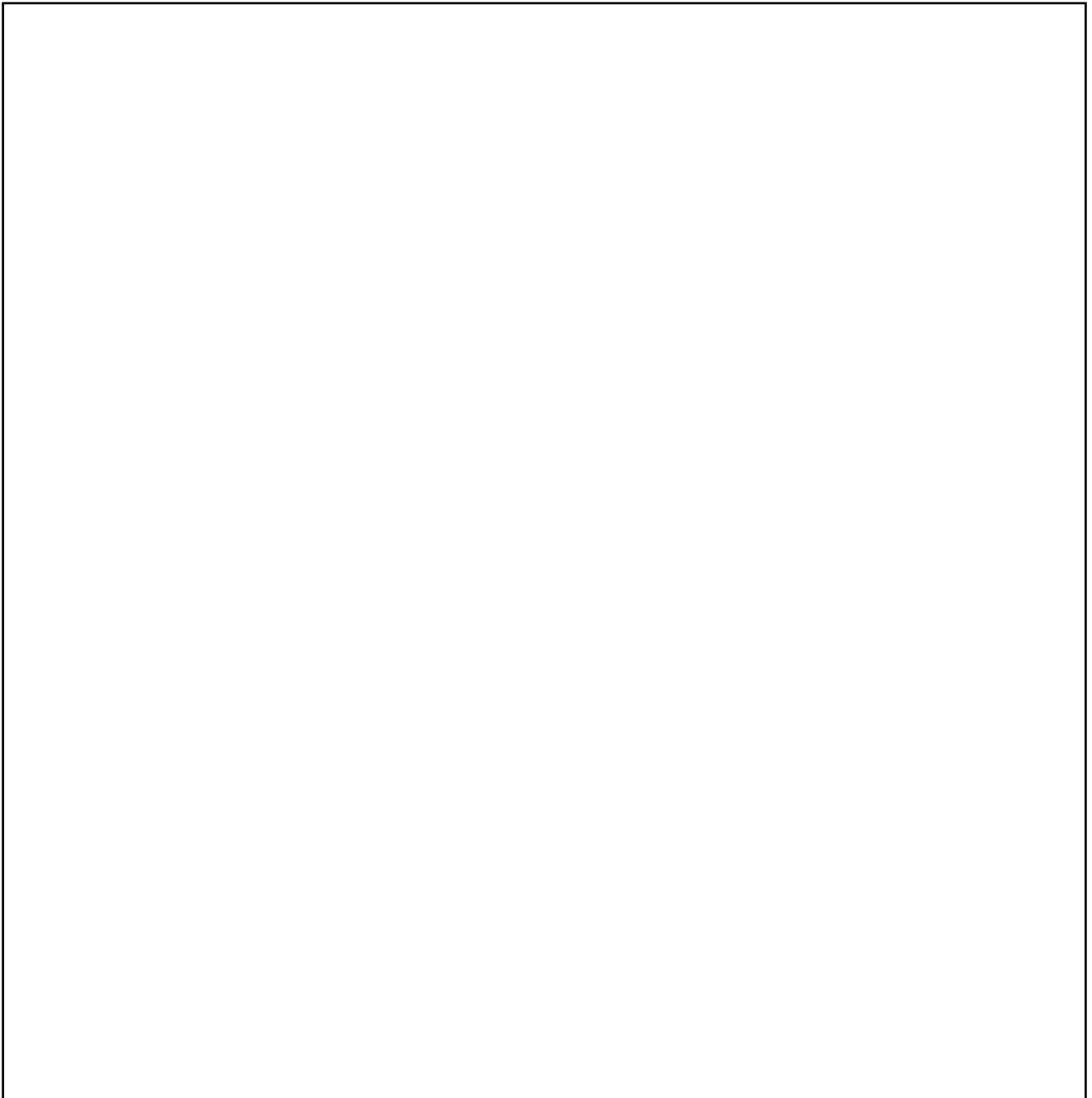
Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Check for leaks in your toilet by putting drops of food colouring in the flush tank. If it seeps into the bowl without flushing then there is a leak.

Water identical plants differently (daily, every other day, weekly) and note down your observations. Use the data to water your plants optimally.

**I will experiment to
use clean energy**



70 Activity Points

***I VISITED A SOLAR
FARM TO UNDERSTAND
HOW IT WORKS***

**I WILL EXPERIMENT TO USE CLEAN
ENERGY**

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

Get help from an adult to design and construct a working model of a wind turbine with recycled materials. Feel the energy of wind!

Create a weather station in the classroom with a thermometer, a rain gauge, and a weather chart. Use it to predict weather patterns.

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



70 Activity Points

***I WILL KEEP A NOTE OF
HOW MUCH MY PLANTS
GROW EVERY WEEK***

**I WILL EXPERIMENT TO REMOVE CO₂
FROM AIR**

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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can do repeatedly?
Day after day?

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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.

Keep a bag of ice and a potted plant inside a car and observe how soon the ice melts and plant wilts.

Take a sandwich bag. Mix a spoonful of baking soda and vinegar and watch the bubbles rise.

**I will experiment to
manage waste**



60 Activity Points

***I WILL LEARN PAPER
MACHE AND RECYCLE OLD
PAPER***

I WILL EXPERIMENT TO MANAGE WASTE

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.

Separate organic and inorganic waste into different boxes, and over time, observe the changes.

Examine the neighbourhood bins daily and record the time it takes for dry waste bins to fill up. Brainstorm with your family on how to reduce the waste generated in the neighbourhood.

**I will experiment to
grow food**



70 Activity Points

***I WILL NOTE THE
EXPIRATION DATE OF ALL
GROCERIES AT HOME SO
THAT WE USE IT WISELY***

I WILL EXPERIMENT TO GROW FOOD

Sustainable Development Goals

2 ZERO
HUNGER



Activity checklist

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

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Day after day?

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

Below are some sample activities that you could do.

Try sprouting the same type of seeds in different types of soils such as sand, yard dirt, planting soil with compost, and planting soil without compost. See the different stages of growth in different soils.

Soak dried beans for 12-24 hours in water to activate germination. Once soaked, gently remove the soft outer layer and break inside the bean to find the embryo for a future plant. Carefully observe the inner layers of the bean, and draw a diagram to understand the process of plant growth.

Try a similar experiment with pulses and rice to see if they act in the same way.

**I will experiment to
protect biodiversity**



60 Activity Points

***I WILL CARE FOR THE
BIRDS NEAR MY HOME***

**I WILL EXPERIMENT TO PROTECT
BIODIVERSITY**

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

Plant seeds in different conditions, such as sunlight, water, and soil, and record their growth. Learn what plants need to grow.

Set up a water filtration experiment using common household items such as paper, cloth, cotton wool and record your observations.