

A young boy with curly brown hair, smiling and holding a small green plant in a metal can. The background is a soft-focus outdoor scene.

Sustainable habits 7x7

Grade 5

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 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.



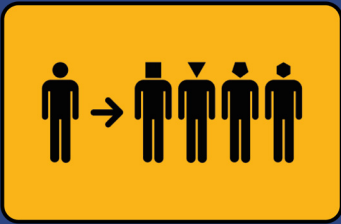
While choosing activities, align your interests and passions to the activities. Select activities that align with the ones you enjoy. If you are passionate about animals, you might choose activities related to wildlife conservation, for example.



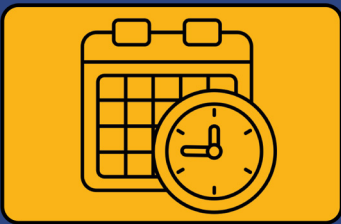
Consider the social and environmental issues that are close to your heart. If you are concerned about plastic pollution, focus on activities that address this issue, such as participating in a beach clean up or reducing single-use plastic consumption.



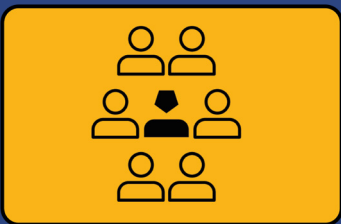
Evaluate the resources you have access to. Some activities may require specific materials or tools, so choose activities that are feasible based on what's available to you.



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.

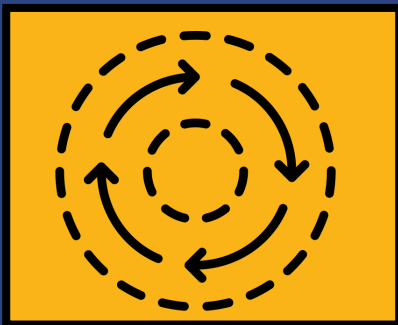


What do points mean?

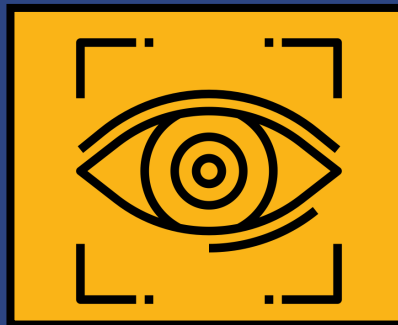
You will see that each activity has a number of points attributed to it based on the impact of the activity.

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



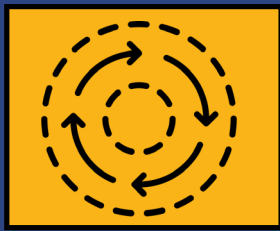
How do you become a Guardian of the Planet?

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!

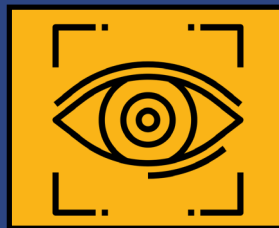
How do you get the Gold, Silver, and Bronze badges?

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**

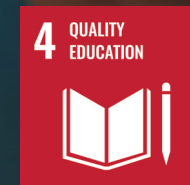


70 Activity Points

***SALEM TEACHES KIDS
FOOTBALL AND SO WILL I***

I VOLUNTEER TO TEACH OTHERS

Sustainable Development Goals



*THIS IS AN AI-GENERATED IMAGE

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.

Read aloud to younger siblings/cousins from their favourite book.

Video record animals on a camera and show your videos to friends and encourage them to be kind to animals.

**I volunteer to
save water**



70 Activity Points

***I WILL USE SMALL
QUANTITIES OF WATER
TO WASH SMALL FABRICS***

I VOLUNTEER TO SAVE WATER

Sustainable Development Goals



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.

Keep track of how much water is consumed for each household activity in your house and make small changes accordingly to save water.

Watch out for glasses of water that have been consumed only partially by others in your family or guests who visit your home. Pour the remaining water into the plants in your home or garden.

**I volunteer to use
clean energy**



50 Activity Points

**BETTER ENVIRONMENTS
BEGIN WITH A SINGLE STEP**

I VOLUNTEER TO USE CLEAN 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.

Collect the paper and cardboard waste from your house and donate it to a recycling station or a biomass power plant station.

Explain to your friends about clean energy and how it helps the planet.

**I volunteer to
remove CO₂
from air**



50 Activity Points

***I LEARNT TO KNIT A
SWEATER FROM MY
GRANDMOTHER***

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.

Take responsibility of a small space in your community, like a street corner or park. Clean and beautify regularly to reduce pollution.

With the help of your parents, place some pots with the spider plant in your bedroom. Spider plants give out more O₂ than most other plants!

**I volunteer to
manage waste**



70 Activity Points

***I WILL PUT WASTE IN
APPROPRIATE
DISPOSAL BINS***

I VOLUNTEER TO MANAGE WASTE

Wet 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?

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.

Lead a community-wide recycling campaign, educating your friends and neighbours about proper recycling practices.

Assist in managing recycling bins at community events, ensuring waste is sorted correctly.

**I volunteer to
grow food**



60 Activity Points

***I WILL LEARN ABOUT
THE DIFFERENT
PLANTS THAT FEED ME***

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.

Request your parent to separate food waste from other waste generated in the house, and tell them how it could be used to make compost to grow plants.

Teach friends and neighbours how to make their own compost at home.

**I volunteer to
protect biodiversity**



50 Activity Points

If you can't love,
please don't harm

***I WILL RAISE AWARENESS
ABOUT PROTECTING
ANIMALS***

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.

Under the supervision of an adult and with prior permission from local authorities, clean up a section of a local river or shoreline with a group of friends or classmates.

Assist at a wildlife rehabilitation centre to help care for injured animals.

**I will move to
teach others**



60 Activity Points

***I WILL TEACH MY FRIEND
HOW TO RIDE A BIKE***

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 the younger children in your neighbourhood how to play your favourite sport.

Learn new dance moves and teach them to your friends too!

**I will move to
save water**



70 Activity Points

***I WILL LEARN ABOUT
PLANTS AND POUR ONLY
THE ADEQUATE AMOUNT OF
WATER FOR EACH PLANT***

I WILL MOVE TO SAVE WATER

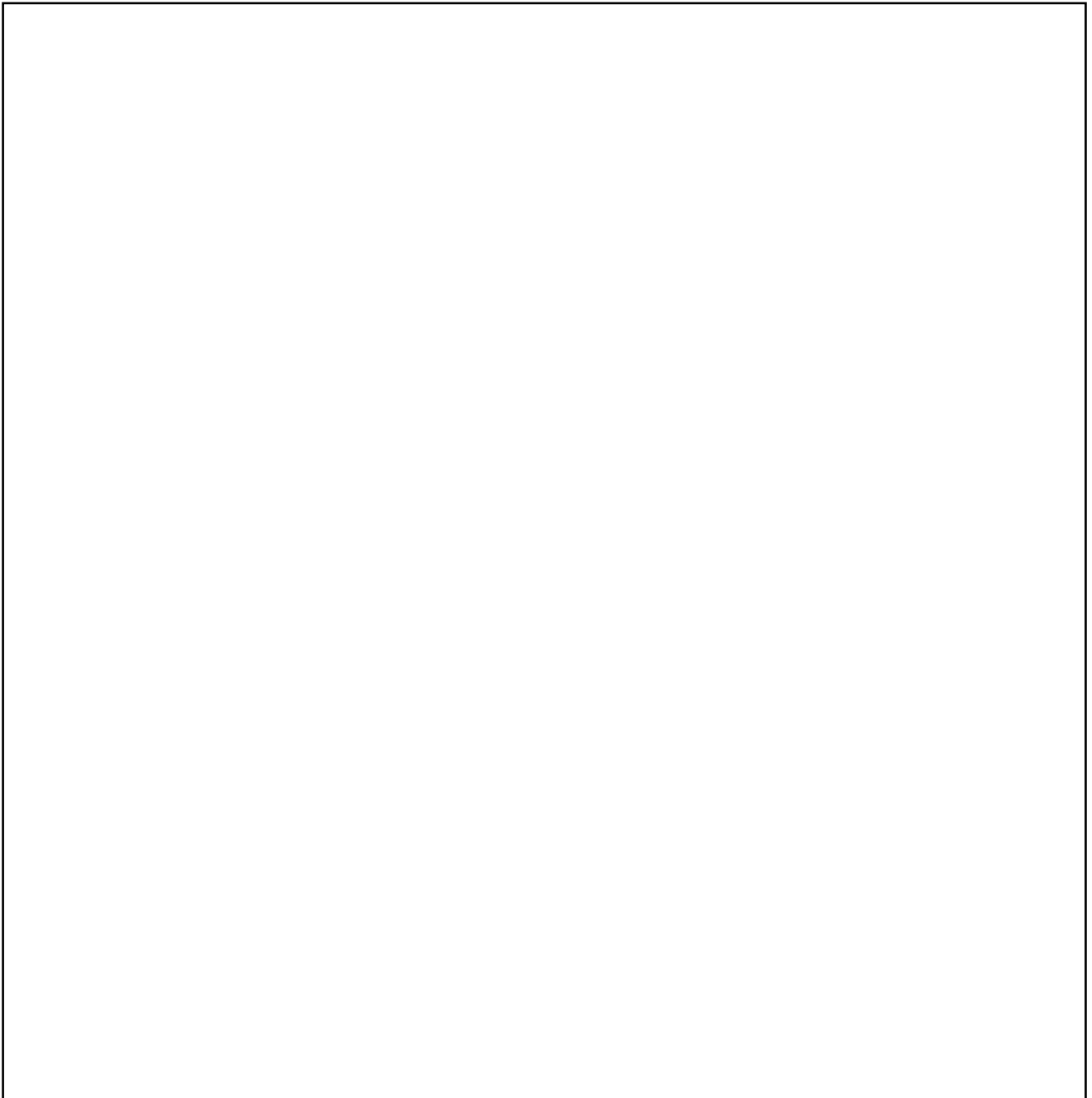
Sustainable Development Goals



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.

Carry your own drinking water bottle whenever you step out of home!

Go to the spot where clothes are being washed at home, and keep a regular check to ensure that the water used matches the size of the load of clothes. Tell your family to use only as much water as is required to wash clothes.

**I will move to use
clean energy**

*I WILL DRY MY SHOES
UNDER THE SUN*

I WILL MOVE TO USE CLEAN ENERGY



70 Activity Points



Sustainable Development Goals

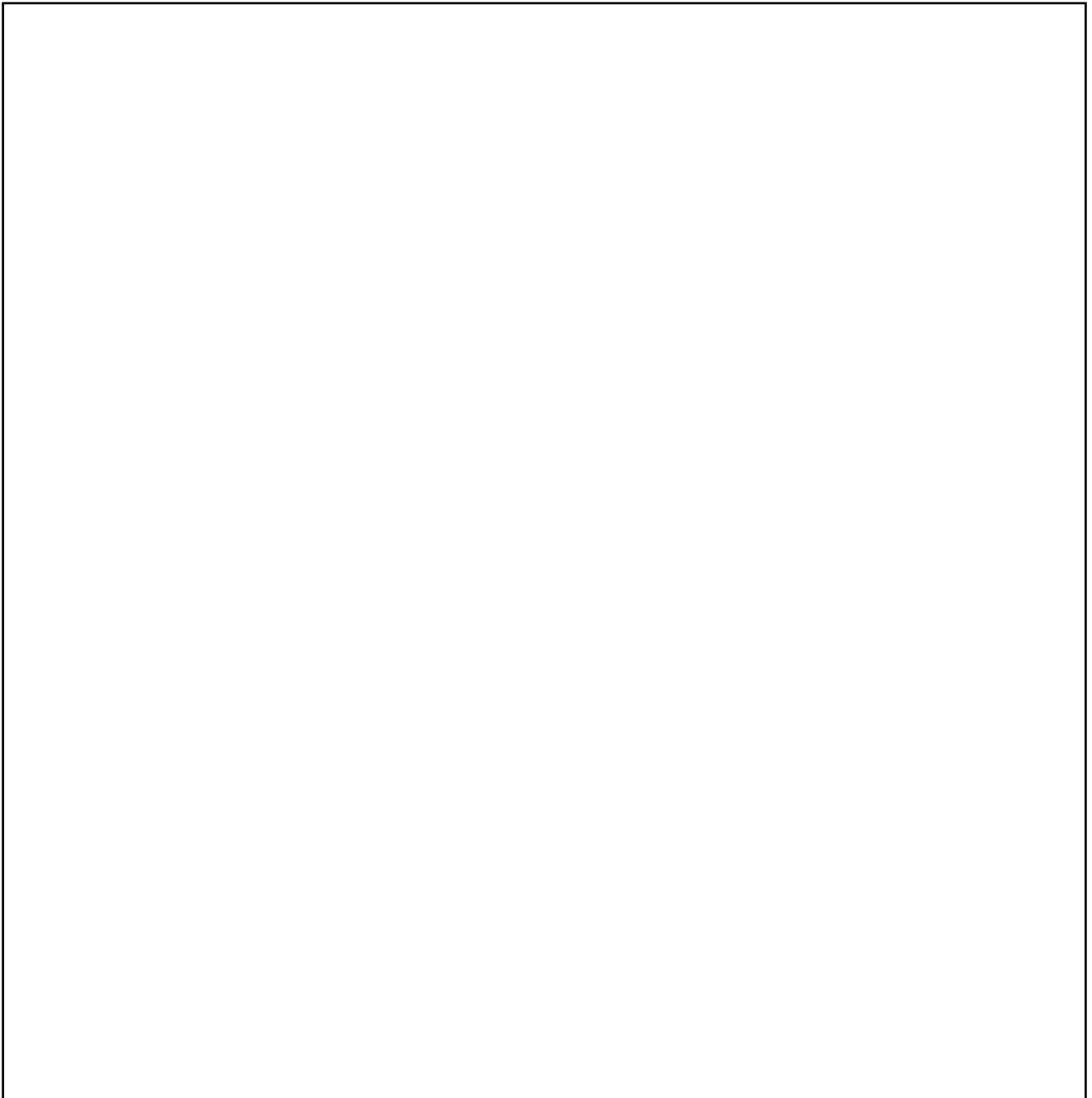


7 AFFORDABLE AND
CLEAN ENERGY

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?

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
“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.

With the help of an adult, make a paper kite and fly it in an outdoor area.

Whenever you are in an outdoor area that has plants, observe how different plants react differently to the sun. Observe how some plants need more sun than the others!

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



50 Activity Points

***I LOVE PLANTING AND
TAKING CARE OF NEW
SAPPLINGS***

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.

Visit a local farm growing fresh fruits and vegetables.

Go to a local water body and observe the aquatic plants or fish.

**I will move to
manage waste**



70 Activity Points

***I WILL PLACE MY CANDY
WRAPPER IN THE
NEAREST BIN!***

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.

When you do craftwork at school or at home, set up a race with your friends to see who cleans up fastest after the craftwork is done!

Make a rule at home and ensure everyone in the family follows it - whoever litters at home does 5 squats.

**I will move to
grow food**



70 Activity Points

***I WILL PLANT MANY
TREES FOR A GREENER
FUTURE***

I WILL MOVE TO GROW FOOD

Sustainable Development Goals

2 ZERO
HUNGER



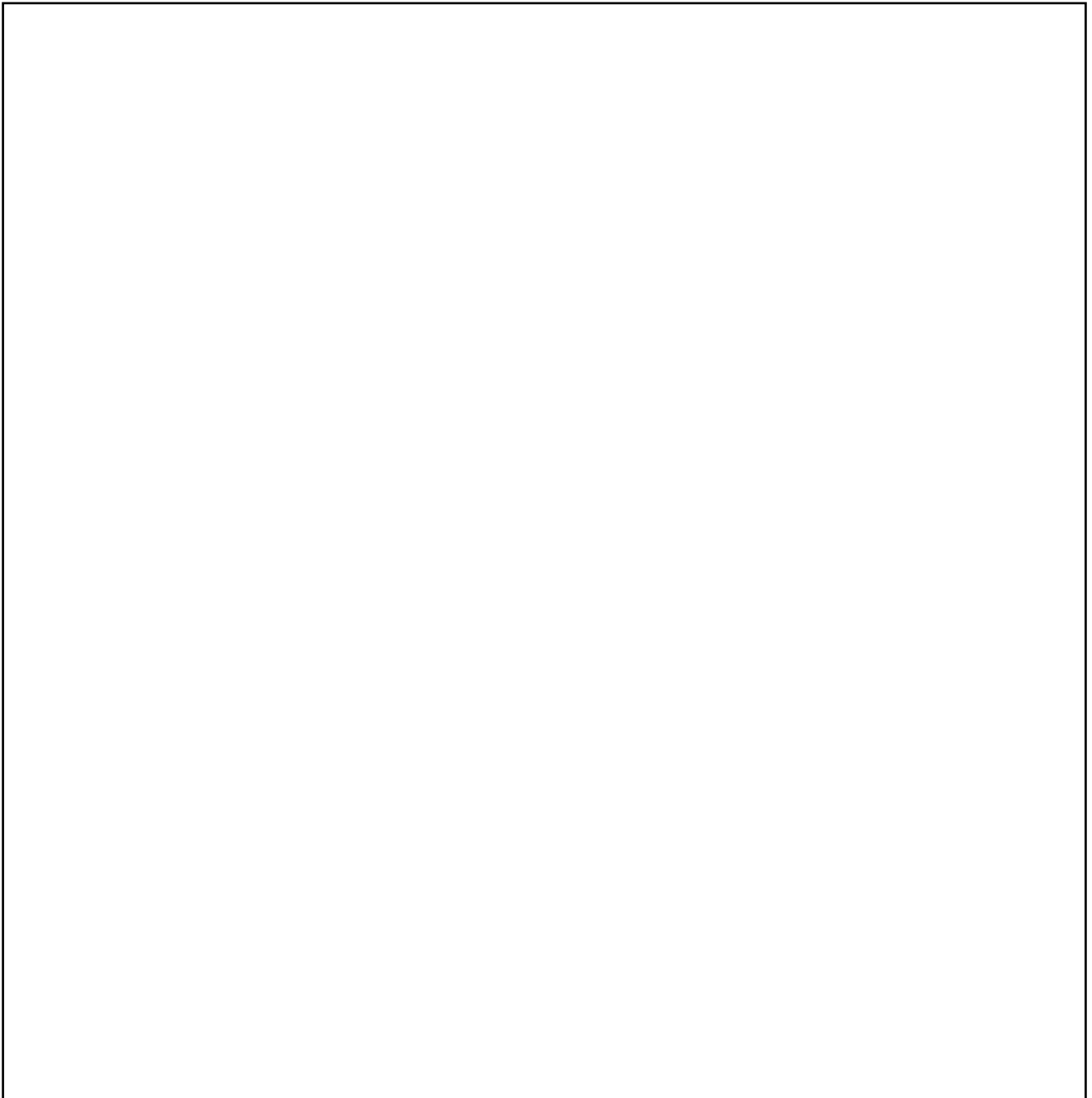
3 GOOD HEALTH
AND WELL-BEING



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.

Collect organic waste regularly from your kitchen and garden, such as vegetable and fruit peels and dried leaves. With the help of your family, place it in soil to make compost for your community.

Help your parent/gardener remove weeds from your garden at home or at the neighbourhood park.

**I will move to
protect biodiversity**



50 Activity Points

***I WILL TAKE CARE OF
MY NEIGHBOURHOOD
CATS!***

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.

With your family, go for walks and observe any new plants, animals, insects, or birds you see.

When you climb up a jungle gym in your playground, observe the plants and trees that need care or are drying up, from the top. When you get off, go over and tend to them with an adult's help.

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



60 Activity Points

**WITH MY PARENTS, I WILL
EXPLORE NEW PARTS OF MY
TOWN, AND TELL MY FRIENDS
ABOUT IT**

I WILL GO ON AN EXPEDITION TO TEACH OTHERS

Sustainable Development Goals

4 QUALITY
EDUCATION



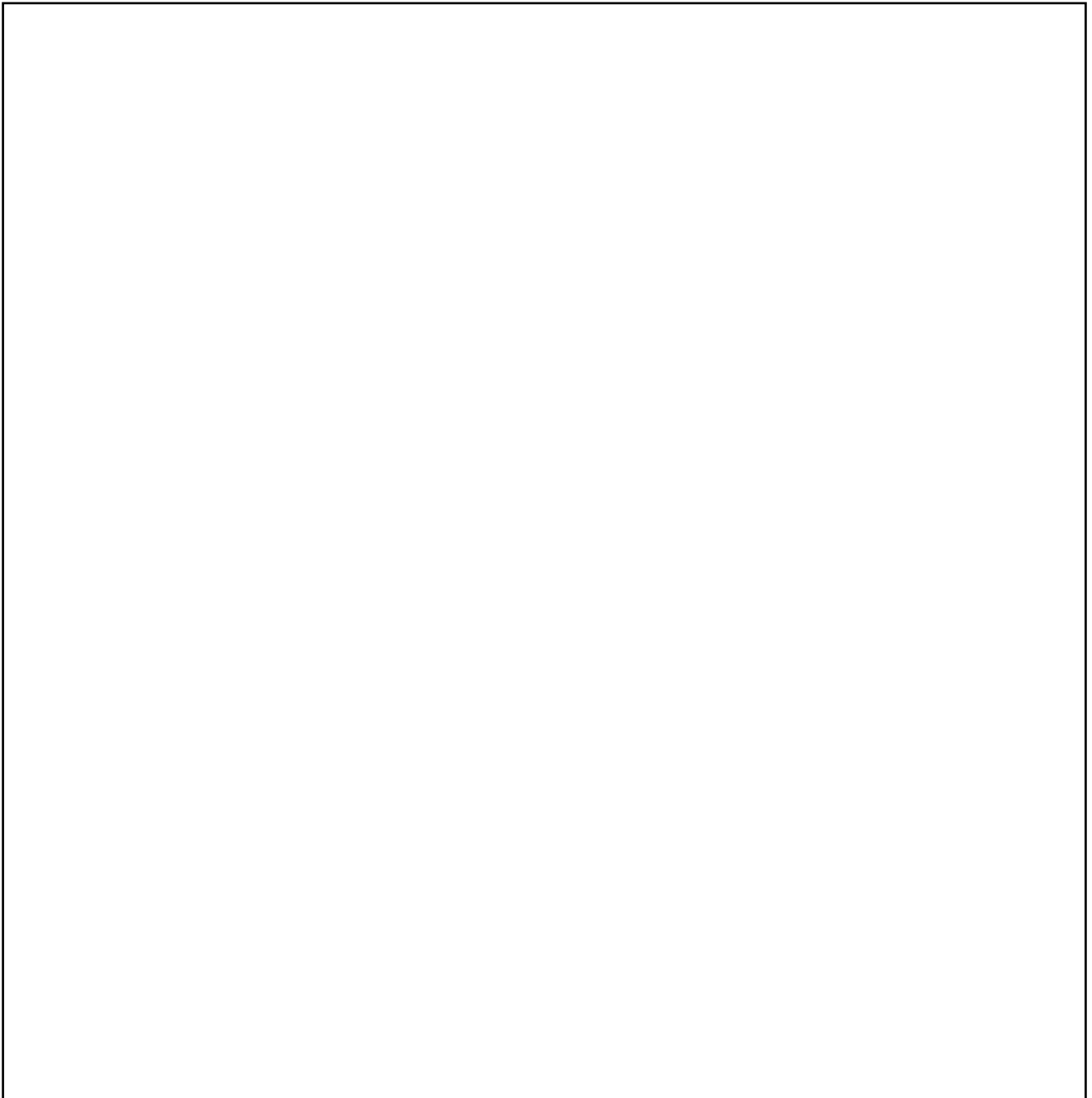
11 SUSTAINABLE CITIES
AND COMMUNITIES



Activity checklist

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

What activity would that be?

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Is it an activity you
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Day after day?

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

Below are some sample activities that you could do.

When in a park with your friends, look out for birds. Share with them the names of the birds you spot!

Whenever you visit a museum or a heritage site with your parents, read up about it in advance, and during the visit share with them what you know about the site.

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



70 Activity Points

**WHEN IT RAINS, WITH
THE HELP OF AN ADULT
I WILL PLACE BUCKETS,
POTS, AND BOTTLES
OUTDOORS TO COLLECT
THE RAIN 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.

When I travel with my parents, I will visit dams.

Take a walk around your garden often to check the soil around the plants. If it is damp, then do not water. Over-watering wastes water and is not good for most plants either!

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



60 Activity Points

**WHEN I AM OUT WITH
MY PARENTS, I LIKE TO
SPOT ELECTRIC
VEHICLES!**

**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.

Be an “energy hero” and switch off lights, open windows, and so on to save electricity.

Explore a nearby park and discuss the importance of green spaces with your family.

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



50 Activity Points

***WE DISCUSSED THE WAYS
TO REMOVE CO2 WITH
NABIL IN A FOREST***

**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 explore to remove CO₂ from air?

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

Below are some sample activities that you could do.

Visit a herbarium and see how plants are preserved and labelled.

Go with your parents to public parks and ask them questions each time about the plants and animals you see around you.

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



70 Activity Points

***I VISITED A RECYCLING
PLANT TO UNDERSTAND
WASTE BETTER***

**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.

With an adult, visit a recycling centre to learn about the recycling process and how it benefits the environment.

At the end of the day, help your family members go around your home to tidy up the different rooms. Make sure any junk or waste you see is appropriately disposed of for re-purposing at home or placed in the waste bin.

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



60 Activity Points

***THE FARM OWNER
SHOWED US HOW
TECHNOLOGY CAN BE
USED IN FARMING***

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

Sustainable Development Goals

2

ZERO
HUNGER



11

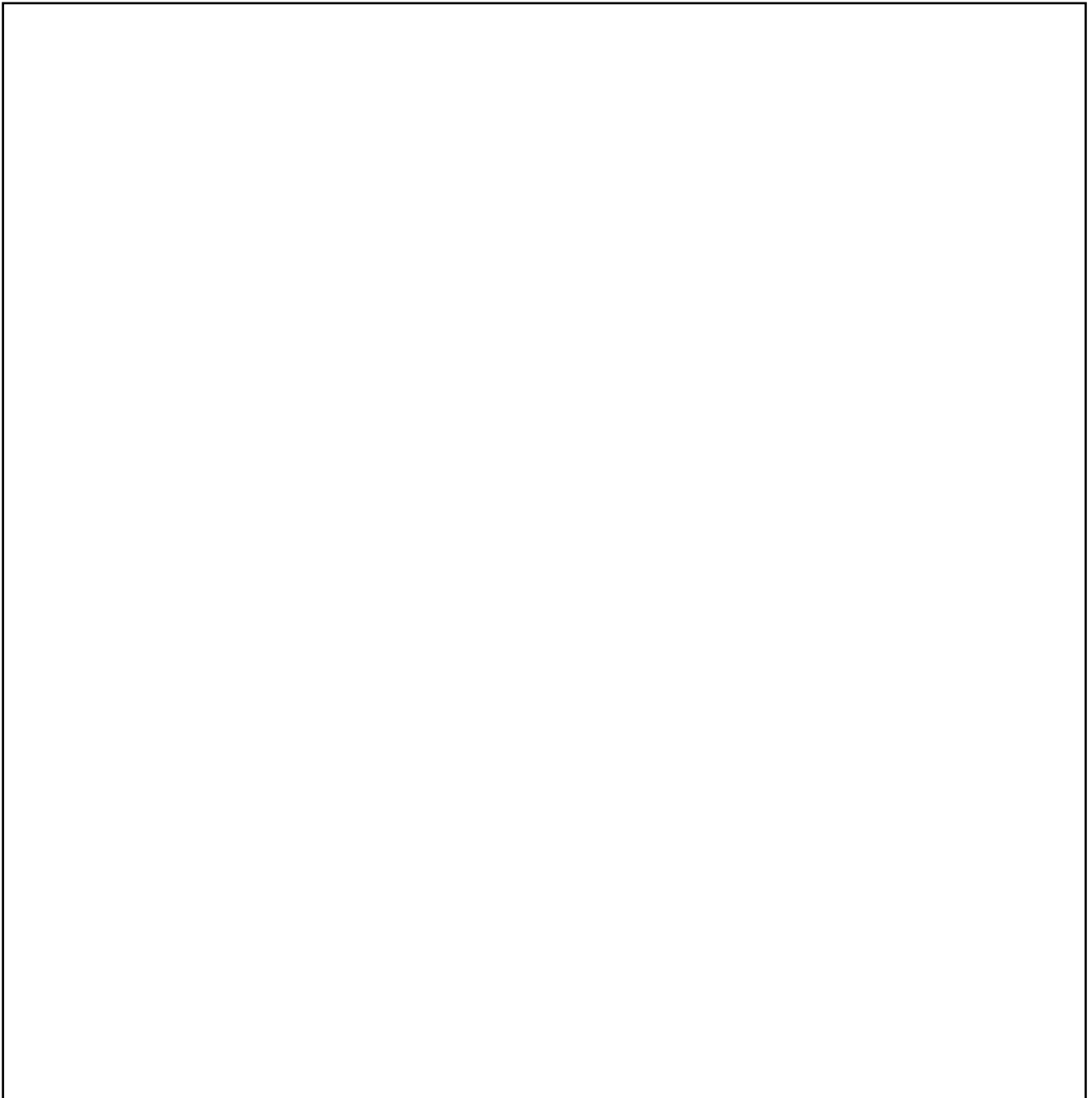
SUSTAINABLE CITIES
AND COMMUNITIES



Activity checklist

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

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 on an expedition.

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

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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 botanical garden with an adult, and identify the herbs that can be grown in your kitchen garden.

Visit local farmers and ask them about the challenges they face in the production of their crops.

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



60 Activity Points

*I WILL NOTE DOWN THE
NAMES OF THE PLANTS
AND TREES WHEN I GO
TO THE PARK*

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 a visit to a botanical garden to learn more about diverse plant species.

Go for a walk with your family, pick up different types of fallen leaves and flowers that you like. When you return home, paste them in a notebook. You will gradually have a collection of dried leaves and flowers!

**I will team up
to teach others**



70 Activity Points

**MY FRIEND AND I
LEARNT HOW TO
SHARE FOOD**

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.

During the weekends, get together with your friends to play an outdoor game and learn to appreciate nature.

Visit a home for senior citizens with your family. You and your family can spend some time with them.

**I will team up
to save water**



70 Activity Points

**MY FATHER AND I USE
A BUCKET OF WATER
TO WASH THE BICYCLE
INSTEAD OF A HOSE**

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.

Work with your parents to regularly prune your plants, so that they use water more efficiently.

Help your parent in washing their vehicle with only 1 bucket of water and not a hose pipe.

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



70 Activity Points

**MY FRIENDS AND I
WILL SPEND MORE
TIME OUTDOORS**

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.

With your friends and wherever you play together, identify opportunities for using solar and wind power.

With your family, heat up your meal in the sun.

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



70 Activity Points

**MY FRIENDS AND I WILL
CYCLE WHERE WE CAN**

**I WILL TEAM UP TO REMOVE CO₂ FROM
AIR**

Sustainable Development 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 family, travel by public or shared transport while going on a leisure trip to reduce the pollution from private vehicles.

With your family, spend time outdoors when the weather is pleasant.

**I will team up to
manage waste**



70 Activity Points

**MY FRIENDS AND I USED AN
OLD CARDBOARD BOX TO
GIVE A PUPPY A HOME**

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.

Convince your friends to pledge not to waste any food in their lunch boxes, and try to make sure you and your friends are able to follow the pledge!

With your family, dispose of kitchen waste every evening before you sleep.

**I will team up
to grow food**



70 Activity Points

***I WILL LEARN HOW TO
CULTIVATE FOOD WITH MY
FRIENDS***

I WILL TEAM UP TO GROW FOOD

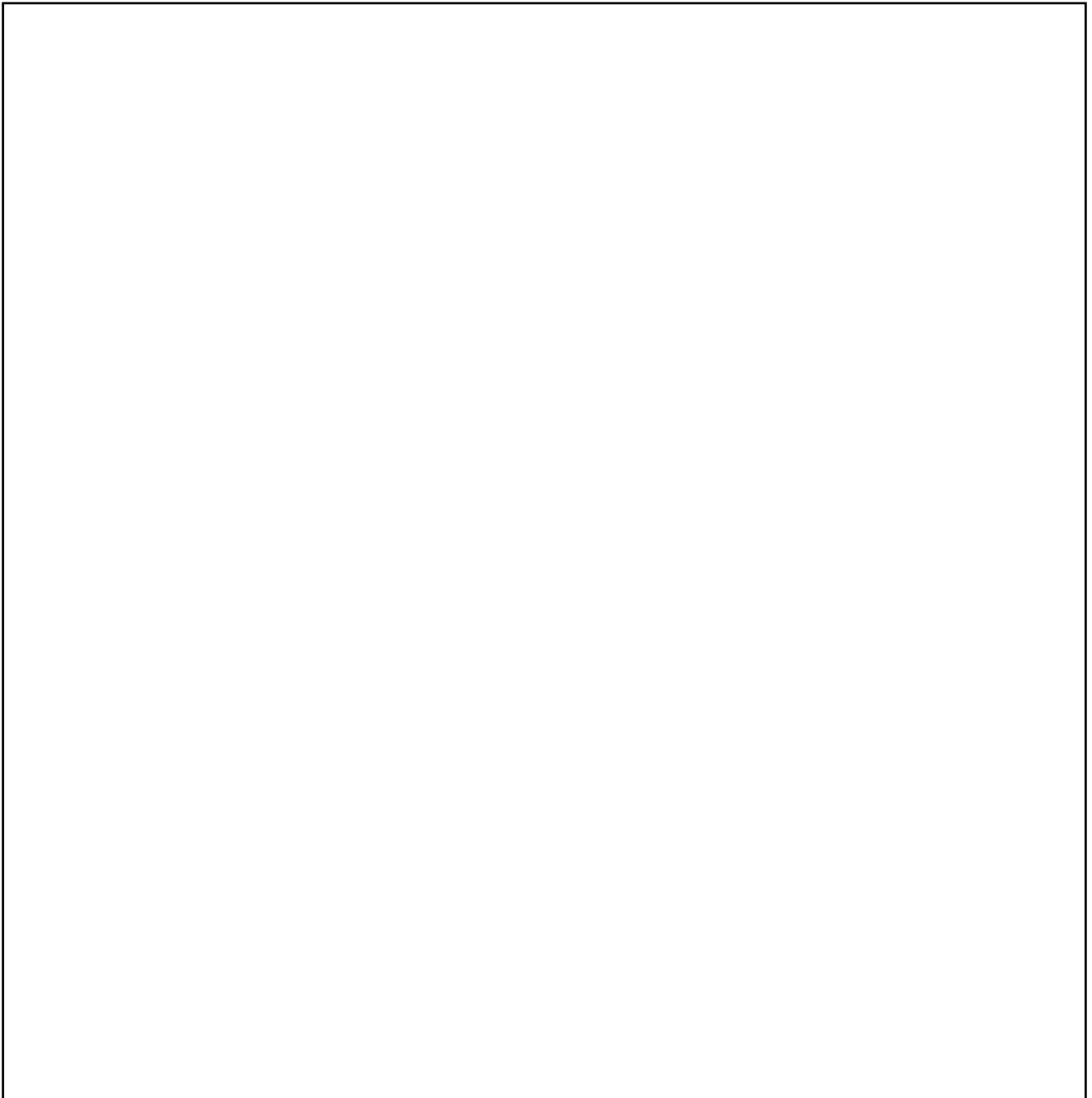
Sustainable Development Goals



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

Below are some sample activities that you could do.

Help your parent with meal preparation by peeling the vegetables, washing them, and serving the food when cooked.

Make a compost bin for your community garden where you and your friends deposit the daily food waste from your homes.

**I will team up to
protect biodiversity**

***MY FRIENDS AND I WILL
CARE FOR THE STRAYS
NEAR OUR HOME***

I WILL TEAM UP TO PROTECT BIODIVERSITY



70 Activity Points

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.

Collaborate to create a neighbourhood garden with a variety of native plants and flowers.

Work in teams to research and present your solutions to local environmental issues.

**I will be entrepreneurial
in teaching others**



60 Activity Points

***I WILL TEACH MY
FRIEND NEW TECH***

**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.

Start a “young ecopreneurs” club where students learn about sustainable business practices and create eco-friendly products to sell.

Organise a sustainability themed-market day at your home, where you and your friends can showcase environmentally responsible products to others.

**I will be entrepreneurial
towards saving water**



60 Activity Points

Saves

40%

More Water*

TERMS AND CONDITIONS APPLY



*I WILL TALK TO MY
PARENTS ABOUT WATER
SAVING TECHNOLOGIES*

I WILL BE ENTREPRENEURIAL TOWARDS
SAVING WATER

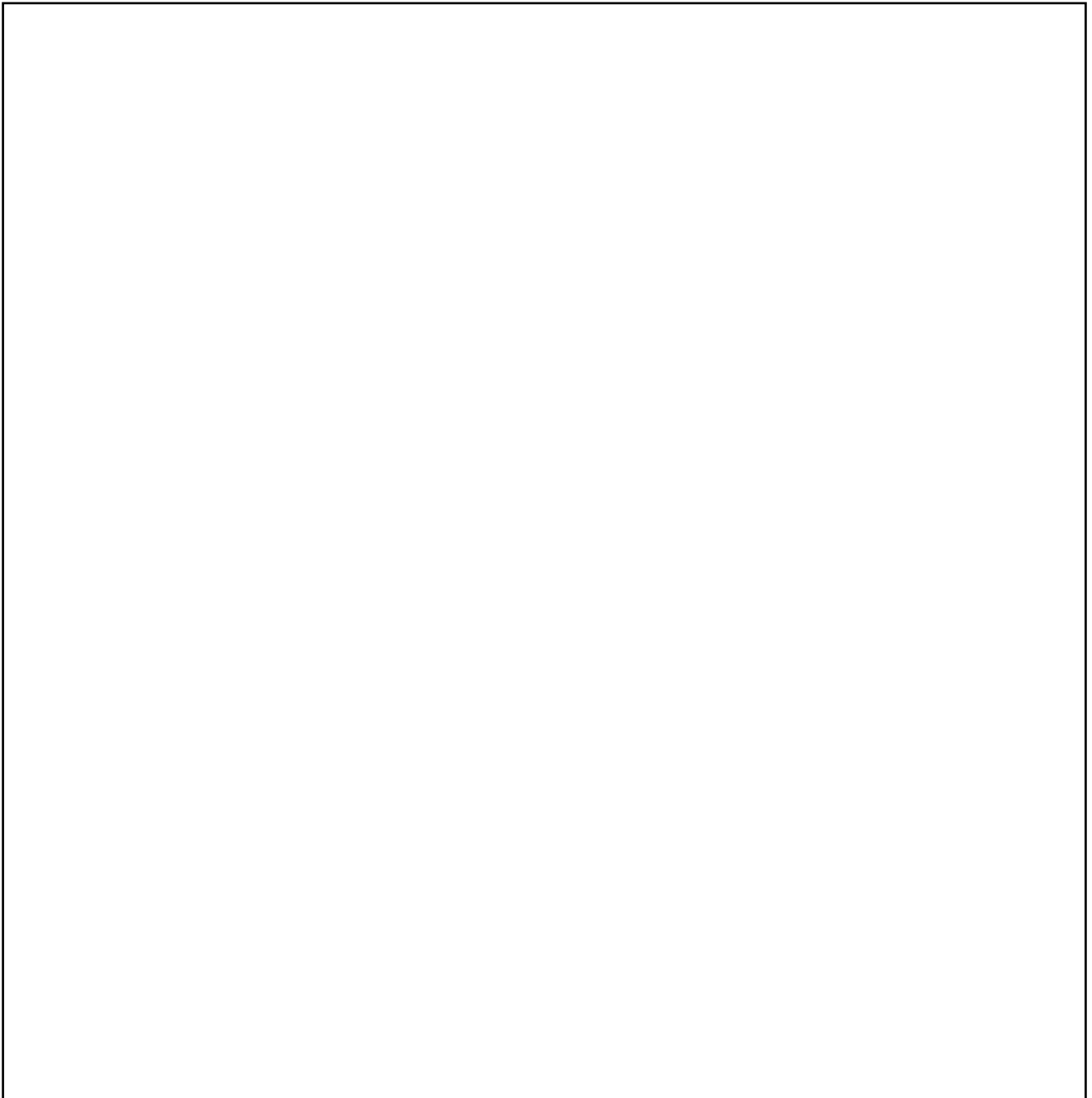
Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Understand and teach others why using synthetic fertilisers are not good for your plants.

Ask the gardner to compare the water usage of automated irrigation or sprinkler systems with a hose or watering can to check which is more efficient and cost effective.

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

***I WILL ENCOURAGE MY
PARENTS TO USE SOLAR
LIGHTS WHEREVER POSSIBLE***

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

 **60 Activity Points**

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.

Identify the challenges related to the availability of electricity faced in your community. Learn about and discuss solutions related to clean energy with your family and neighbours.

Find out about devices that use less energy and their costs.

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



60 Activity Points

***I WILL SHOP AT STORES
THAT SELL RECYCLED
CRAFT SUPPLIES***

**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 entrepreneurial towards removing CO₂ from air!

Below are some sample activities that you could do.

Learn about carbon capture technology, and share with your friends.

Take up a spot outdoors, plant the seeds of your favourite fruits, and grow your own orchard.

**I will be entrepreneurial
towards managing
waste**



70 Activity Points

**MY NOTEBOOKS ARE
RECYCLED**

I WILL BE ENTREPRENEURIAL TOWARDS
MANAGING WASTE

Sustainable Development Goals



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.

Start a recycling hub in your home, collecting recyclables from your neighbours, and offering them to others who might need it.

Create bags made of recycled materials and share with your friends.

**I will be entrepreneurial
towards growing food**



70 Activity Points

***I WILL SHARE MY HOME
GROWN TOMATOES WITH
OTHERS***

**I WILL BE ENTREPRENEURIAL TOWARDS
GROWING FOOD**

Sustainable Development Goals

1 NO
POVERTY



2 ZERO
HUNGER



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 growing food!

Below are some sample activities that you could do.

Every day eat at least 1 item that is grown locally in your city or country.

Initiate a “green club” at home where your friends can come together regularly to discuss different plant species, read books related to plants, and raise awareness about significance of plants for the world.

**I will be entrepreneurial
towards protecting
biodiversity**

I WILL GIVE AWAY HOME-GROWN PLANTS TO A NURSERY

I WILL BE ENTREPRENEURIAL TOWARDS
PROTECTING BIODIVERSITY



70 Activity Points

Plant
Nursery

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.

With the support of your parent, organise a pest kindness campaign in your neighbourhood. Ask people to be kind and not kill pests. Explain to them other ways to drive pests away.

Create a new board game that you and your friends can play. Make boxes on a square paper pasted on cardboard. Draw a different plant species in each box. Roll a dice. As the dice rolls, move to save the plant species. The person who saves the maximum number of plant species, wins.

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



40 Activity Points

***NABIL TAUGHT US HOW
TO DRAW PLANETS!***

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

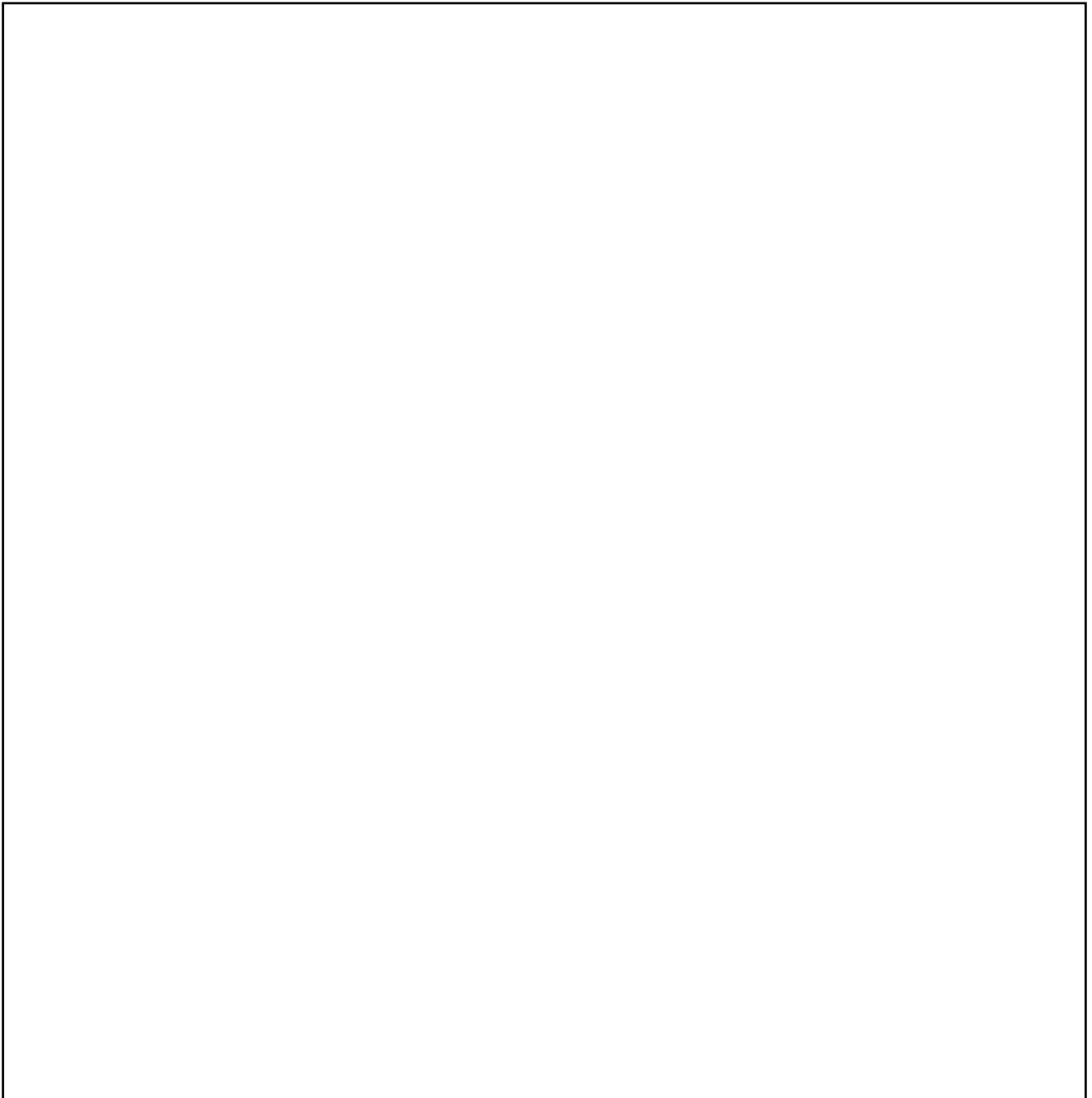
Sustainable Development Goals



Activity checklist

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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.

Make up a song about the heritage sites in your city, and why they are special. Sing it whenever you want.

Create a bird feeder using recycled materials, like old cartons, and hang it outside your home. Share your observations regarding the bird species that visited the bird feeder with your friends.

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

A wise oasis keeper

Once upon a time in Oman, there lived a 10-year-old girl named Nasrin. Nasrin loved her town very much, but she noticed something strange happening. The sun was shining brighter, the rivers were drying up, and the once-green fields were turning brown. Water was disappearing, and Nasrin knew she had to do something to help save it.

One sunny morning, Nasrin woke up with a brilliant idea. She decided to create a magical oasis made of paper! She believed that if she could make a white oasis paper, it would help remind everyone in Oman about the importance of saving water.

Nasrin rushed to her craft corner and gathered all the supplies she needed: white paper, colorful markers, and glitter glue. She also grabbed a big glass of water to stay hydrated, knowing that even making paper oasis was thirsty work.

With her imagination running wild, Nasrin began to draw the most beautiful oasis on the white paper. She drew palm trees, a sparkling blue pool, and even a friendly camel. She made sure to add lots of greenery and colorful flowers to make it look like a real oasis.

As Nasrin worked on her creation, she thought about all the ways she could save water in her daily life. She decided to start by taking shorter showers and turning off the tap while brushing her teeth. She also asked her parents to fix any leaking faucets around the house. Nasrin knew that every little bit helped.

After hours of hard work and a lot of glitter glue, Nasrin's white oasis paper was finally finished. It was a masterpiece, and she couldn't wait to show it to her family and friends.

Nasrin invited everyone in Oman to come and see her white oasis paper. She placed it in the middle of the town square and put up a sign that said, "Save Water."



40 Activity Points

**I WILL WRITE STORIES
ABOUT THE IMPORTANCE
OF WATER**

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

Sustainable Development Goals



6 CLEAN WATER
AND SANITATION

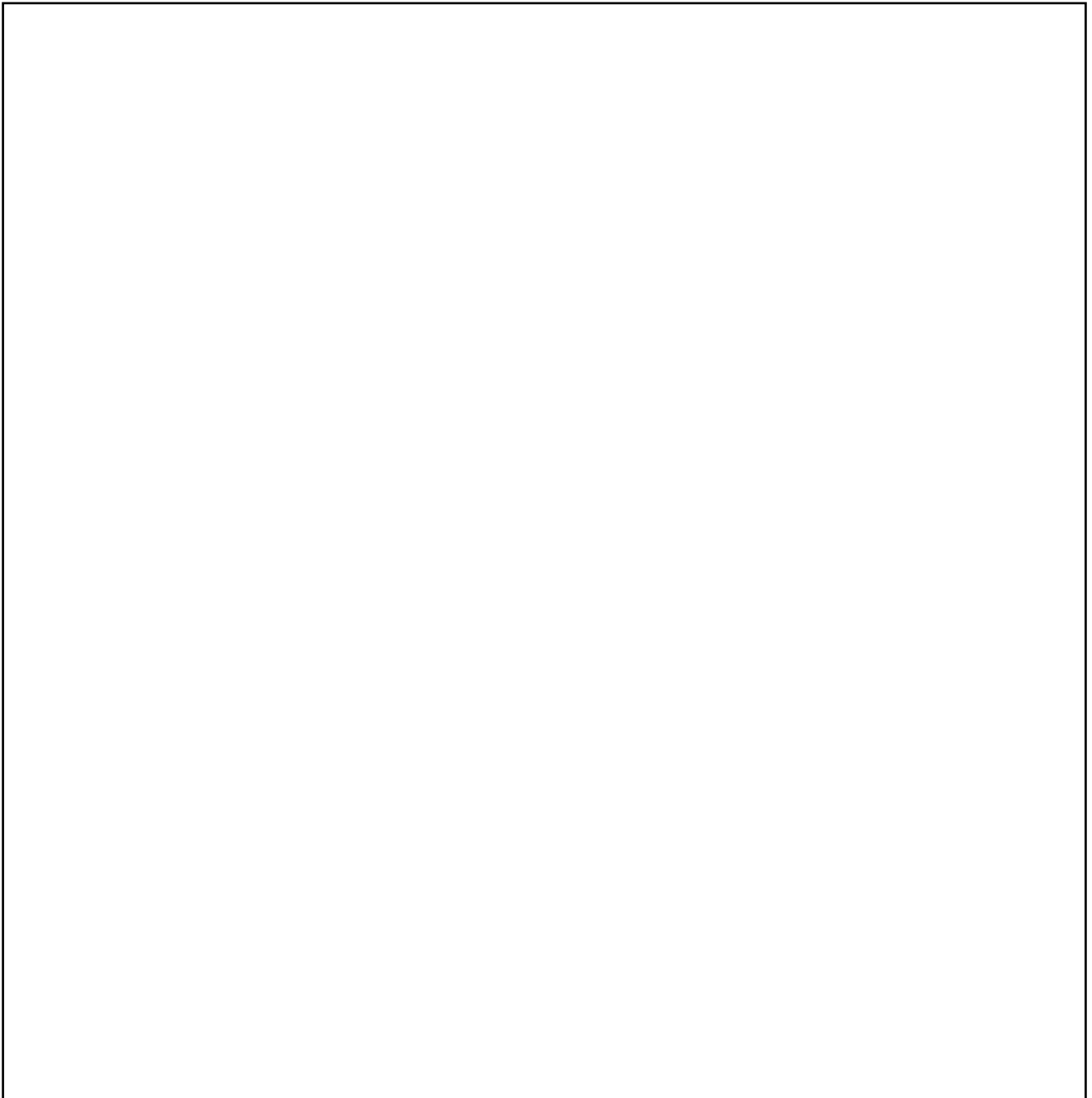


12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION

Activity checklist

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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.

Make drawings that raise awareness about saving water.

Collect pictures about the hardships faced by people living in water scarce regions. Show them to your friends and encourage them to stop wasting water.

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



40 Activity Points

***I LOVE TO PAINT
WINDMILLS!***

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

Sustainable Development Goals



Activity checklist

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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.

Make videos to raise awareness in your community about the importance of using renewable sources of energy.

Write a skit on solar energy and enact it with your friends in your community centre.

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



30 Activity Points

***I WILL UPCYCLE MY OLD
T-SHIRTS INTO CANVASES
FOR ART***

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

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Write a story about a character who makes sustainable choices and read it to your friends and elders.

Write a song or poem about the benefits of a world with no pollution.

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



60 Activity Points

***I WILL USE OLD WOODEN
PIECES TO MAKE ART FRAMES***

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

Sustainable Development Goals



Activity checklist

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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.

Write and perform a recycling-themed rap or song.

Craft a large-scale recycled art installation at home, and display it in your community to raise awareness about global warming.

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

LOOK AT MY HARVEST COLLAGE!

I WILL USE CREATIVE ARTS TO
GROW FOOD



70 Activity Points



Sustainable Development Goals

2

ZERO
HUNGER



12

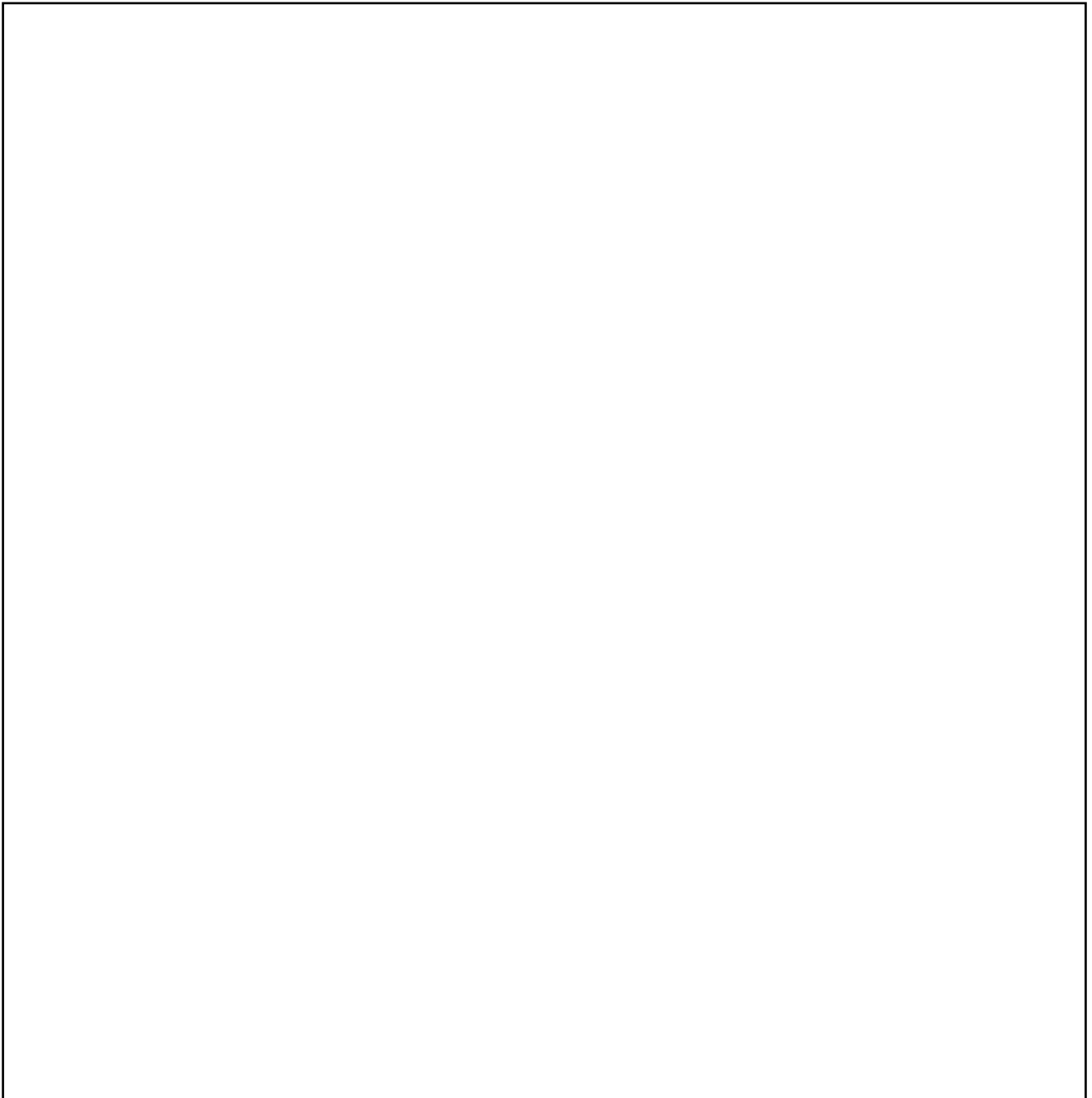
RESPONSIBLE
CONSUMPTION
AND PRODUCTION



Activity checklist

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

Below are some sample activities that you could do.

Make a series of posters about the nutritive value of fruits and vegetables, and use it to raise awareness among your friends, neighbours, or siblings.

Make a wind chime with used tin cans. Hang in in your garden, and enjoy the tinkling sound.

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



40 Activity Points

***I WILL READ STORIES
ABOUT PROTECTING
BIODIVERSITY***

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

The ant, the owl,
and the tiger

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Write and perform a one-person play in your neighbourhood which highlights the importance of protecting endangered species.

Create stop-motion animation videos about the life cycle of a butterfly. Repeat with species of garden bugs and insects.

**I will experiment to
teach others**



70 Activity Points

***I'M SHOWING MY
BROTHER HOW TO
MAKE LAMPS***

I WILL EXPERIMENT TO TEACH OTHERS

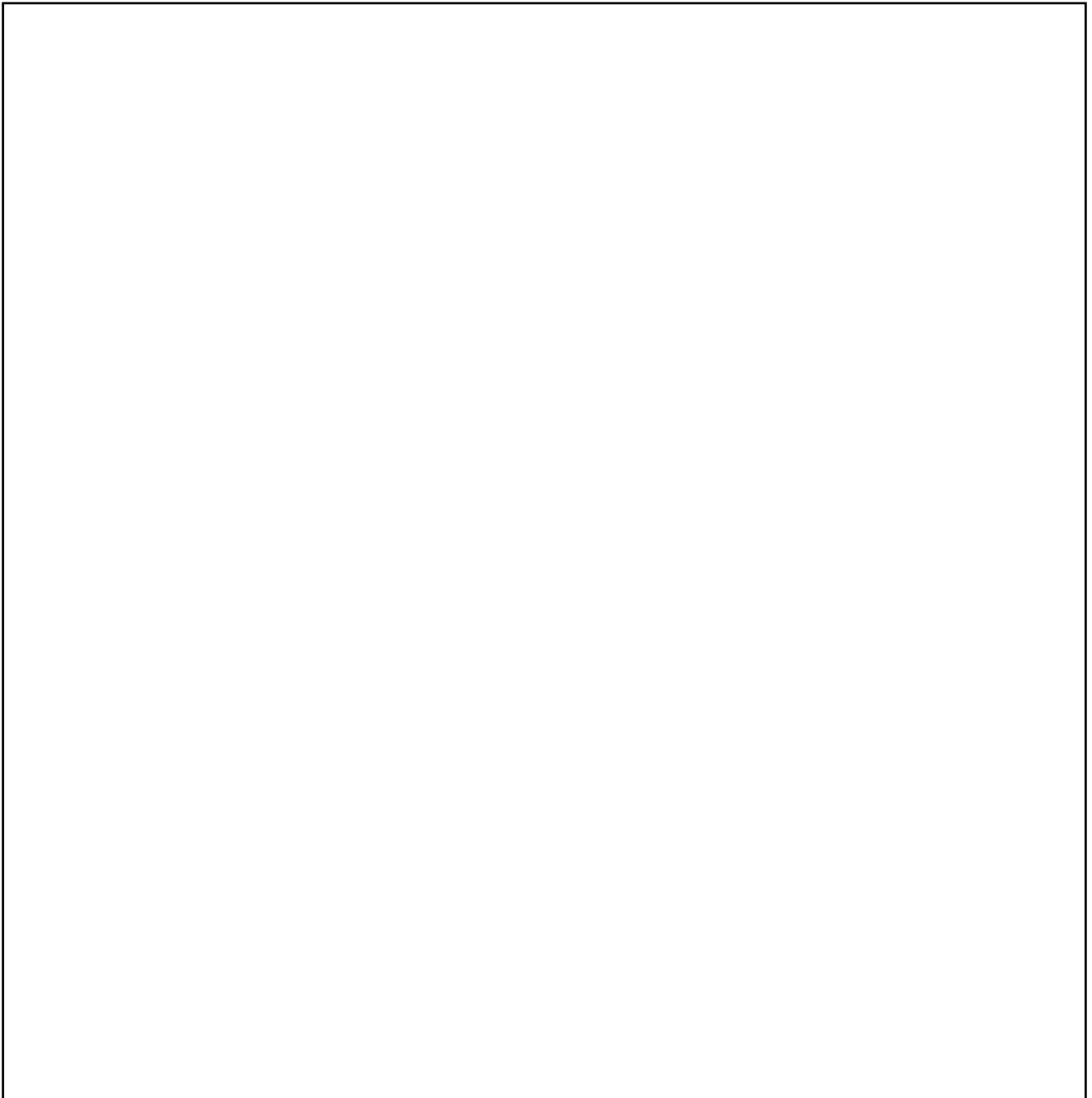
Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Read about water quality tests and conduct the test in your tap water regularly. Educate your friends about clean drinking water.

Make seeding pots using newspapers and toilet paper rolls, bury them in your garden and observe the growth of plants. Tell your friends about it.

**I will experiment to
save water**



70 Activity Points

***I WILL KEEP A TAB
OF HOW MUCH WATER
GETS USED FOR
HOUSEHOLD ACTIVITIES***

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.

Conduct research on the need for water desalination plants.

Create a leaky faucet model using a container with a small hole, and measure the water loss at regular intervals.

**I will experiment to
use clean energy**



70 Activity Points

***I WILL MAKE A TOY
SOLAR CAR***

**I WILL EXPERIMENT TO USE CLEAN
ENERGY**

Sustainable Development Goals

7 AFFORDABLE AND
CLEAN ENERGY



Activity checklist

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

Below are some sample activities that you could do.

Find out about electric vehicles, and their benefit to the environment. Discuss with your teacher for more clarity.

Tie light weight paper strips from your window and observe the direction and speed of the wind at different times of the day. Create a chart of the most optimal time of the day when the strips of paper move the fastest. Those will be times of maximum wind energy. Do this regularly.

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



70 Activity Points

***I WILL LIST DOWN MY
ACTIVITIES THAT EMIT
CO₂***

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

Sustainable Development Goals

13 CLIMATE
ACTION



Activity checklist

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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.

Collect the wastewater from your water purifier and use it for watering your indoor plants. Observe the growth over a week/month.

Place plants in 1 room of your house. With an air quality monitor, check the air quality in different rooms. Is the air quality better in the room with plants?

**I will experiment to
manage waste**



60 Activity Points

Biodegradable waste

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Non-Biodegradable waste

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**I WILL KEEP A TAB OF
THE DIFFERENT KINDS OF
WASTE WE GENERATE AT
HOME**

I WILL EXPERIMENT TO MANAGE WASTE

Sustainable Development Goals



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

Below are some sample activities that you could do.

Research on the effects of dumping the waste in landfill sites over a period of time.

Experiment with different composting methods and identify which one is the most efficient for breaking down organic waste.

**I will experiment to
grow food**



70 Activity Points

***I WILL PLANT A SEED AND
SEE HOW LONG IT TAKES
TO GROW***

I WILL EXPERIMENT TO GROW FOOD

Sustainable Development Goals

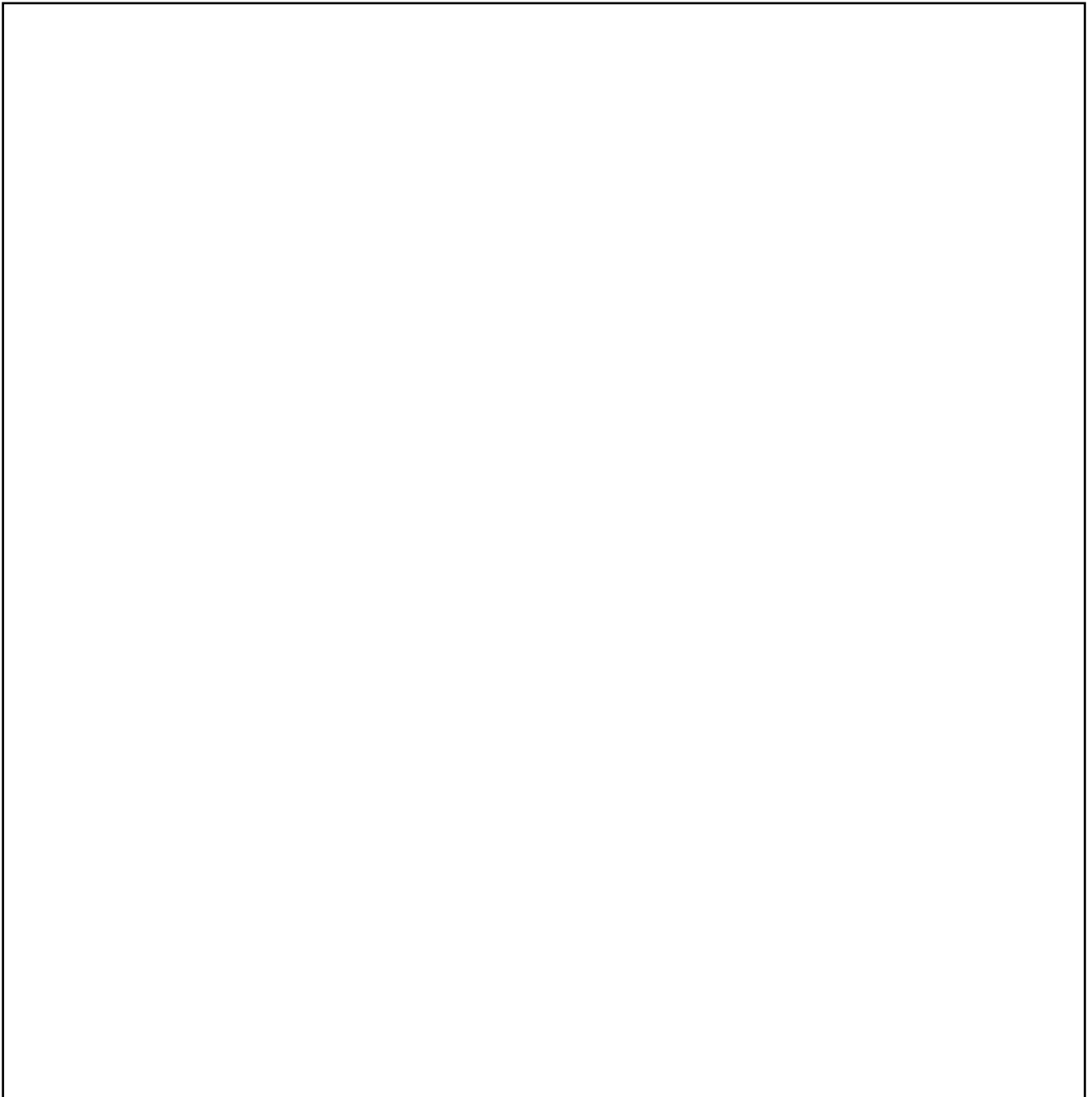
2 ZERO
HUNGER



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

Below are some sample activities that you could do.

Cut off the top of a radish. Place the radish leaves in 1 glass of water, and the other part in another glass of water with the root facing downwards. Place both glasses in a sunny, airy space. Replace the water after a few days if it colours or smells, and observe the changes in both glasses over a week. You can use other vegetables such as beets or turnips.

Draw a diagram to demonstrate the different stages of plant growth and discuss with your teacher.

**I will experiment to
protect biodiversity**



60 Activity Points

I WILL BUILD A TERRARIUM IN AN OLD JAR

**I WILL EXPERIMENT TO PROTECT
BIODIVERSITY**

Sustainable Development Goals



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

Below are some sample activities that you could do.

Set up a composting project with your friends to reuse food waste.

Investigate the impact of pollution on local water sources through basic water quality tests.