

A young woman wearing a light purple hijab and a white long-sleeved shirt is smiling warmly. She is holding a green cucumber over a wooden bowl filled with various fresh vegetables, including leafy greens and tomatoes. The background is a bright, sunny outdoor setting with green foliage and a clear blue sky.

**Sustainable  
habits 7x7**

**Grade 7**



# **Sustainable habits 7x7**

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# 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.



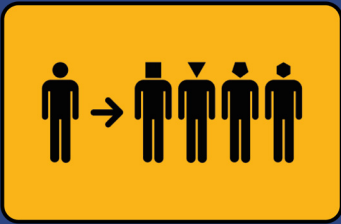
While choosing activities, align your interests and passions to the activities. Select activities that align with the ones you enjoy. If you are passionate about animals, you might choose activities related to wildlife conservation, for example.



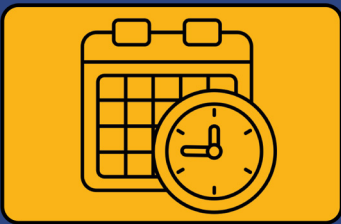
Consider the social and environmental issues that are close to your heart. If you are concerned about plastic pollution, focus on activities that address this issue, such as participating in a beach clean up or reducing single-use plastic consumption.



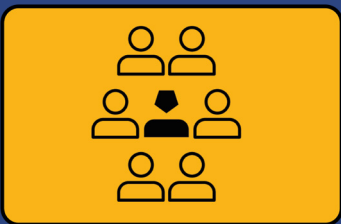
Evaluate the resources you have access to. Some activities may require specific materials or tools, so choose activities that are feasible based on what's available to you.



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.



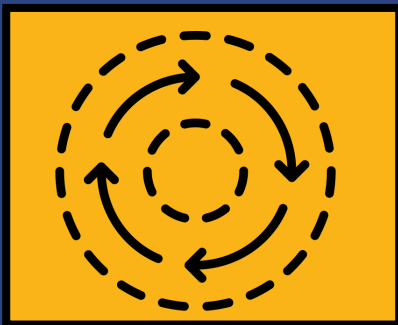


# What do points mean?

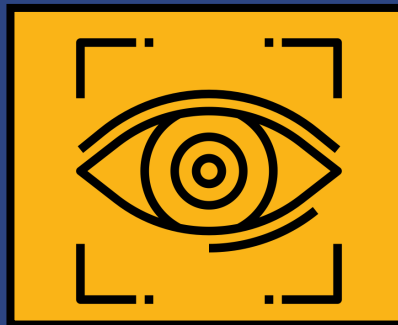
You will see that each activity has a number of points attributed to it based on the impact of the activity.

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**



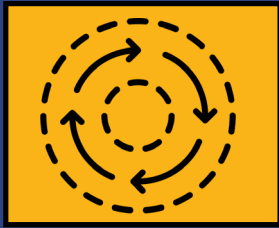
# How do you become a Guardian of the Planet?

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!

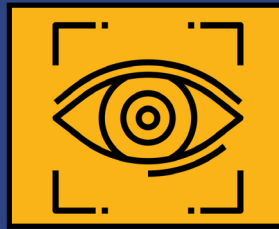
# How do you get the Gold, Silver, and Bronze badges?

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

Nabil's  
Environmental  
Studies classes

**NABIL LOVES THE  
ENVIRONMENT, SO HE  
TEACHES OTHERS  
ABOUT IT**

**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.**

Lead a workshop on sustainable living at a local community centre. Choose a topic like composting, energy conservation, or responsible consumption.

Organise a volunteer event in your neighbourhood where older children teach younger children how to create and maintain a community garden, emphasising sustainability and food security.

**I volunteer to  
save water**

*I USE THE WATER FROM  
WASHING MY CLOTHES  
TO CLEAN MY BICYCLE*

I VOLUNTEER TO SAVE WATER



70 Activity Points

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.**

**Try hand washing dishes with as little water  
as possible.**

**Hand wash your clothes in cold water in order  
to save water and energy.**

**I volunteer to use  
clean energy**



50 Activity Points

**MY WATCH IS POWERED  
BY THE SUN**

I VOLUNTEER TO USE CLEAN ENERGY

Sustainable Development Goals

7

AFFORDABLE AND  
CLEAN ENERGY



11

SUSTAINABLE CITIES  
AND COMMUNITIES



# Activity checklist

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

What activity would that be?

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

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

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

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

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

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

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

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

Create a map of renewable energy sources in your area, understand how they work, and raise awareness about them across your local community.

Prepare a booklet on clean energy solutions and circulate it in your neighbourhood to improve energy efficiency.



**I volunteer to  
remove CO<sub>2</sub>  
from air**

 50 Activity Points

***WE CELEBRATED A TREE  
PLANTATION WEEK IN OUR  
NEIGHBOURHOOD***

**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 CO<sub>2</sub> 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.**

Explain to the younger kids in your neighbourhood the importance of nature and how to protect forests and save trees.

Reach out to your neighbours and encourage them to plant at least 1 tree in the community park/neighbourhood.

**I volunteer to  
manage waste**



70 Activity Points

**NABIL FAWZI AVOIDS  
USING A STRAW**

**I VOLUNTEER TO MANAGE WASTE**

Sustainable Development Goals



11 SUSTAINABLE CITIES  
AND COMMUNITIES



12 RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



# 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 campaign to reduce the use of single-use plastics and promote alternatives.**

**Oversee a community composting program, educating children on composting best practices.**

**I volunteer to  
grow food**

*I COLLECT THE SEEDS  
FROM MY VEGETABLES  
AND FRUITS TO REPLANT  
THEM*

I VOLUNTEER TO GROW FOOD



60 Activity Points

Sustainable Development Goals

1 NO  
POVERTY



2 ZERO  
HUNGER



11 SUSTAINABLE CITIES  
AND COMMUNITIES



# 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.**

**Volunteer to help your neighbour grow vegetables or herbs.**

**Make seed banks. Each time you eat a fruit or vegetable with seeds, keep the seeds, store and label them appropriately, so that you can gift your seed banks to others.**

**I volunteer to  
protect biodiversity**

*I WILL TAKE CARE OF THE  
ECOSYSTEM AROUND ME*

I VOLUNTEER TO PROTECT BIODIVERSITY



50 Activity Points

Be  
careful!  
Turtle nest  
here

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.**

Learn about alternatives to pesticides that keep pests away (instead of killing them). Offer a service in your neighbourhood to provide these alternatives for neighbours to stop using pesticides!

Create a neighbourhood biodiversity club, which collects data on plant and animal species in your area.

**I will move to  
teach others**

\*THIS IS AN AI-GENERATED IMAGE



60 Activity Points

*NAWAF ALAQIDI INSPIRES  
ME TO TEACH OTHERS  
FOOTBALL*

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 younger children the benefits of exercise by leading outdoor workout sessions in your neighbourhood park.

Organise a tournament of your favourite sport for your peers and younger students, promoting sustainability in sports and the use of eco-friendly equipment.



**I will move to  
save water**

 70 Activity Points

***I WILL USE THE WATER  
FROM CLEANING MY  
SPORTS KIT TO WATER  
MY PLANTS***

***I WILL MOVE TO SAVE WATER***

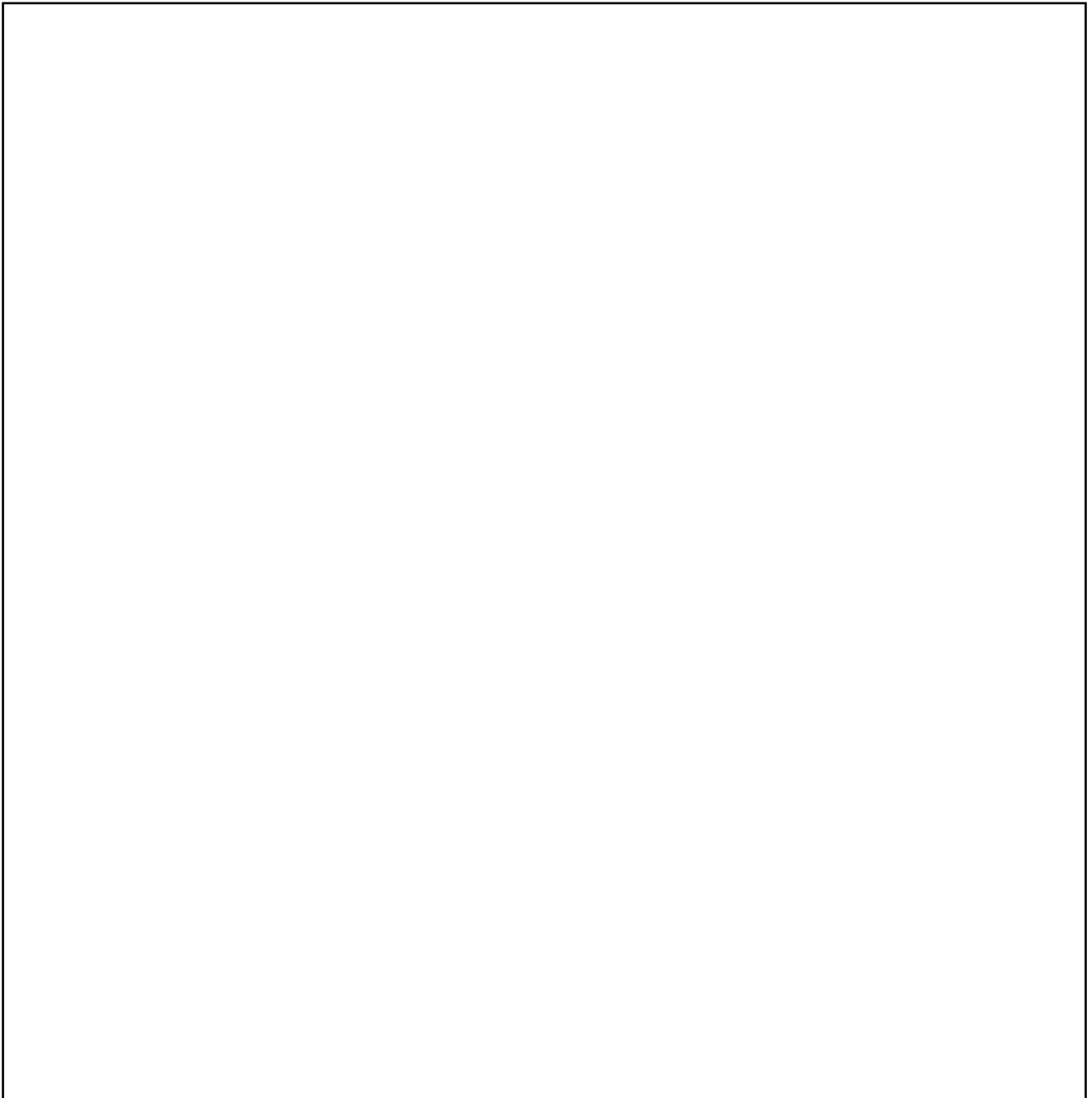
Sustainable Development Goals



# 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.**

**Group plants with the same watering needs together to avoid overwatering, and help save water.**

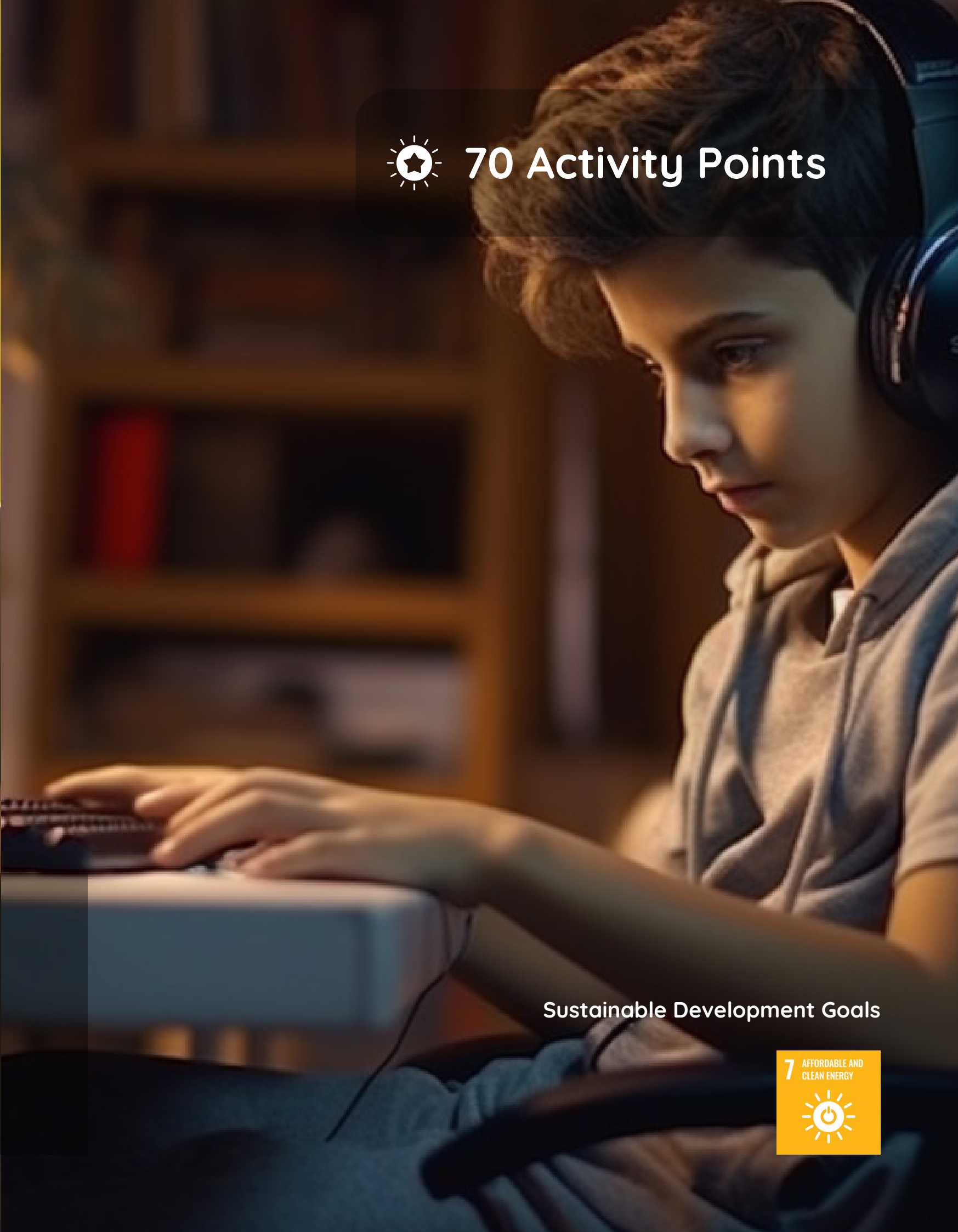
**Aerate your lawn periodically by making holes every 6 inches. This will allow water to reach the roots, rather than run off the surface.**

**I will move to  
use clean energy**



# ***CAREFREE RUNS OVER COMPUTER GAMES***

**I WILL MOVE TO USE CLEAN ENERGY**



 **70 Activity Points**

**Sustainable Development Goals**



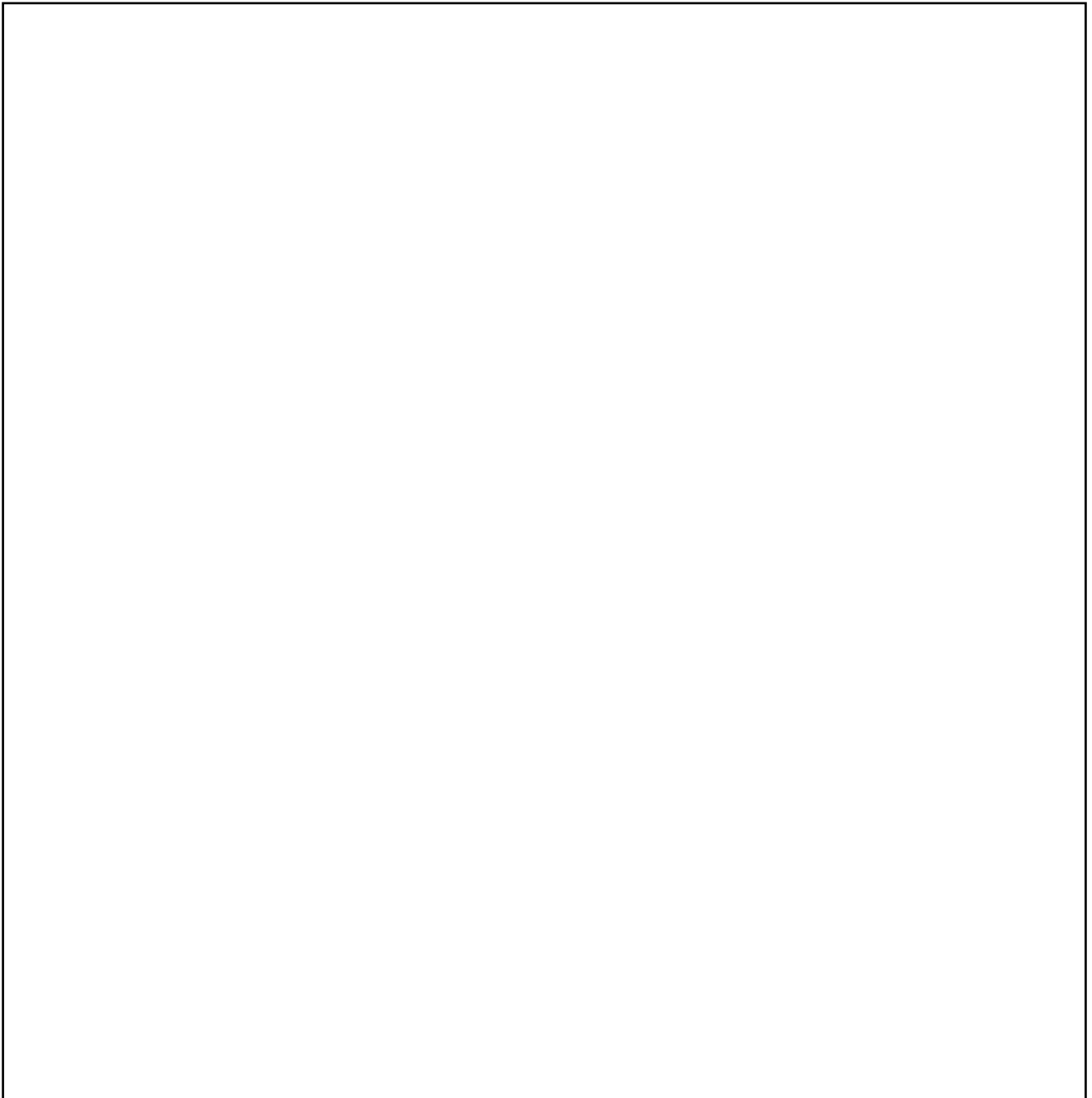
**7 AFFORDABLE AND  
CLEAN ENERGY**



# 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.**

**At your home, start a compost bin for collecting vegetable scraps.**

**Go out to a nearby park and observe how animals also use natural sources of energy to survive. Think of ways you can use solar energy to make your home energy efficient.**

**I will move to  
remove CO<sub>2</sub>  
from air**

 50 Activity Points

*I WILL WALK TO  
SCHOOL WHEN I CAN*

I WILL MOVE TO REMOVE CO<sub>2</sub> FROM AIR

Sustainable Development Goals



# Activity checklist

Does the image on the previous page remind you of ways you can can move to remove CO<sub>2</sub> 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 CO<sub>2</sub> from air!**

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

**Plant the seed of a fruit-bearing tree and take care of it. Appreciate the time a tree takes to bear fruits.**

**Walk or ride a bicycle to school, or use public transport.**

**I will move to  
manage waste**



70 Activity Points

***I WILL KEEP SEPARATE  
BINS FOR THE DIFFERENT  
KINDS OF WASTE AT HOME***

**I WILL MOVE TO MANAGE WASTE**

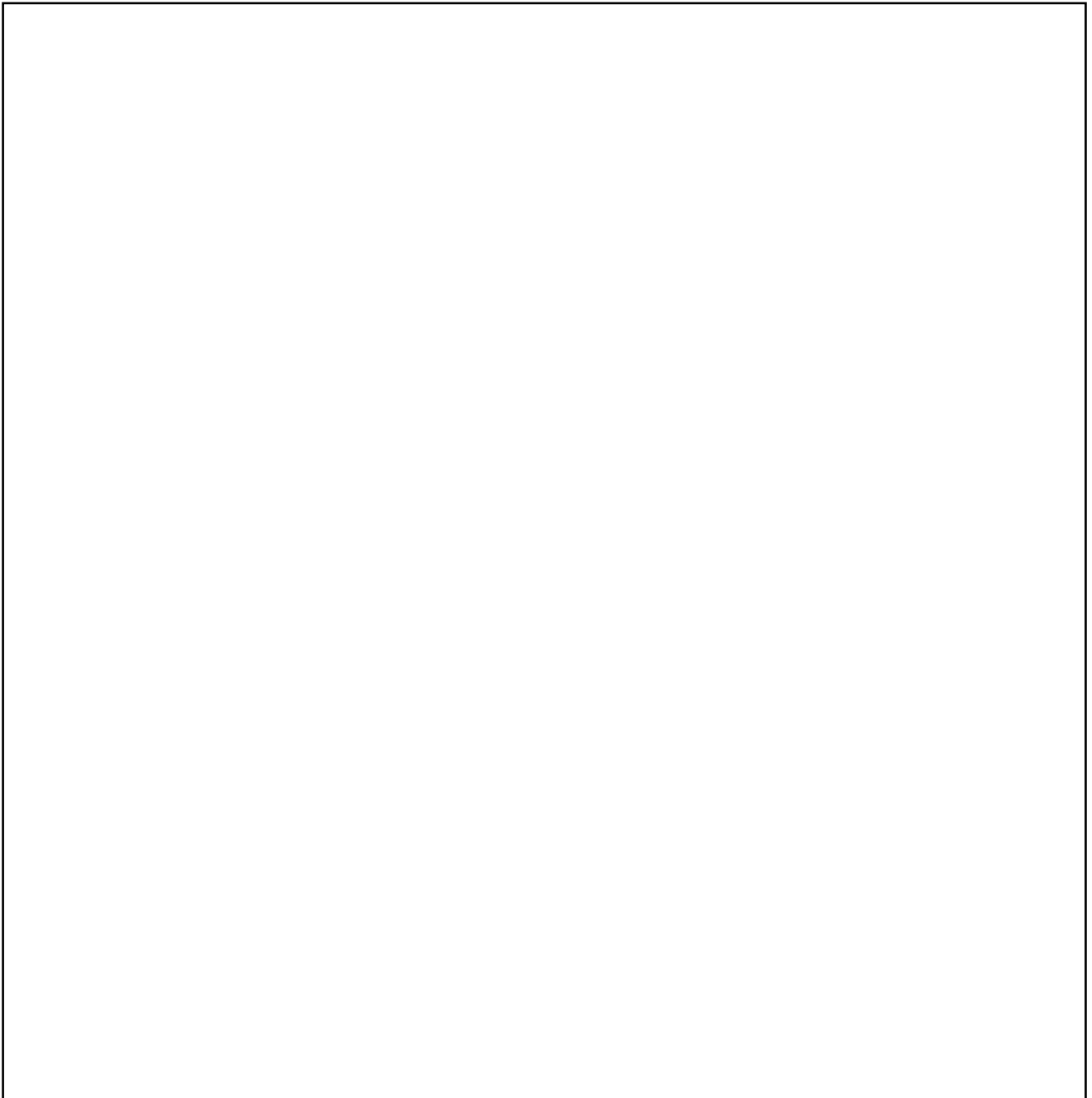
Sustainable Development Goals



# Activity checklist

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

What activity would that be?

A large, empty rectangular box with a thin black border, intended for the user to write down an activity related to waste management.

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.**

Organise a “trash-to-treasure” relay race where participants race to collect recyclables and create easy-to-make art from them.

Lead a waste-themed fitness challenge incorporating names like “recycling squats” and “compost crunches.”



**I will move to  
grow food**



70 Activity Points

**WE BUILD GARDEN  
BEDS TO HELP THE  
PLANTS GROW WELL  
I WILL MOVE TO GROW FOOD**

Sustainable Development Goals

2  
ZERO  
HUNGER



3  
GOOD HEALTH  
AND WELL-BEING



# Activity checklist

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

What activity would that be?

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

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

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

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

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

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

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

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

Work in the community garden and help with ploughing, sowing, watering, cleaning, and so on.

Start your own kitchen garden. Plant herbs and vegetables that you and your family like to eat, and take care of them. Observe them as they grow.

**I will move to  
protect biodiversity**

 50 Activity Points

***I WILL TAKE MY CAT TO  
THE VET REGULARLY***

**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  
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**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 neighbourhood competition to walk around and find the most number of plant and animal species.

Organise a trivia race in a large outdoor space with 20 boxes drawn on the floor. Each box should be able to hold about 4 people standing inside it. Have a set of questions about plant and animal species. Ask questions 1 at a time. Whichever participant answers a question correctly first, moves forward 1 box. The participant reaching the 20th box wins!

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



60 Activity Points

***I WILL TEACH MY  
FRIENDS HOW TO USE  
NEW EQUIPMENT***

**I WILL GO ON AN EXPEDITION TO TEACH OTHERS**

Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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

If your answer to this question is  
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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 teaching others?**

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

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

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

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

Plan a field trip to an eco-friendly farm or a sustainable agriculture project and guide younger students in understanding sustainable farming practices and the importance of local food sources.

Under the supervision of an adult, lead a camping expedition for your classmates and younger students, teaching outdoor survival skills, environmental stewardship, and wilderness ethics.

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

# *NABIL EXPLAINED TO US THE IMPORTANCE OF WATER CONSERVATION*

I WILL GO ON AN EXPEDITION TO SAVE WATER



70 Activity Points

Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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

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

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

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

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

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

Launch a survey. Go door-to-door in your community and ask your neighbours questions about the water usage in their house. Share this information with the community members and develop a water conservation plan accordingly.

Go to the nearest waterbody in your area and ask the community living around it how they can preserve the water body. Document answers and analyse.



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

 60 Activity Points

## *MY FRIENDS AND I VISITED A SOLAR PARK*

I WILL GO ON AN  
EXPEDITION TO USE CLEAN ENERGY

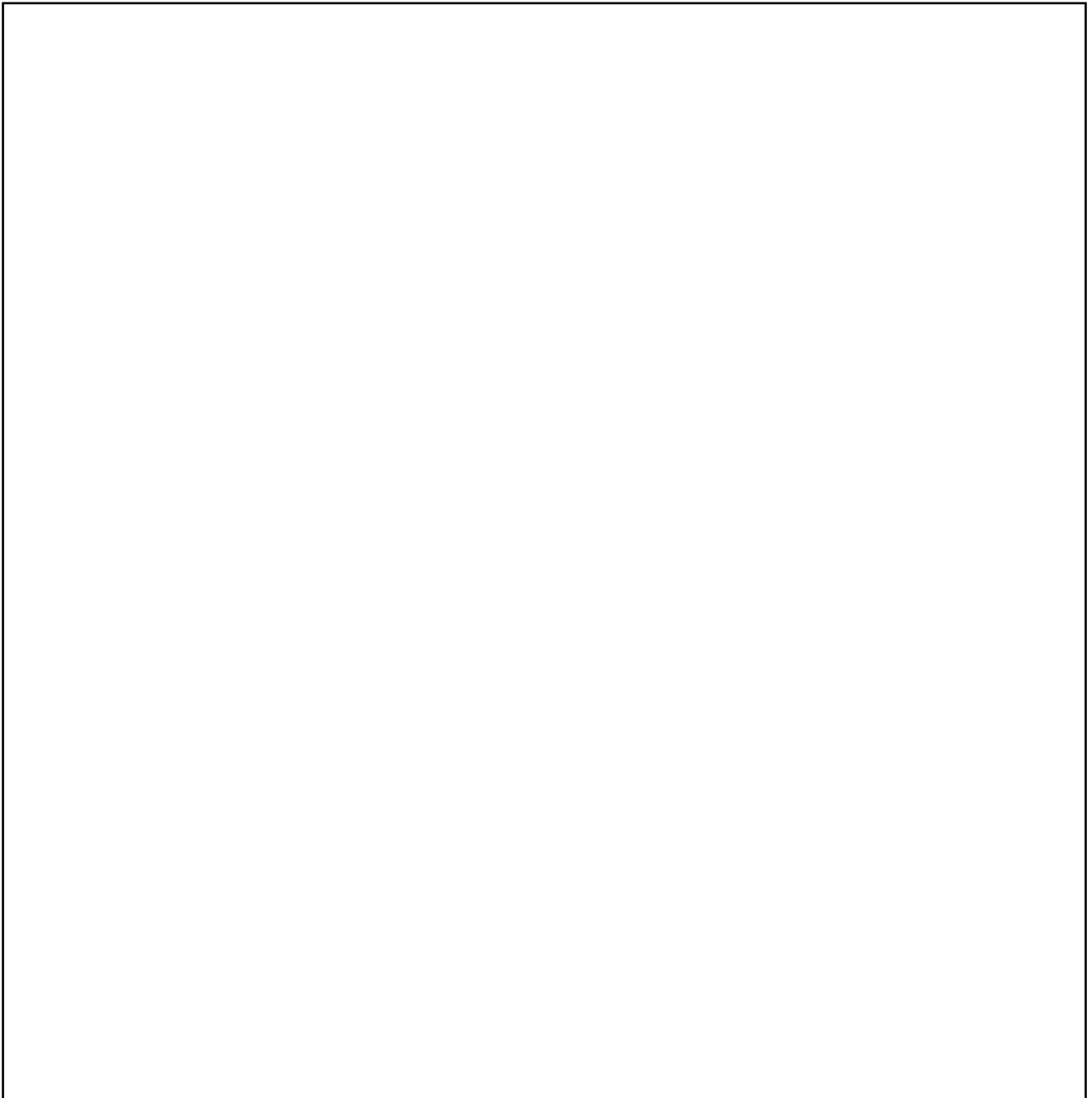
Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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

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

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

On your next trip with your parents out of your city, observe the use of clean energy by residents in that city. These could be electric vehicles, rooftop solar panels, and more. If possible, speak to the local people about their reasons for using clean energy and also the challenges they face.

Visit homes in your neighbourhood that use forms of renewable energy such as solar panels and electric cars, and ask them about their experience of doing so. Ask them what they like about it as well as the challenges they face.

**I will go on  
an expedition  
to remove  
CO<sub>2</sub> from air**



50 Activity Points

PLANT MORE  
TREES

*MY FRIENDS AND I  
WILL CYCLE AROUND  
OUR NEIGHBOURHOOD  
TO RAISE AWARENESS  
ABOUT PLANTING MORE  
TREES*

I WILL GO ON AN EXPEDITION  
TO REMOVE CO<sub>2</sub> 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 CO<sub>2</sub> 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  
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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 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 an expedition to remove CO<sub>2</sub> from air!**

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

When you travel with your parents to another city, visit green areas in that city. You will learn a lot about the new city from the type of trees and plants that grow there.

Read about how CO<sub>2</sub> is captured from air and used for industrial purposes. This is a fast developing field so keep up with the news on this! Explore ways that products around you can be made by using CO<sub>2</sub>.

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



70 Activity Points

***I WILL WALK AROUND  
MY NEIGHBOURHOOD  
AND NOTE DOWN THE  
SPOTS THAT NEED TO  
BE CLEANED***

**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?

What activity would that be?

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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 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 an expedition to manage waste!**

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

When you travel with your parents to other cities, visit recycling centres in that city. Ask the recycling centres about the benefits and challenges they face. Observe what types of objects are being recycled. You will learn a lot about the new city from its waste!

Document your neighbourhood's sustainability practices, such as waste disposal methods, energy-efficient lighting, and use of renewable energy sources.

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

 60 Activity Points

***THE VEGETABLES IN  
OUR KITCHEN GARDEN  
ARE VERY FRESH AND  
TASTY!***

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

Sustainable Development Goals

**2** ZERO  
HUNGER



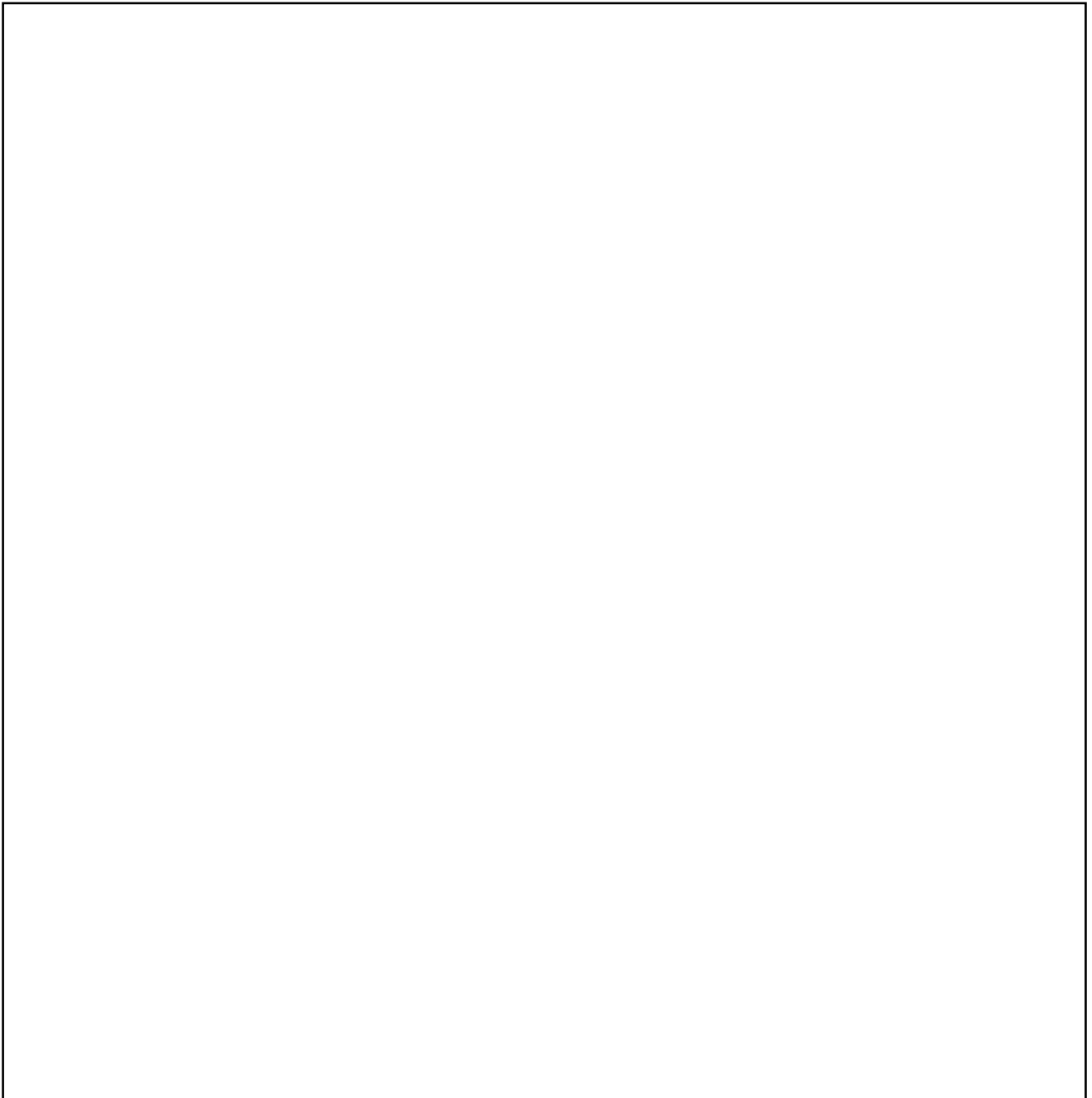
**11** SUSTAINABLE CITIES  
AND COMMUNITIES



# 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?

If your answer to this question is  
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**That's it! Get started on an expedition to grow food!**

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

**During a visit to another city or village, taste a dish made from locally grown ingredients. Find out more about local produce.**

**Ask tourists in your city about the kind of food they eat in their city or country, and how it is produced.**



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



60 Activity Points

***NABIL WOULD NEVER  
HARM A STRAY ANIMAL***

**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?

What activity would that be?

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

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

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

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

Plan frequent camping expeditions to national parks, deserts, and beaches with your family, where you can experience different ecosystems each time.

Go for a neighbourhood wildlife safari with your friends. Carry binoculars, and identify animal tracks and signs!

**I will team up  
to teach others**



 70 Activity Points

**WE WILL TEACH  
OTHERS HOW TO PLAY  
FOOTBALL**

**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.**

Take camping trips with your family during vacations to observe and explore the camping sites and the surrounding nature. Share your experiences and findings with your peers and friends.

Collaborate with classmates to create and present an interactive exhibition for younger children, allowing them to explore hands-on exhibits related to environmental conservation.

**I will team up  
to save water**

 70 Activity Points

***I WILL STOP THE LEAKING  
TAP WITH A CLOTH UNTIL A  
PLUMBER COMES TO FIX IT  
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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**Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?**

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**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 teaming up to save water!**

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

With the help of your peers, come up with a “save water” campaign that can be held in your neighbourhood to raise awareness about water conservation.

Understand overall water consumption in your neighbourhood and compare it to other neighbourhoods over a few months.  
Regularly update your neighbourhood on their progress in comparison to the other neighbourhoods.

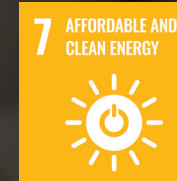
**I will team up to  
use clean energy**



70 Activity Points

**MY FRIENDS AND I  
BUILT A WINDMILL  
TO HARVEST ENERGY  
FROM THE DESERT**  
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?

What activity would that be?

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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.**

**Become a team of detectives and look for energy wastage in your neighbourhood! Find clues for why energy is being wasted and try to solve for the problem together.**

**Team up to create a music band. Compose songs about the environment and perform them in front of an audience!**



**I will team up  
to remove CO<sub>2</sub>  
from air**



70 Activity Points

## *MY FRIENDS AND I WILL GROW TREES*

I WILL TEAM UP TO REMOVE CO<sub>2</sub> FROM AIR

Sustainable Development Goals

10  
REDUCED  
INEQUALITIES



13  
CLIMATE  
ACTION



17  
PARTNERSHIPS  
FOR THE GOALS



# Activity checklist

Does the image on the previous page remind you of ways you can team up to remove CO<sub>2</sub> from air?

What activity would that be?

Is it an activity you  
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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 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 teaming up to remove CO<sub>2</sub> from air!**

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

**Form a green committee to collectively identify and implement carbon dioxide reducing initiatives within the neighbourhood.**

**With your friends, make bio-manure from waste.**

**I will team up to  
manage waste**



70 Activity Points

## MY FAMILY COMPOSTS FRUIT WASTE

I WILL TEAM UP TO MANAGE WASTE

Sustainable Development Goals

10  
REDUCED  
INEQUALITIES



12  
RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



17  
PARTNERSHIPS  
FOR THE GOALS





# Activity checklist

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

What activity would that be?

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can do repeatedly?  
Day after day?

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

**Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on 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 teaming up to manage waste!**

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

**Collaborate on a community-wide “plastic-free week” event, encouraging people to reduce plastic use and waste.**

**Work together to design and build a rain garden in your home to manage stormwater runoff.**

**I will team up  
to grow food**



70 Activity Points

***I GROW TOMATOES IN  
OUR KITCHEN GARDEN  
FOR MY FAMILY***

**I WILL TEAM UP TO GROW FOOD**

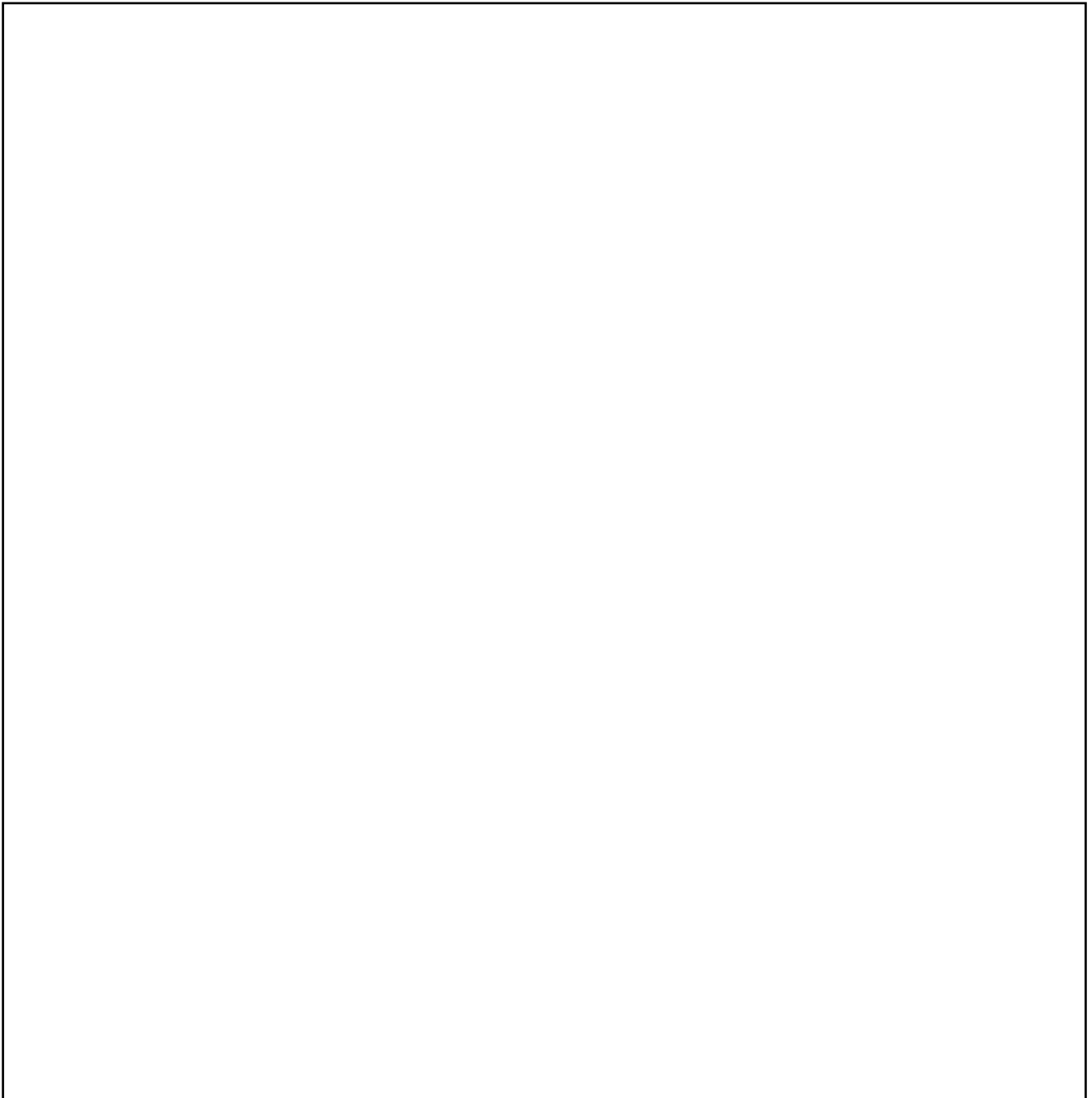
Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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Is it an activity you  
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**That's it! Get started on teaming up to grow food!**

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

**Organise a series of debates with your friends in the neighbourhood about the benefits of including seasonal fruits and vegetables in the daily diet.**

**Organise a tree plantation drive with your friends. Encourage them to take care of the trees they plant.**

**I will team up to  
protect biodiversity**



70 Activity Points

***I WILL BUILD SHELTERS FOR  
OUR NEIGHBOURHOOD BIRDS***

**I WILL TEAM UP TO PROTECT BIODIVERSITY**

Sustainable Development Goals



# Activity checklist

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

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**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 teaming up to protect biodiversity!**

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

**Collaborate with small local businesses to create a “green business challenge” where they compete to reduce their environmental impact.**

**Work together to design and build a birdwatching platform in a local park.**



**I will be entrepreneurial in  
teaching others**



60 Activity Points

*I WILL TEACH MY  
CLASSMATES HOW TO  
SING*

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?

What activity would that be?

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**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 being entrepreneurial in teaching others!**

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

**Start a “young eco-entrepreneurs” club to teach younger children about sustainable business practices and mentor them in developing their own eco-friendly business ideas.**

**Organise a workshop where your friends learn to make and gift eco-friendly products, such as reusable household items.**

**I will be entrepreneurial  
towards saving water**



60 Activity Points

***I ENCOURAGED MY  
FATHER TO BUY A LEAK  
DETECTOR***

**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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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 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 being entrepreneurial towards saving water!**

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

Create a watering guidebook with water conservation practices that can be implemented in a lawn or garden. Gift this to your neighbours and relatives.

Understand the workings and implementation of an automated irrigation or sprinkler system, and design a watering system that can mimic it.

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





60 Activity Points



***I WILL INVEST IN  
CLEANER TECHNOLOGIES***

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

Sustainable Development Goals





# Activity checklist

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

**What activity would that be?**

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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 being entrepreneurial towards using clean energy!**

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

**Make recycled paper crafts and share them with your classmates, friends, or siblings.**

**Assign roles for turning off appliances at the end of the day and help your family reduce electricity bills.**

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



60 Activity Points

***I WILL GIFT SEED PENCILS  
TO MY FRIEND***

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

Sustainable Development Goals



# Activity checklist

Does the image on the previous page remind you of ways you can be entrepreneurial towards removing CO<sub>2</sub> 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  
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**That's it! Get started on being entrepreneurial towards removing CO<sub>2</sub> from air!**

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

Find out about carbon capture companies and what they do! Keep a track on news about them as it is a fast growing industry.

Make a guidebook for reducing carbon dioxide and highlighting the impact of global warming.



**I will be entrepreneurial  
towards managing  
waste**

 70 Activity Points

***I WILL SAVE MONEY  
AND THE ENVIRONMENT  
BY CARRYING MY OWN  
WATER BOTTLE***

**I WILL BE ENTREPRENEURIAL  
TOWARDS MANAGING WASTE**

Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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

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

Set up an eco-store with your friends in your home for your neighbourhood. From there, make and gift eco-friendly products in the community.

Create and gift upcycled home decor items, such as lamps from recycled materials, to promote waste reduction.

**I will be entrepreneurial  
towards growing food**



70 Activity Points

***I WILL GROW POTTED  
HERBS AND GIVE THEM  
AWAY AT OUR LOCAL  
SOUQ***

**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

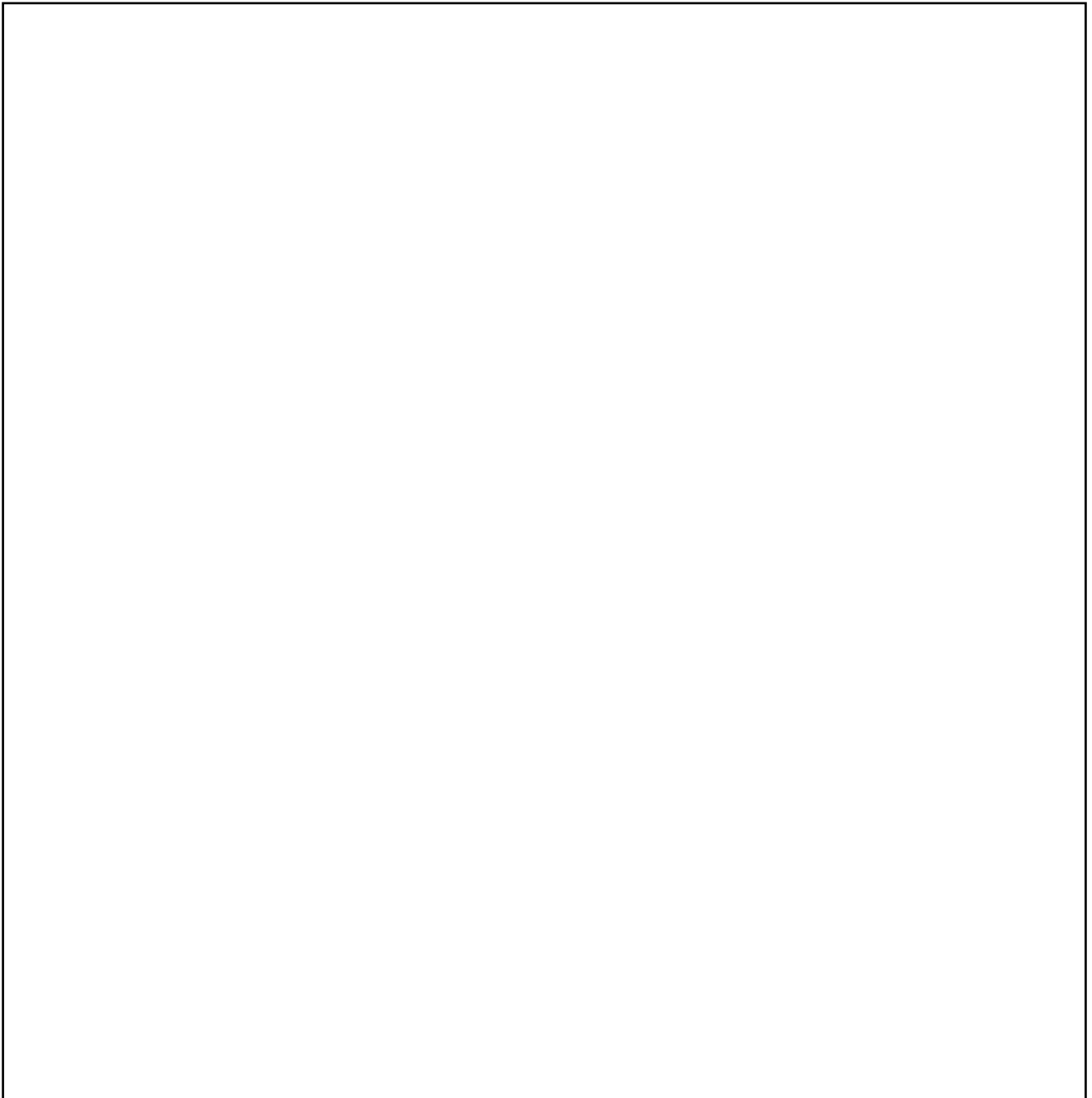




# Activity checklist

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

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

Set up a weekend stall for members of your community to pick and take home the produce from your kitchen garden.

Speak to a vegetable/fruit seller, and understand the challenges they face in keeping the produce fresh in high temperatures. Ask them about the challenges they face in the storage of fresh produce.

**I will be entrepreneurial  
towards protecting  
biodiversity**



70 Activity Points

***I WILL LEARN HOW TO  
PROPAGATE MULTIPLE  
PLANTS FROM A  
SINGLE ONE***

**I WILL BE ENTREPRENEURIAL TOWARDS  
PROTECTING BIODIVERSITY**

Sustainable Development Goals



**8** DECENT WORK AND  
ECONOMIC GROWTH



**9** INDUSTRY, INNOVATION  
AND INFRASTRUCTURE



**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



**14** LIFE  
BELOW WATER



**15** LIFE  
ON LAND

# 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.**

**Launch a community sustainability project, such as a community garden or urban beekeeping initiative.**

**Organise a “green innovation fair” where students showcase eco-friendly inventions and solutions.**

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



40 Activity Points

***I TAUGHT MY  
GRANDMOTHER HOW  
TO PAINT***

**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.**

Teach younger students how to create environmental-themed art installations using recycled materials, fostering their creativity and environmental awareness.

Organise your old books and make a home library. Invite children your age or younger than you in the neighbourhood to come home and read in your library!



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



40 Activity Points

*I WILL USE THE  
LEFTOVER WATER  
FROM MY GLASS  
TO MAKE ART*

I WILL USE CREATIVE ARTS TO  
REMOVE CO<sub>2</sub> FROM AIR

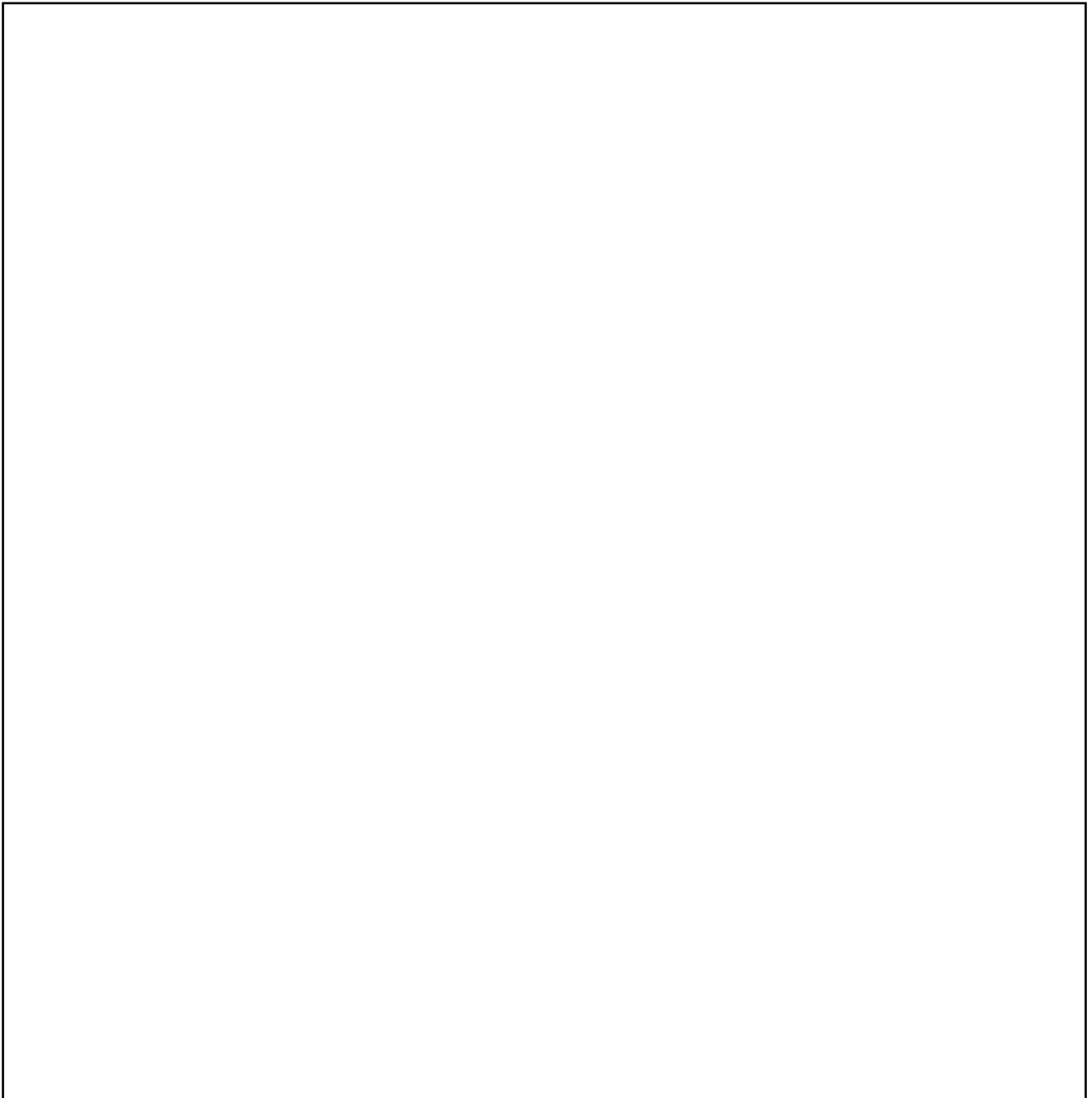
Sustainable Development Goals



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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.**

**Sketch designs of buildings that have architectural features to save water.**

**Create attractive posters for teaching little children to take quicker showers.**

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

 40 Activity Points

***I BUILT A SOLAR  
KINETIC SCULPTURE***  
I WILL USE CREATIVE ARTS TO USE  
CLEAN ENERGY

Sustainable Development Goals

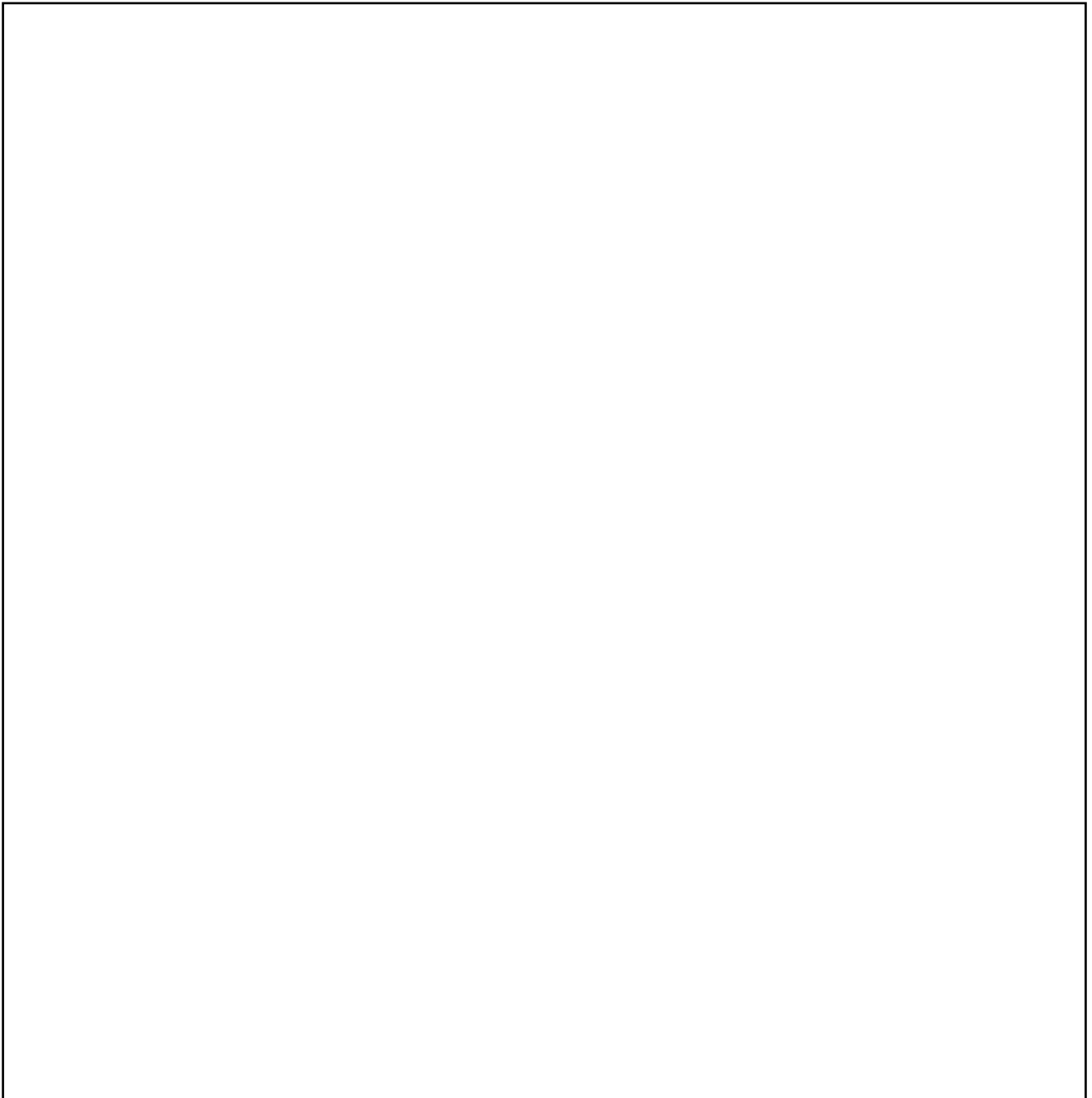




# Activity checklist

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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.**

**Create markers using recycled materials to label different plants in your garden.**

**Purchase the required components and assemble a mini solar panel.**

**I will use creative  
arts to remove CO<sub>2</sub>  
from air**



30 Activity Points

***I WILL USE MY ART TO  
STOP OTHERS FROM  
CUTTING TREES***

***I WILL USE CREATIVE ARTS TO  
REMOVE CO<sub>2</sub>***

**DO NOT  
CUT**

Sustainable Development Goals



# Activity checklist

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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 removing CO2 from air?**

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

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**That's it! Get started on using creative arts to remove CO<sub>2</sub> from air!**

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

Collect leaves from the garden and create herbarium booklets.

Draw a diagram of the greenhouse effect to show how gases flow in the atmosphere.  
Through credible sources on the internet, find out all the new ways that these gases can be reduced.

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



60 Activity Points

**MY TOYS ARE MADE  
OUT OF OLD FABRICS  
AND OBJECTS AROUND  
THE HOUSE**

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

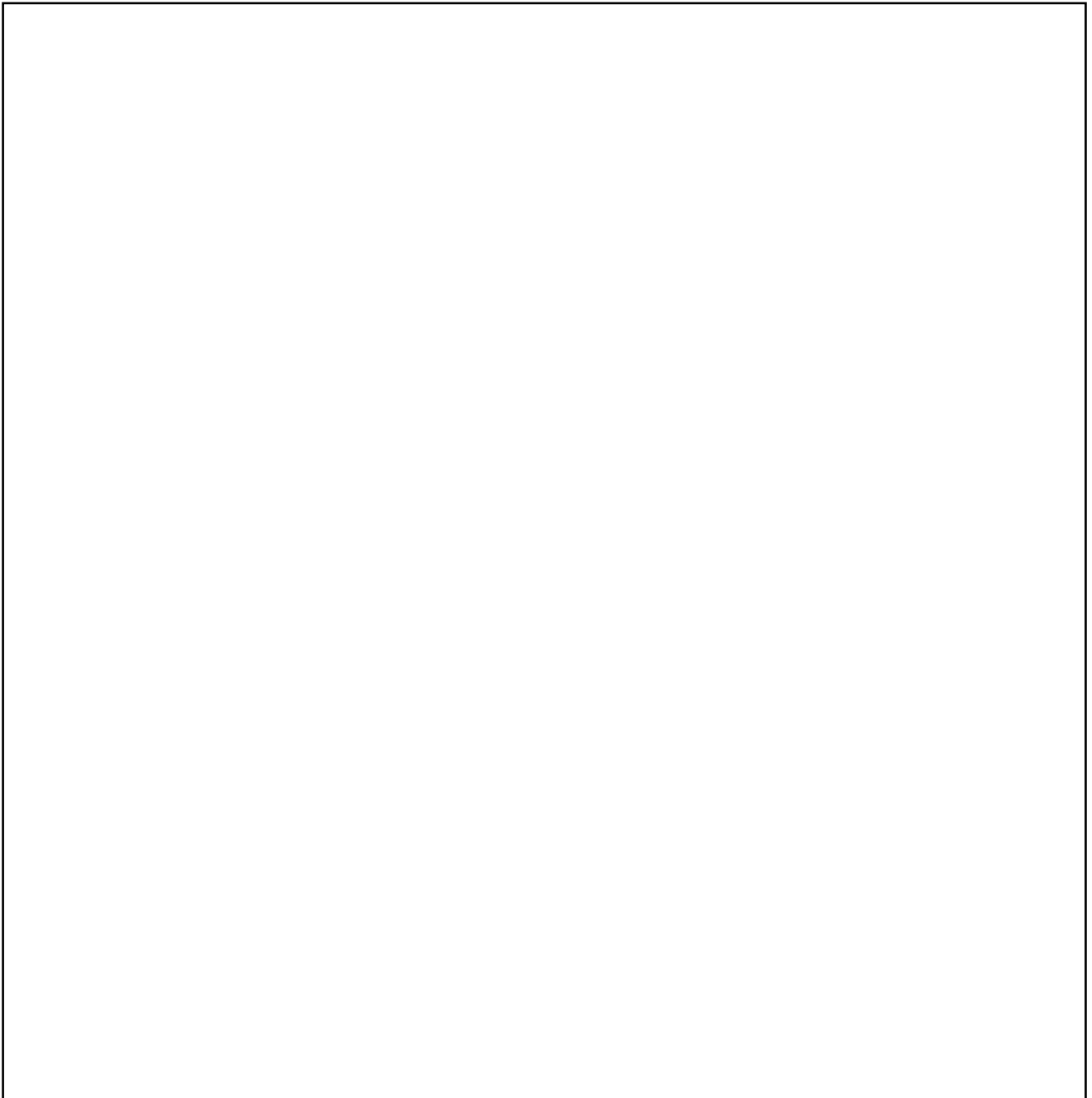
Sustainable Development Goals



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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.**

Make signages near your kitchen sink in your home for composting. Keep a regular check that family members throw food waste in the compost bin rather than down the sink.

Write and perform an eco-themed musical or theatre production that highlights waste reduction and recycling.



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



 70 Activity Points

***I WILL APPRECIATE THE  
ART THAT IS PRESENT IN  
NATURE***

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

Sustainable Development Goals

**2** ZERO  
HUNGER



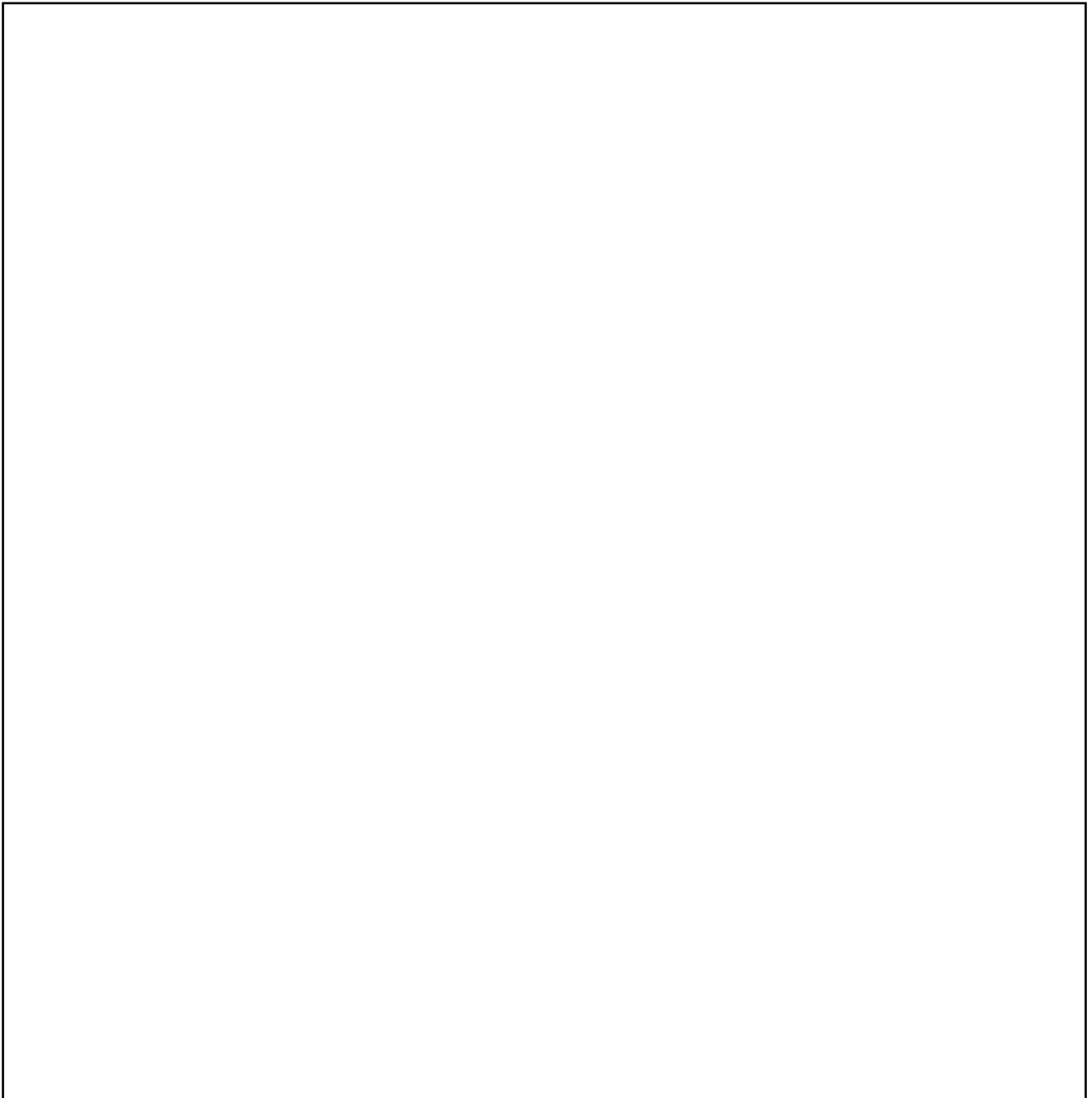
**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



# 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 attractive packaging using recycled paper, dried leaves, or flowers to wrap gifts.**

**Launch a campaign in your neighbourhood for planting fruit trees in each garden. Help neighbours to find ways to plant olive trees, citrus fruits, and other fruit trees that can grow in your region.**

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

***I'M READING A NOVEL  
ABOUT PEOPLE HELPING  
THE ENVIRONMENT***

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



**40 Activity Points**



**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.**

**Produce a documentary film/video about a local conservation effort or endangered species.**

**Create an interactive art installation that educates the public about environmental issues.**

**I will experiment  
to teach others**

## Dispersion of Light



70 Activity Points

White Light



Triangular Prism

***I'M LEARNING ABOUT  
LIGHT DISPERSION SO  
THAT I CAN TEACH  
OTHERS***

***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?

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

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

Organise an event in your neighbourhood where you can mentor younger children to learn and present easy-to-do science experiments.

Bring together the younger children in your neighbourhood to an outdoor space. Teach them how to add and subtract numbers using natural materials such as sticks and stones.

**I will experiment  
to save water**



70 Activity Points

***I WILL EXPERIMENT  
TO SEE HOW WE CAN  
PREVENT EVAPORATION  
OF WATER***

**I WILL EXPERIMENT TO SAVE WATER**

Sustainable Development Goals



# Activity checklist

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

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

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

Read about the watering needs of different plants in your house as well as the characteristics of different types of soils. Match the right soil composition to your plants. Save water this way and also see your plants flourish!

In your neighbourhood, carve out paths for rain water to flow into plants. Next time it rains, check the effectiveness of your paths. Make corrections and observe again the following time it rains.



**I will experiment to  
use clean energy**

**MY SEWING MACHINE  
LIGHTS UP FROM FOOT  
POWER AND HELPS ME  
SEE BETTER WHEN I  
STITCH**

**I WILL EXPERIMENT TO USE CLEAN  
ENERGY**



**70 Activity Points**

**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.**

With the help of a parent, bring home used solar panels that have been thrown away. Disassemble them to understand how they work.

Regularly warm up 1 family meal of your day by placing the meal outside in the sun. Check how much time it takes in different seasons for warming up the meal.

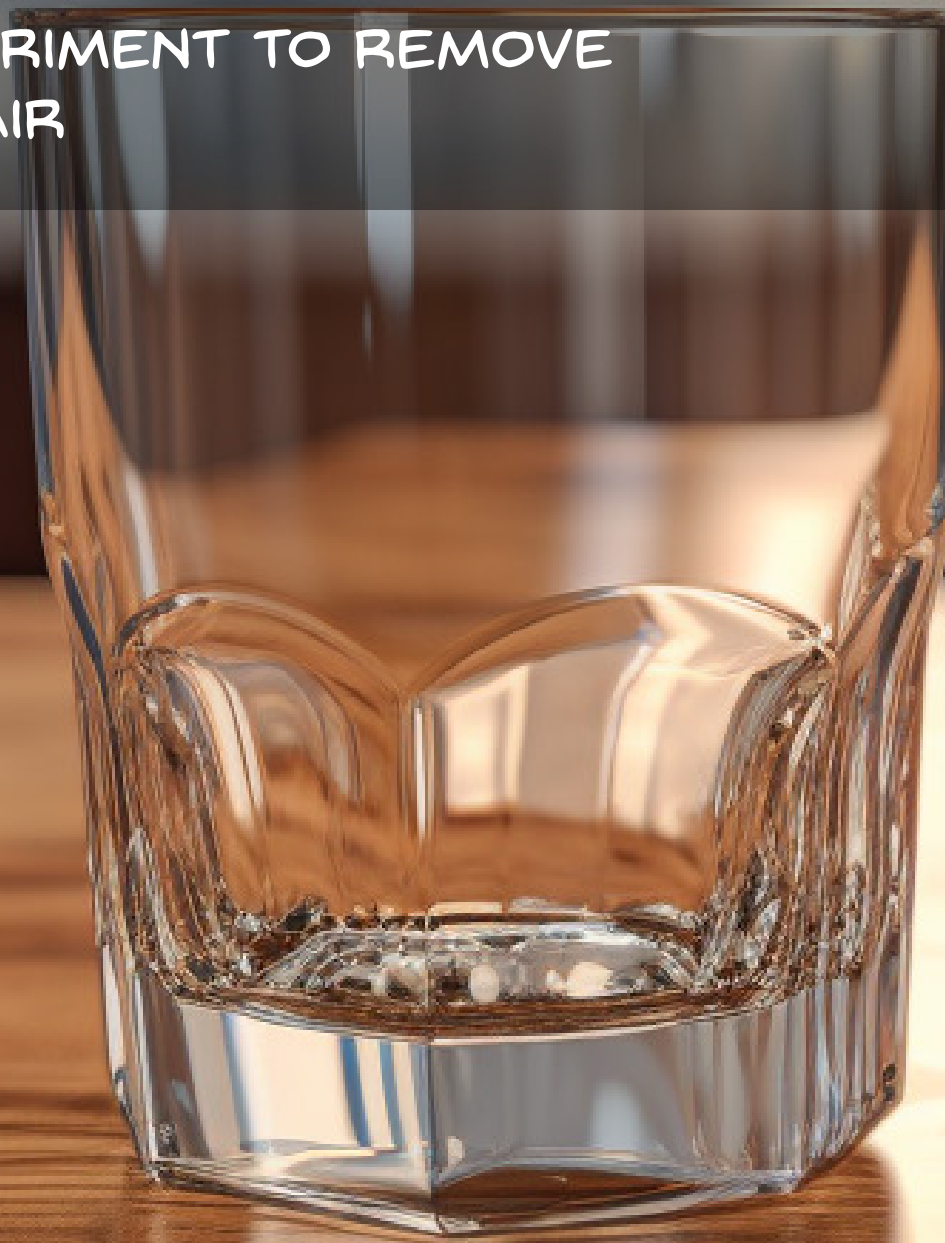
**I will experiment  
to remove CO<sub>2</sub>  
from air**

**THE GLASS FILLED  
WITH SOIL IS WARMER  
BECAUSE THE SOIL  
ABSORBS CO<sub>2</sub>**

**I WILL EXPERIMENT TO REMOVE  
CO<sub>2</sub> FROM AIR**



**70 Activity Points**



**Sustainable Development Goals**

**13** CLIMATE  
ACTION





# Activity checklist

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**That's it! Get started on experimenting to remove CO<sub>2</sub> from air!**

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

Place a CO<sub>2</sub> monitor near a money plant. Notice how the CO<sub>2</sub> levels are lower near the money plant when compared to other parts of the room. Keep a regular check on CO<sub>2</sub> levels in different parts of your home and during various times in the day.

Make a solar cooker using a pizza box and see how the entrapped heat melts chocolate faster than if it is kept outside.

**I will experiment  
to manage waste**



60 Activity Points

***I USED THE OLD  
POTATOES AT HOME TO  
LIGHT UP AN LED BULB  
I WILL EXPERIMENT TO MANAGE WASTE***

Sustainable Development Goals



# Activity checklist

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

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

Conduct a waste stream analysis for your home, identifying opportunities to reduce waste and increase recycling.

Find out what happens to your household waste once it is out of your house. Speak to your waste collector about what they do with your waste or keep a check on the community bin. Trace the journey of your waste and come up with solutions for responsible final waste disposal.

**I will experiment  
to grow food**



 70 Activity Points

***I WILL BUILD AN  
EFFICIENT LIGHTING  
AND WATERING SYSTEM  
FOR MY PLANTS***

***I WILL EXPERIMENT TO GROW FOOD***

Sustainable Development Goals



# Activity checklist

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

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

Take a tiny amount of yoghurt (store bought or home made), add a drop of water, and place it under a compound microscope. See the bacteria swimming around. Try making curd at home and understand the process of fermentation of milk.

Observe fresh food items under a microscope and then rotten food items to understand the process of oxidation. Ask your teachers about the effective ways to prevent oxidation.



**I will experiment to  
protect biodiversity**

***I WILL TEST THE SOIL  
REGULARLY TO ENSURE  
THAT PLANTS GROW  
WELL***

***I WILL EXPERIMENT TO PROTECT  
BIODIVERSITY***



**60 Activity Points**

**Sustainable Development Goals**



# Activity checklist

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

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

Create a children's garden in your community park. Bring together children in your neighbourhood and experiment which plants grow better in pots or the garden, learn about them and take care of them.

Take a water sample from a few different water sources such as tap water, pond or beach in the neighbourhood. Through a microscope, investigate the aquatic life in the water samples. Compare them with each other. Compare the results in different seasons.