



**Sustainable  
habits 7x7**

**Grade 8**



# **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.



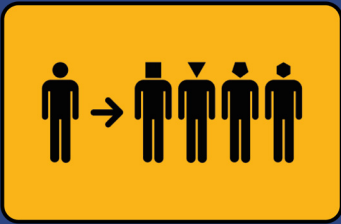
While choosing activities, align your interests and passions to the activities. Select activities that align with the ones you enjoy. If you are passionate about animals, you might choose activities related to wildlife conservation, for example.



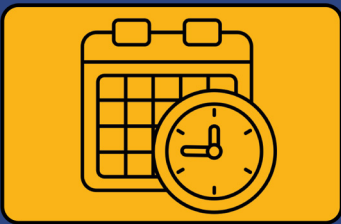
Consider the social and environmental issues that are close to your heart. If you are concerned about plastic pollution, focus on activities that address this issue, such as participating in a beach clean up or reducing single-use plastic consumption.



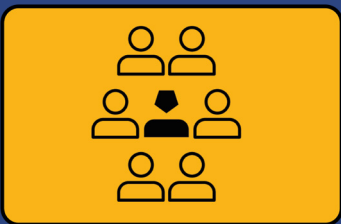
Evaluate the resources you have access to. Some activities may require specific materials or tools, so choose activities that are feasible based on what's available to you.



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.



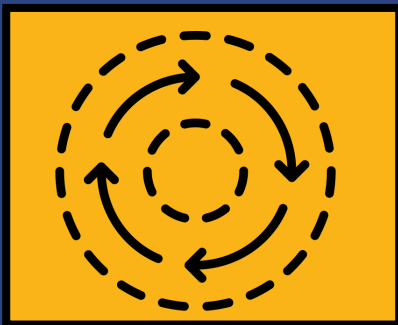


# What do points mean?

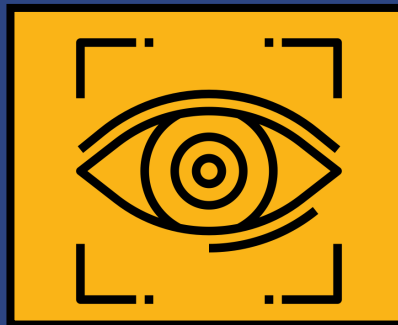
You will see that each activity has a number of points attributed to it based on the impact of the activity.

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**



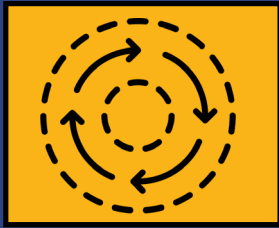
# How do you become a Guardian of the Planet?

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!

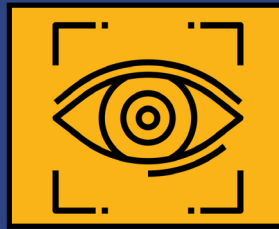
# How do you get the Gold, Silver, and Bronze badges?

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

***I WILL TEACH MATH  
THROUGH GAMES***

**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.**

Assist at a local food bank and encourage others to join you.

Initiate a tree-planting project or help create a community garden in your area. Explain the role of trees and green spaces in air purification while involving others in the hands-on experience.

**I volunteer to  
save water**

*EVERYTIME I WASTE  
WATER WHILE BRUSHING  
MY TEETH, SOMEONE  
ELSE STRUGGLES TO  
ACCESS CLEAN WATER*

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.**

Write down 5 tips on how to save water in homes and distribute 1 each to 5 children in the neighbourhood. Ask them to follow the tip for a week.

Participate in various water conservation projects and campaigns being conducted in your area.

**I volunteer to use  
clean energy**



50 Activity Points

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

**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.**

Explain to your friends, classmates, and younger siblings about different sources of clean energy, and sustainable forms of harvesting clean energy.

Assist at a recycling centre, learn and discuss about benefits of recycling household e-waste items. Promote e-waste recycling in your home and neighbourhood.



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

 50 Activity Points

***I WILL DONATE MY  
OLD TOYS TO THOSE IN  
NEED***

**I VOLUNTEER 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 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 CO<sub>2</sub> from air!**

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

Clean up the nearest river bank along with your friends or family. Cleaning up litter not only beautifies the environment but also prevents plastics from breaking down into microplastics that release CO<sub>2</sub>.

Assist at a community garden where you can learn about sustainable gardening practices including composting organic waste.

**I volunteer to  
manage waste**





 70 Activity Points

**THERE IS NO NABIL IN  
REAL LIFE TO PICK UP  
OUR WASTE FROM THE  
OCEAN**

**I VOLUNTEER TO MANAGE WASTE**

Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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.**

**Coordinate with local authorities and community organisations to plan and lead a day to come together and clean up a public space.**

**Partner with local businesses to educate them about sustainable waste management practices.**

**I volunteer to  
grow food**





60 Activity Points

***I WILL DE-WEED  
MY GARDEN***

**I VOLUNTEER TO GROW FOOD**

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.**

**Assist at the community garden during weekends or holidays.**

**Help your neighbours grow fresh herbs in their kitchen garden or in pots. Use the herbs next time you have a meal together!**

**I volunteer to  
protect biodiversity**

\*THIS IS AN AI-GENERATED IMAGE


 50 Activity Points

*IF MOHAMMED KHAMIS  
KHALAF CAN THROW AWAY  
HIS TRASH, SO CAN WE*


I VOLUNTEER TO PROTECT  
BIODIVERSITY

Sustainable Development Goals


11 SUSTAINABLE CITIES AND COMMUNITIES




14 LIFE BELOW WATER



15 LIFE ON LAND



17 PARTNERSHIPS FOR THE GOALS



# Activity checklist

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

What activity would that be?



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

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

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

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

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

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

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

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

**Assist at a local nature reserve or wildlife sanctuary with habitat restoration projects.**

**With a group of classmates participate in a bird-watching event, documenting and identifying local bird species.**

**I will move to  
teach others**

*I WILL TEACH SOMEONE  
A LIFE SKILL*

I WILL MOVE TO TEACH OTHERS



60 Activity Points

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.**

**Start a campaign in your community to encourage children to bike or walk to school instead of using cars.**

**Teach your younger sibling how to float in the swimming pool. Make sure you have an adult around.**

**I will move to  
save water**



70 Activity Points

**WHEN I NEED TO CLEAN  
MY DUSTY BICYCLE, I'LL  
USE A PIECE OF CLOTH  
TO DO IT INSTEAD OF A  
HOSE**

I WILL MOVE TO SAVE WATER

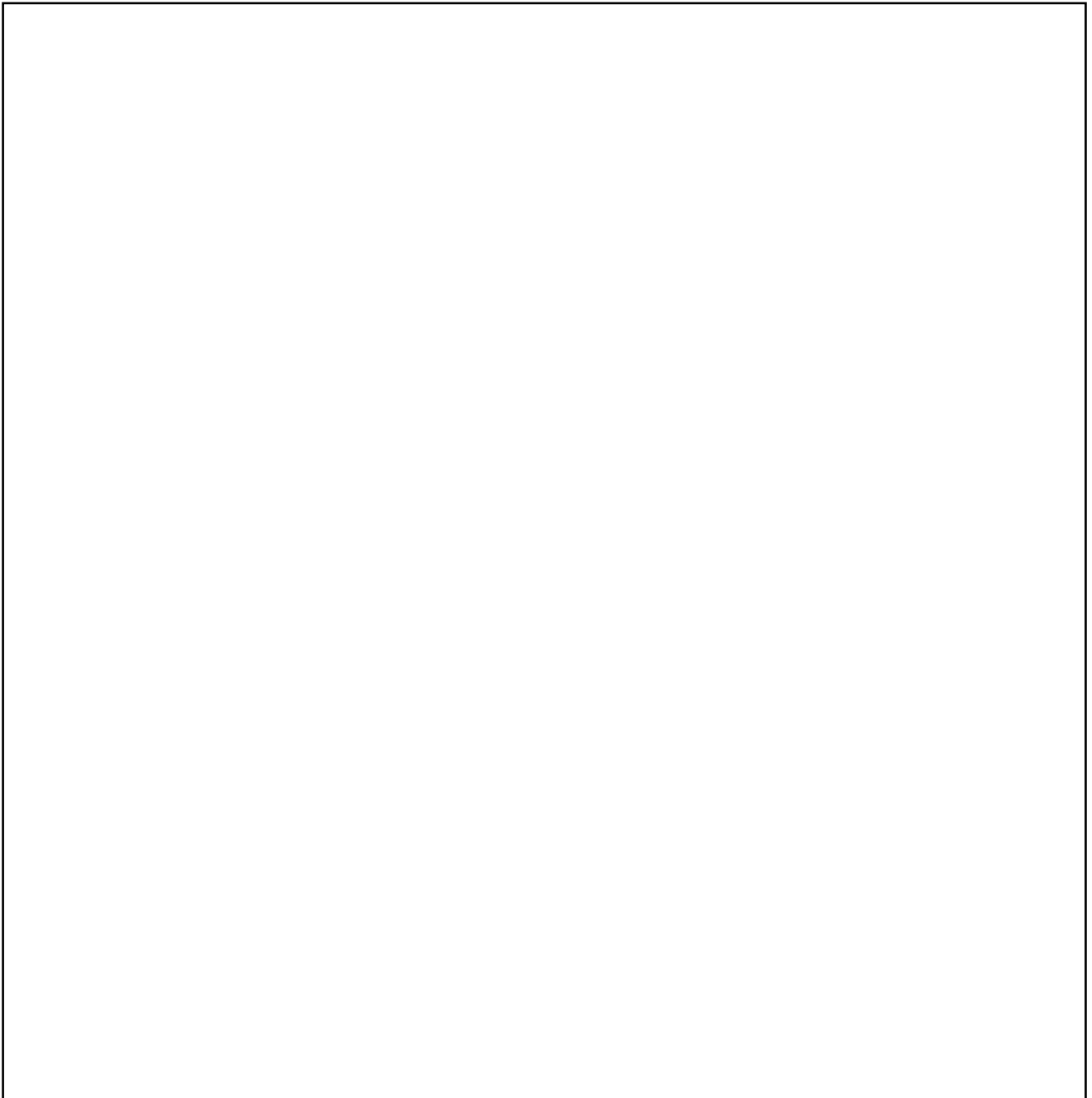
Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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

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

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

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



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

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

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

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

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

Organise a “blue day” in your neighbourhood to raise awareness about marine conservation. Encourage your friends to wear blue clothes in keeping with the theme! Make sure all activities relate to marine conservation.

Water your plants deeply, but less frequently, so that you save water and create healthier gardens.



**I will move to  
use clean energy**



 70 Activity Points

***I PREFER WALKS WITH MY  
FAMILY OVER TRAFFIC JAMS***

***I WILL MOVE TO USE CLEAN ENERGY***

Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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

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

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

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

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

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

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

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

Use only sustainable modes of transport for a week and challenge your family to do the same. This could include cycling, taking public transportation, walking, or even carpooling.

Create and practice play routines incorporating movements that generate forms of kinetic and piezo-electric energy. Also discuss about each of these forms of energy in detail with your peers.

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



50 Activity Points

***THE GAMES I PLAY DO  
NOT NEED ELECTRICITY***

***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 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.**

Participate in sports and other outdoor activities that you enjoy. This will help you become more active as well as reduce your carbon footprint.

Collect different types of plant produce and read up about their properties.

**I will move to  
manage waste**



70 Activity Points

**MY BACKYARD, MY  
RESPONSIBILITY**

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.**

Organise regular clean-up and maintenance activities at a local trail. This not only involves physical effort but also instills a sense of responsibility for natural spaces and the importance of waste disposal.

Participate in “plogging,” a fitness trend that involves jogging or walking while picking up litter to promote waste reduction and physical fitness simultaneously.

**I will move to  
grow food**

 70 Activity Points

***I LOVE SETTING UP MY  
OWN SPICE GARDEN***

**I WILL MOVE TO GROW FOOD**

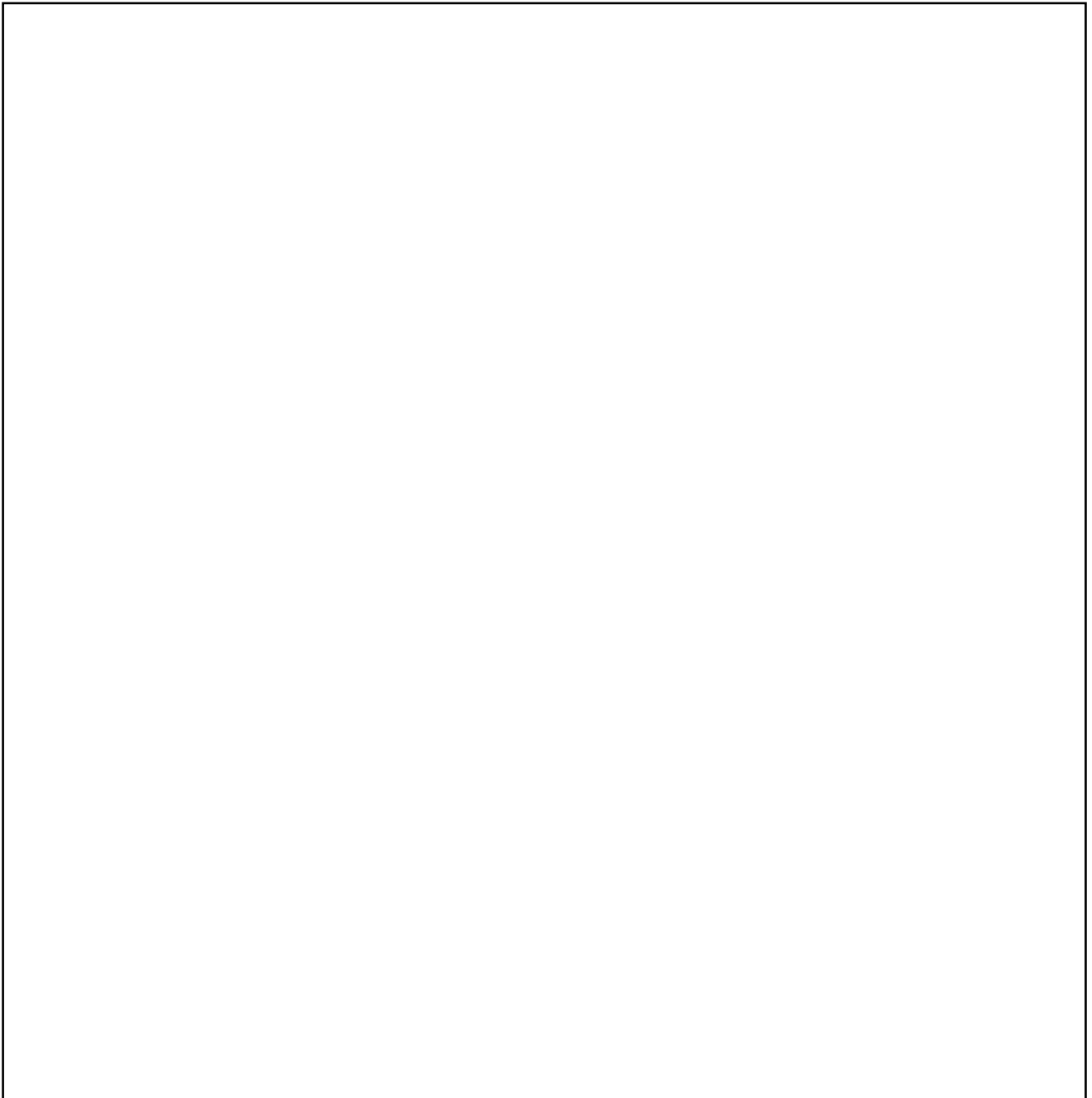
Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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

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

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

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

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

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

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

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

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

**Help your parent maintain the kitchen garden at home.**

**Put up attractive posters in your community about zero food wastage.**



**I will move to  
protect biodiversity**

 50 Activity Points

***CACTUSES NEED TO BE  
CARED FOR TOO***

**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.**

Plan a nature hike for your peers, incorporating discussions about local biodiversity and ecosystems.

Organise community walks to observe and journal about local biodiversity.

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





 60 Activity Points

***I TOOK MY YOUNGER SISTERS  
TO THE MUSEUM TO STUDY  
HISTORY***

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

Sustainable Development Goals





# Activity checklist

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

What activity would that be?

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

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

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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 go on an expedition to teach others!**

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

Create a visual and tangible learning experience for the children in your neighbourhood by taking them on a tour to a historical site in your city. Take help from an adult in planning and executing this.

Visit a local farm with friends and teach them about the various traditional methods of sowing and the machines available for it.

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

 70 Activity Points

## ***OUR OCEANS, OUR RESPONSIBILITY***

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?

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 an expedition to save water!**

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

**Go to the market with your parents and make a list of the latest water saving devices that are available.**

**Plan an expedition to a local water body with other children in the neighbourhood and educate them about the need for conservation of water bodies.**

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



60 Activity Points

***I WILL LEARN HOW  
BUSINESSES INTEGRATE  
CLEAN ENERGY***

***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?

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 an expedition to use clean energy !**

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

Go outside and identify different types of clouds (cumulus, stratus, cirrus, nimbostratus, cumulonimbus, etc.) and start keeping a record of them. See if you can forecast the weather by looking at the clouds!

Explore a community park, and identify different sources of energy used there to provide lighting.



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



50 Activity Points

**SHARED MOBILITY IS  
GREAT FOR THE EARTH**

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  
“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 an expedition to remove CO<sub>2</sub> from air!**

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

Visit a plant nursery and learn about plants that improve indoor air quality. Buy some for your home.

Learn how to do plant grafting in your garden.

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



 70 Activity Points

***IT IS TIME FOR ME TO  
TAKE CARE OF THE WASTE***

**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?

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

If your answer to this question is  
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If your answer to this question is  
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**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.**

Maintain an expedition journal to document sustainable practices observed during travels. This may include waste reduction, conservation efforts, and local initiatives encountered.

Plan an expedition to a nearby beach or coastal area known for its waste pollution issues to help collect and properly dispose of litter.

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



60 Activity Points

***I WILL STUDY ABOUT  
EFFICIENT FARMING  
SYSTEMS***

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

Sustainable Development Goals

2

ZERO  
HUNGER



11

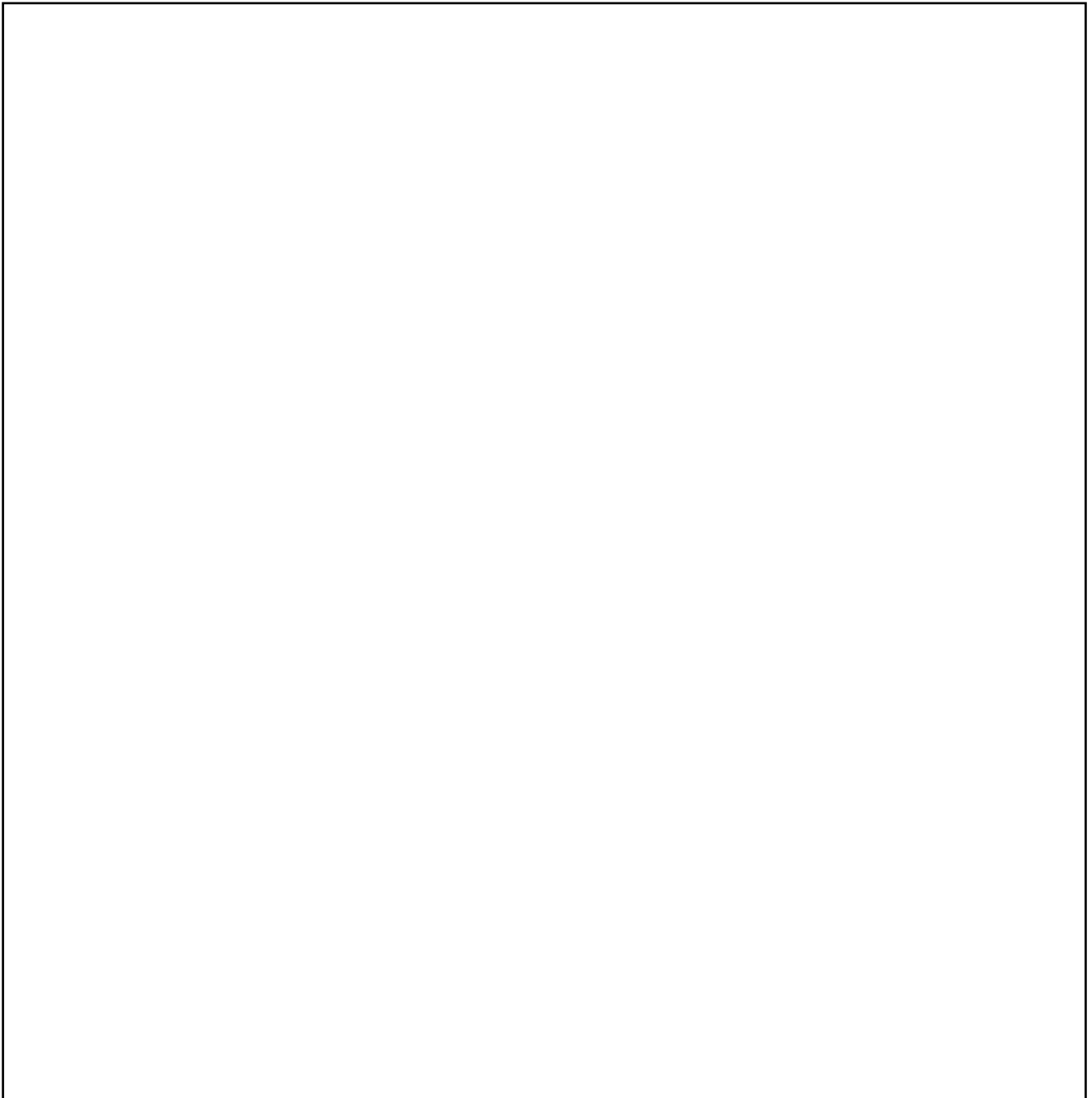
SUSTAINABLE CITIES  
AND COMMUNITIES



# 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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If your answer to this question is  
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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 grow food!**

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

Visit an organic farm with your parents and understand the health benefits of locally grown produce, without the use of chemicals.

Organise a treasure hunt in a nearby forest area with your friends where the clues revolve around the trees and plants that provide food.

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



60 Activity Points

***I TRY TO FIND MY WAY  
TO AN OASIS USING A  
MAP AND THE HELP OF  
LOCALS***

**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 “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.**

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

Organise a camping expedition with classmates to explore and appreciate different ecosystems in a natural setting.



**I will team up  
to teach others**



70 Activity Points

***I WILL READ BOOKS  
TO THE ELDERLY***

**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?

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 teaming up to teach others!**

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

Start an eco-club where you and your friends work together to implement sustainable initiatives like recycling programs, energy-saving campaigns, and tree planting.

Teach others about rainwater harvesting techniques and how small solutions can create good impact.

**I will team up  
to save water**



 70 Activity Points

**SINBAD AND HIS FRIENDS  
SPEND THEIR SUMMERS  
REMOVING WASTE FROM  
THE OCEAN**

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?

What activity would that be?

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Day after day?

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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 teaming up to save water!**

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

**Conduct debates among your peers and friends on whether the dishwasher is a water saving device.**

**Make a neighbourhood water conservation team with your friends and neighbours to inspect broken pipes, leaky hydrants, and errant sprinklers.**

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

*MY FRIENDS AND I  
HELPED INSTALL SOLAR  
PANELS IN OUR  
NEIGHBOURHOOD*

I WILL TEAM UP TO USE CLEAN ENERGY



70 Activity Points

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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can do repeatedly?  
Day after day?

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

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

Take a pledge with your family to “go green.” Consider switching to renewable energy in your home apart from other changes over a period of time.

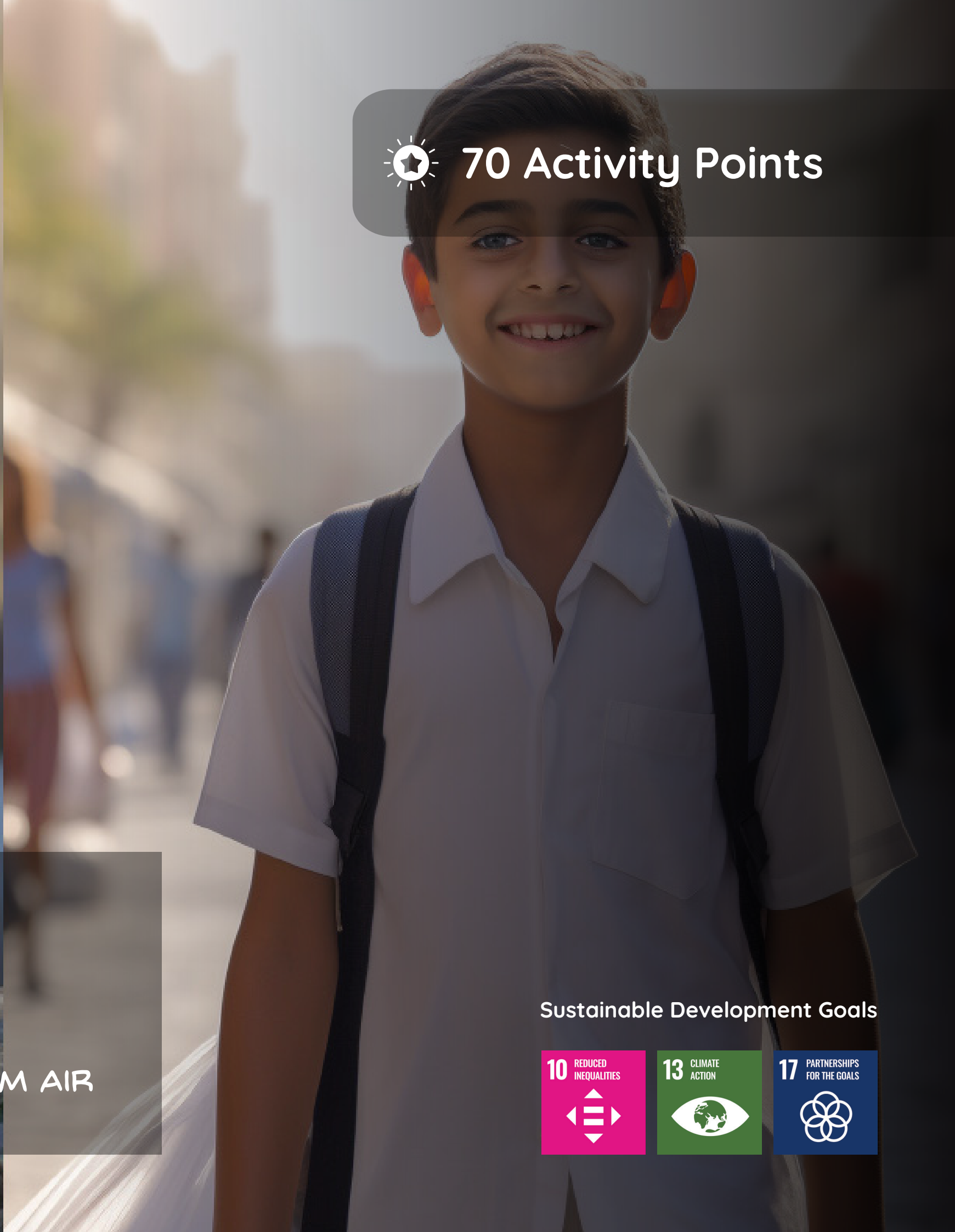
Agree with your friends to limit screen time, including TV, video games, and so on. Ask your grandparents to teach you traditional games instead.

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



***CLEAN ENVIRONMENTS  
MAKE US HAPPY***

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



 **70 Activity Points**

**Sustainable Development 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?

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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.**

**Make a team with your friends and educate younger students about farming practices.**

**With your friends, visit a forest or a park in your neighbourhood. List the characteristics of the trees that you observe, such as the height, shape of leaves, crown, flowers, and fruits.**



**I will team up to  
manage waste**

***WE WILL DONATE RATHER  
THAN DISCARD***

***I WILL TEAM UP TO MANAGE WASTE***



**70 Activity Points**

**Sustainable Development 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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**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.**

**Form teams to collaborate on an art project using recycled materials.**

**In teams, plan an eco-friendly fundraiser to promote the 3 Rs: reuse, reduce, and recycle.**

**I will team up  
to grow food**



70 Activity Points

***I WILL LEARN HOW TO  
MAINTAIN THE KITCHEN  
GARDEN FROM MY  
GRANDMOTHER***

***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?

Is it an activity you  
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Day after day?

If your answer to this question is  
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**Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on 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 teaming up to grow food!**

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

Conduct a survey in a nearby low-income neighbourhood with the help of your friends to understand the challenges they face related to food, and discuss the probable solution with adults or teachers.

Organise a food collection drive and distribute it to people in need.

**I will team up to  
protect biodiversity**



70 Activity Points

**MY FRIENDS AND I  
WILL MAINTAIN OUR  
SCHOOL GARDENS**

**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?

What activity would that be?

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can do repeatedly?  
Day after day?

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

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

**Collaborate with friends to plant native plants in a patch of your community garden and provide food for local fauna.**

**Work in teams to research and present solutions to address local biodiversity challenges and conservation efforts.**

**I will be entrepreneurial in  
teaching others**



60 Activity Points

***I WILL RAISE  
AWARENESS ABOUT  
E-WASTE***

**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?

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 being entrepreneurial in teaching others!**

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

**Start a composting service from your home and teach your friends how to create nutrient-rich soil for the school garden.**

**Make sustainable toys from recycled and natural materials and showcase them in your community for others to do the same.**



**I will be entrepreneurial  
towards saving water**

# THE JUICE BAR I'VE SET UP DOESN'T WASTE WATER

I WILL BE ENTREPRENEURIAL  
TOWARDS SAVING WATER

 60 Activity Points

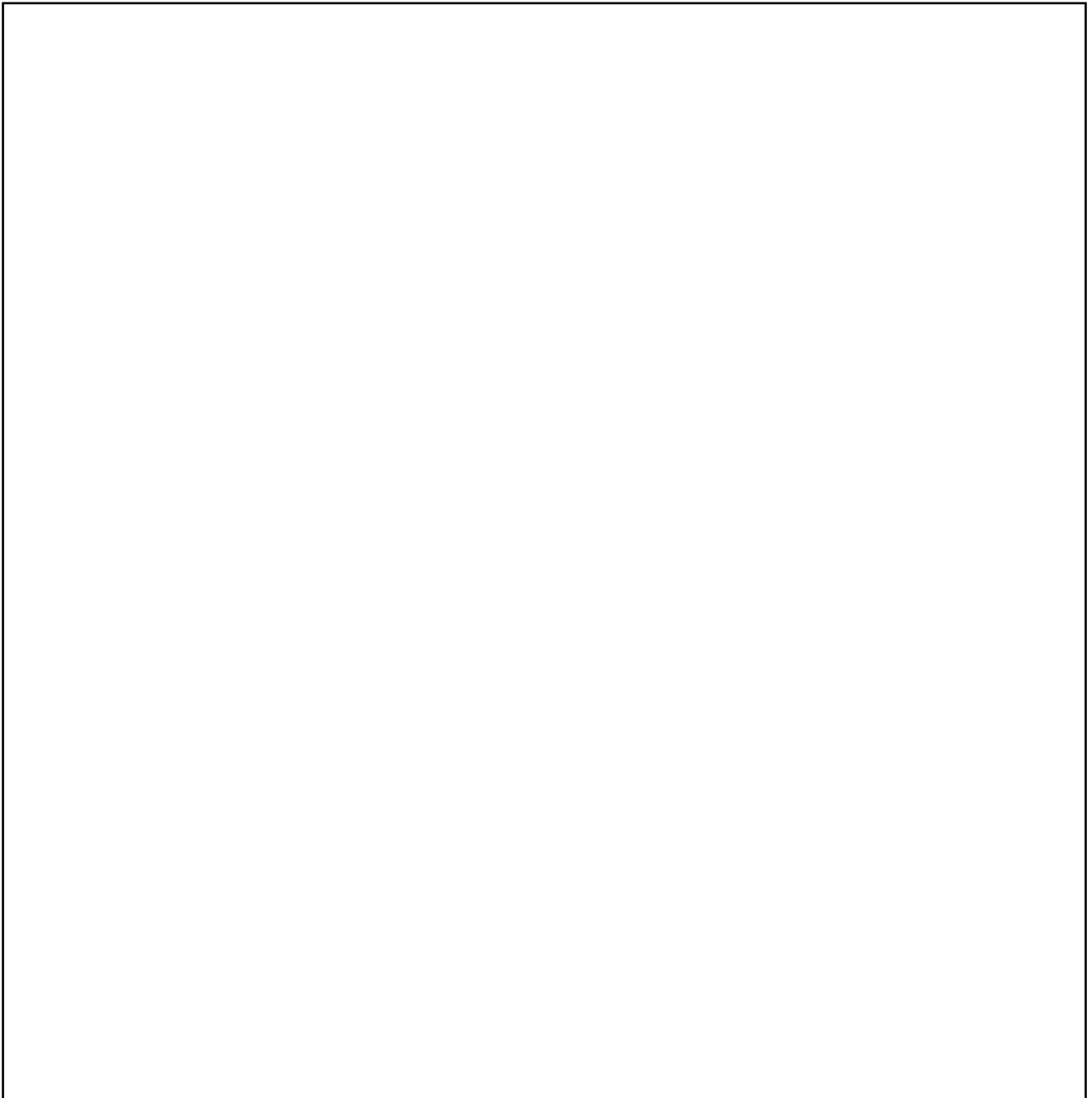
Sustainable Development Goals



# 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?

A large, empty rectangular box with a thin black border, intended for the user 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  
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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 monthly car wash program with your friends, where you wash each car using only 1-2 buckets of water and consider charging a fee!

Study the different showerhead models in the market, and by incorporating components from existing models, design your own showerhead that is more water efficient.

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



60 Activity Points

***I ENCOURAGE MY  
CLASS TO USE  
NATURAL LIGHT  
WHENEVER POSSIBLE***

**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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can do repeatedly?  
Day after day?

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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 towards using clean energy!**

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

**Design and build small solar-powered toys using materials like cardboard, motors, and solar panels.**

**Set up a green book club in your community with books on environmental topics.  
Encourage the children in the neighbourhood to read and debate about environmental concerns.**

**I will be entrepreneurial  
towards removing CO<sub>2</sub>  
from air**

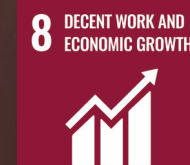
# WE VISITED A 3D PRINTED HOUSE

I WILL BE ENTREPRENEURIAL TOWARDS  
REMOVING CO<sub>2</sub> FROM AIR



60 Activity Points

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?

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can do repeatedly?  
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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 being I will be entrepreneurial towards removing CO2 from air!**

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

**Make a list of objects at home and identify those that have been made from materials from a forest. Spread awareness about using natural materials.**

**Create a social media campaign to raise awareness about the damage from carbon dioxide emissions.**

**I will be entrepreneurial  
towards managing  
waste**

***I WILL LABEL THE BINS  
IN MY NEIGHBOURHOOD  
SO THAT IT'S EASIER  
TO SEGREGATE WASTE  
I WILL BE ENTREPRENEURIAL TOWARDS  
MANAGING WASTE***

 **70 Activity Points**

**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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can do repeatedly?  
Day after day?

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

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

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

Organise a used book fair where you can donate your old books, reducing waste from discarded books and simultaneously promoting reading.

Set up a green fund in your community centre and donate the proceeds to a nearby recycling facility.



**I will be entrepreneurial  
towards growing food**

***I VISITED A VERTICAL  
FARM AND STUDIED  
HOW TO GROW FOOD  
EFFICIENTLY***

***I WILL BE ENTREPRENEURIAL  
TOWARDS GROWING FOOD***



**70 Activity Points**

**Sustainable Development Goals**

**1** NO  
POVERTY



**2** ZERO  
HUNGER



**8** DECENT WORK AND  
ECONOMIC GROWTH



**9** INDUSTRY, INNOVATION  
AND INFRASTRUCTURE



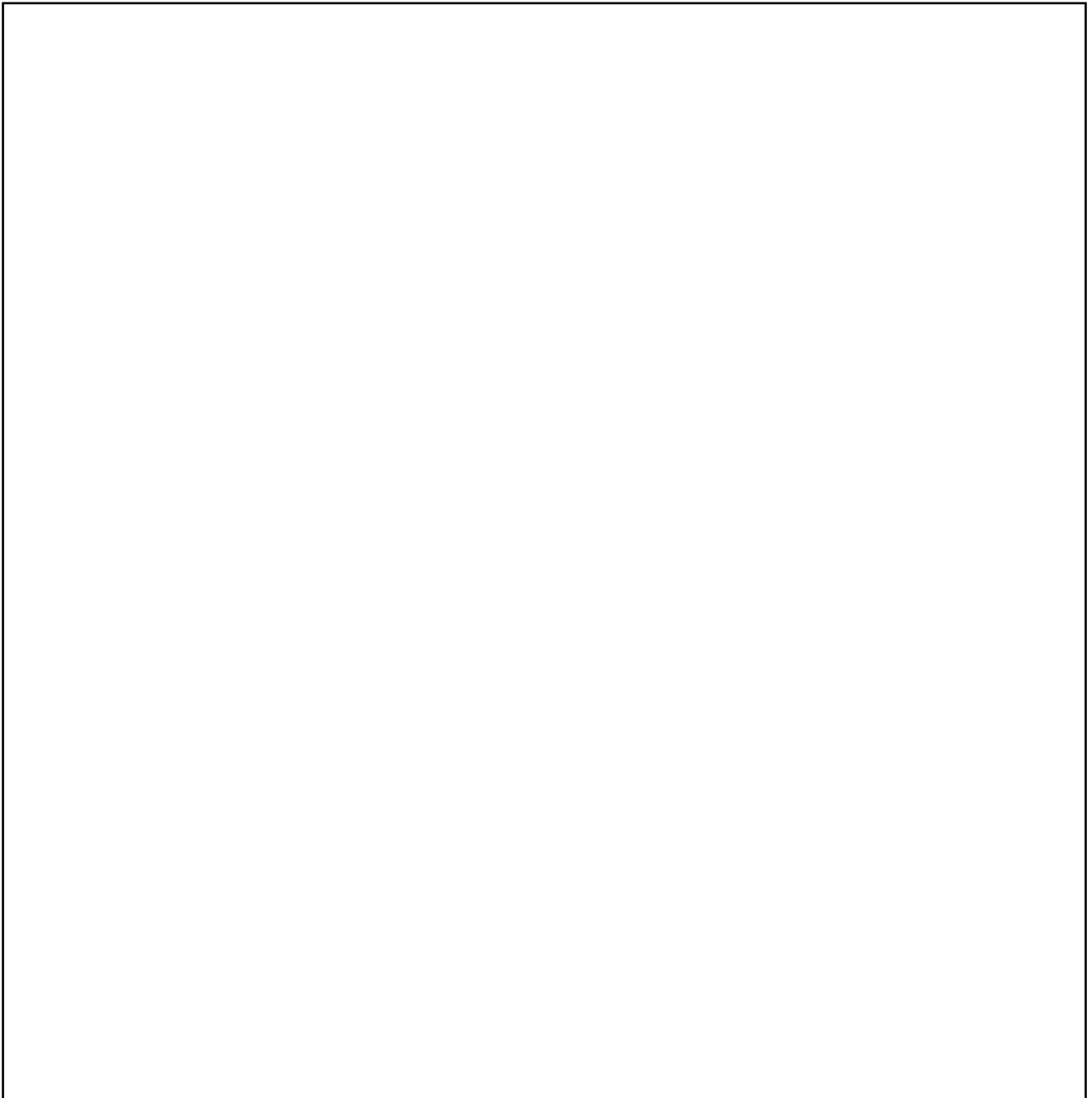
**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



# Activity checklist

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

What activity would that be?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Is it an activity you  
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Day after day?

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

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

Organise a fair in the neighbourhood where children display herbs and vegetables from their kitchen garden.

Prepare a marketing plan, which includes collaterals, to raise awareness about a homemade food item, and implement the plan.

**I will be entrepreneurial  
towards protecting  
biodiversity**

***I WILL ENCOURAGE  
OTHERS TO GIFT PLANTS  
OVER GIFTING PLASTIC***

**I WILL BE ENTREPRENEURIAL TOWARDS  
PROTECTING BIODIVERSITY**



**70 Activity Points**

**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

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

What activity would that be?

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

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

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

Launch a community awareness campaign about the importance of biodiversity, using creative and engaging methods to reach a wider audience.

Organise a fundraising event to support a local biodiversity conservation organisation, such as a charity run or a nature-themed craft fair.

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

# *I LOVE TEACHING MY FRIENDS HOW TO DRAW ISOMETRIC FORMS*

I WILL USE CREATIVE ARTS TO TEACH OTHERS



40 Activity Points

Sustainable Development Goals



# Activity checklist

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

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**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 using creative arts to teach others!**

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

Teach your younger sibling or friends to reuse cardboard packaging to make attractive planters and give your plants a new home!

Make newspaper bags and encourage your family members to use them for shopping.

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



40 Activity Points

***I WILL MAKE ART THAT  
SHOWS THE IMPORTANCE  
OF HAVING CLEAN WATER***

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

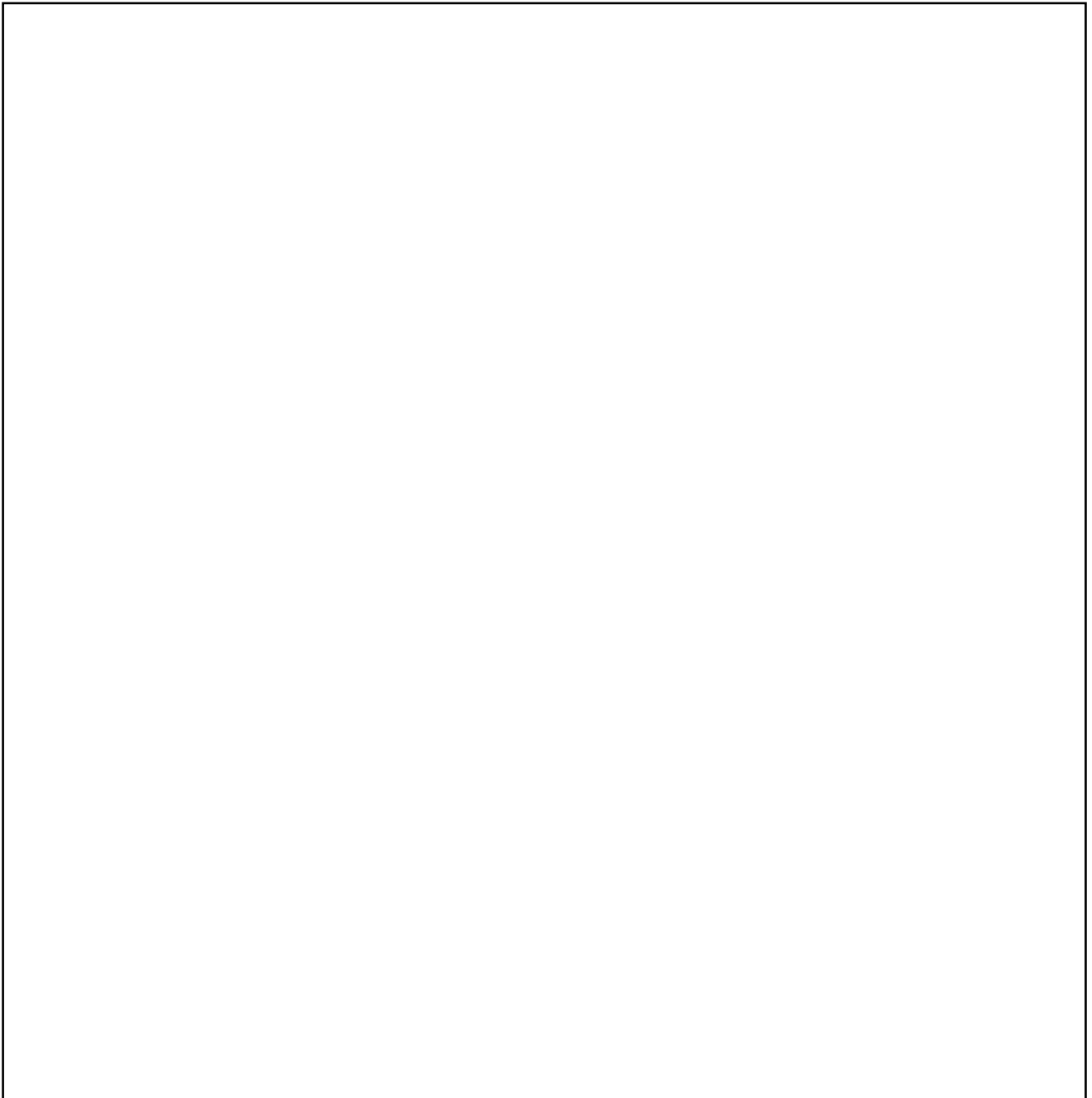
Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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

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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 using creative arts to save water!**

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

Create a short story about a hero who teaches children about the importance of saving water and also provides some water saving tips.

Compose a song about the rain and teach it your friends. Sing it often!



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

# MY FRIENDS AND I MAKE ART USING E-WASTE

I WILL USE CREATIVE ARTS TO USE  
CLEAN ENERGY



40 Activity Points

Sustainable Development Goals



7 AFFORDABLE AND  
CLEAN ENERGY

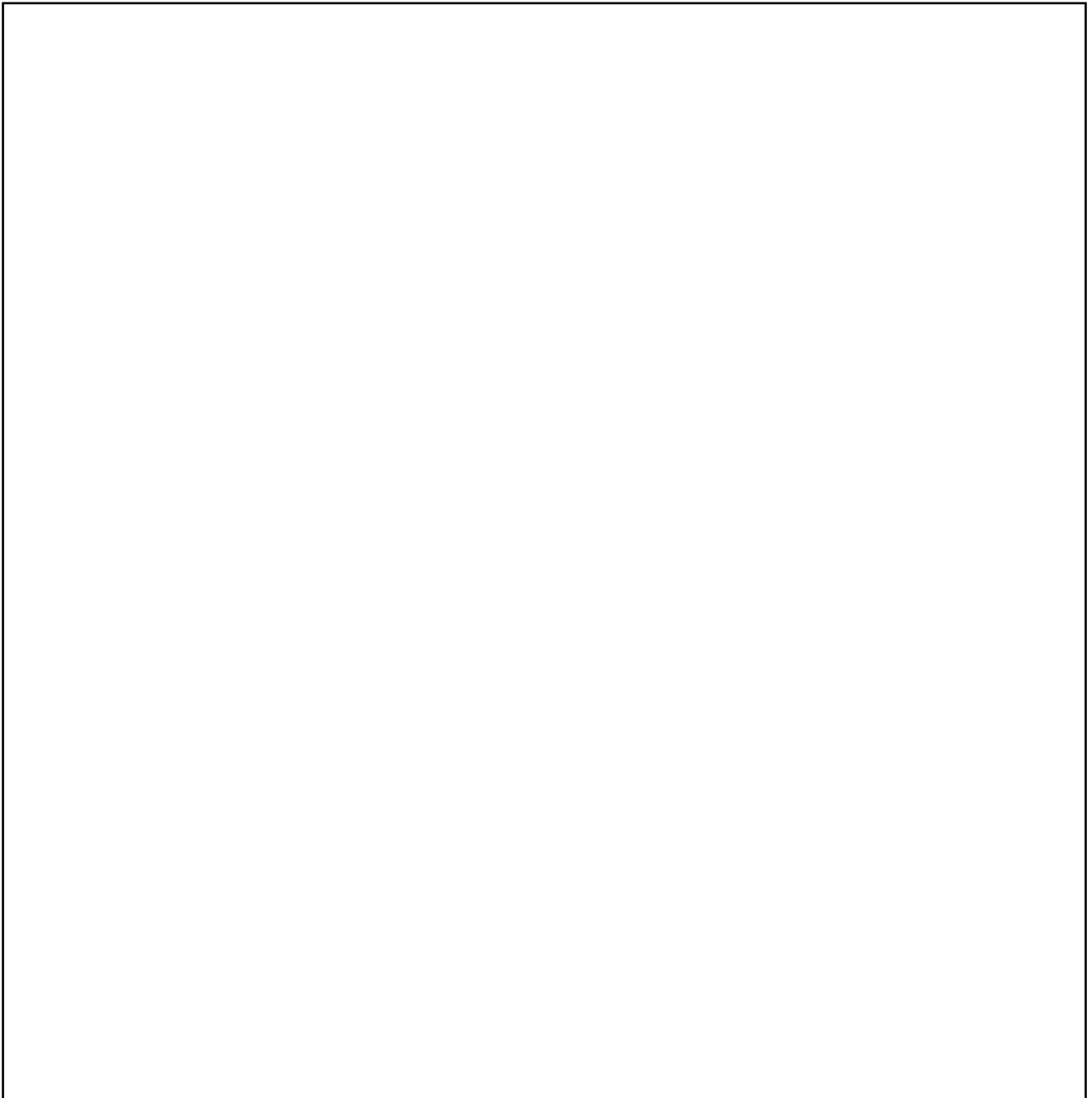


12 RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION

# Activity checklist

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

What activity would that be?

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

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Day after day?

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

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

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

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

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

Create a comic strip about your favourite renewable energy source and show it to your friends.

Create a clean energy collage depicting the sources of clean energy, and explain it to your classmates and friends.

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



 30 Activity Points

# *MY PLANTS KEEP THE AIR CLEAN IN MY HOUSE*

I WILL USE CREATIVE ARTS 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 use creative arts 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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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 removing CO2 from air?**

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

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

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

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

**Display the common names and scientific names of the potted plants in your house.**

**Create art that raises awareness about environmental issues and inspires people to take action.**

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



60 Activity Points

## ***PLASTIC BOTTLES BECOME PLANTERS IN MY HOME***

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

Sustainable Development Goals



# Activity checklist

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

What activity would that be?

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can do repeatedly?  
Day after day?

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



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

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

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

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

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

Organise a recycled fashion show in your community where you design and create outfits using discarded materials. This will encourage creativity and also emphasise the value of upcycling and reducing textile waste.

Create recycled art pieces, and gift them to your friends and neighbours.

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

***I WILL ENCOURAGE  
OTHERS NOT TO WASTE  
FOOD***

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



**70 Activity Points**



**Sustainable Development Goals**

**2** ZERO  
HUNGER



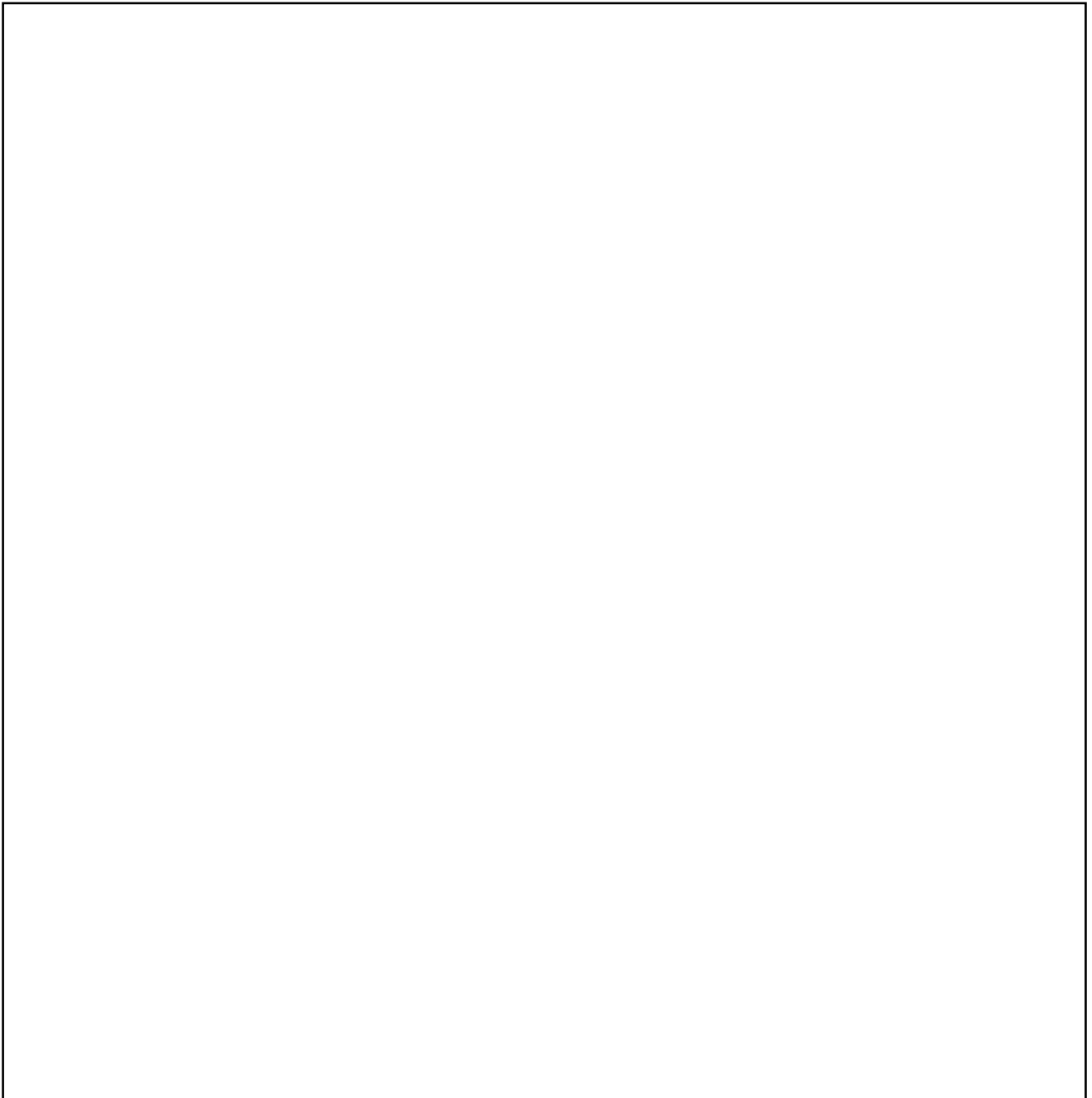
**12** RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



# Activity checklist

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

What activity would that be?

A large, empty rectangular box with a thin black border, intended for a student to write down an activity related to growing food using creative arts.

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

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

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

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

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

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

**Use coconut shells as soup bowls or to plant saplings.**

**Write a story or poem about the importance of not wasting food, and share it with your friends and family.**



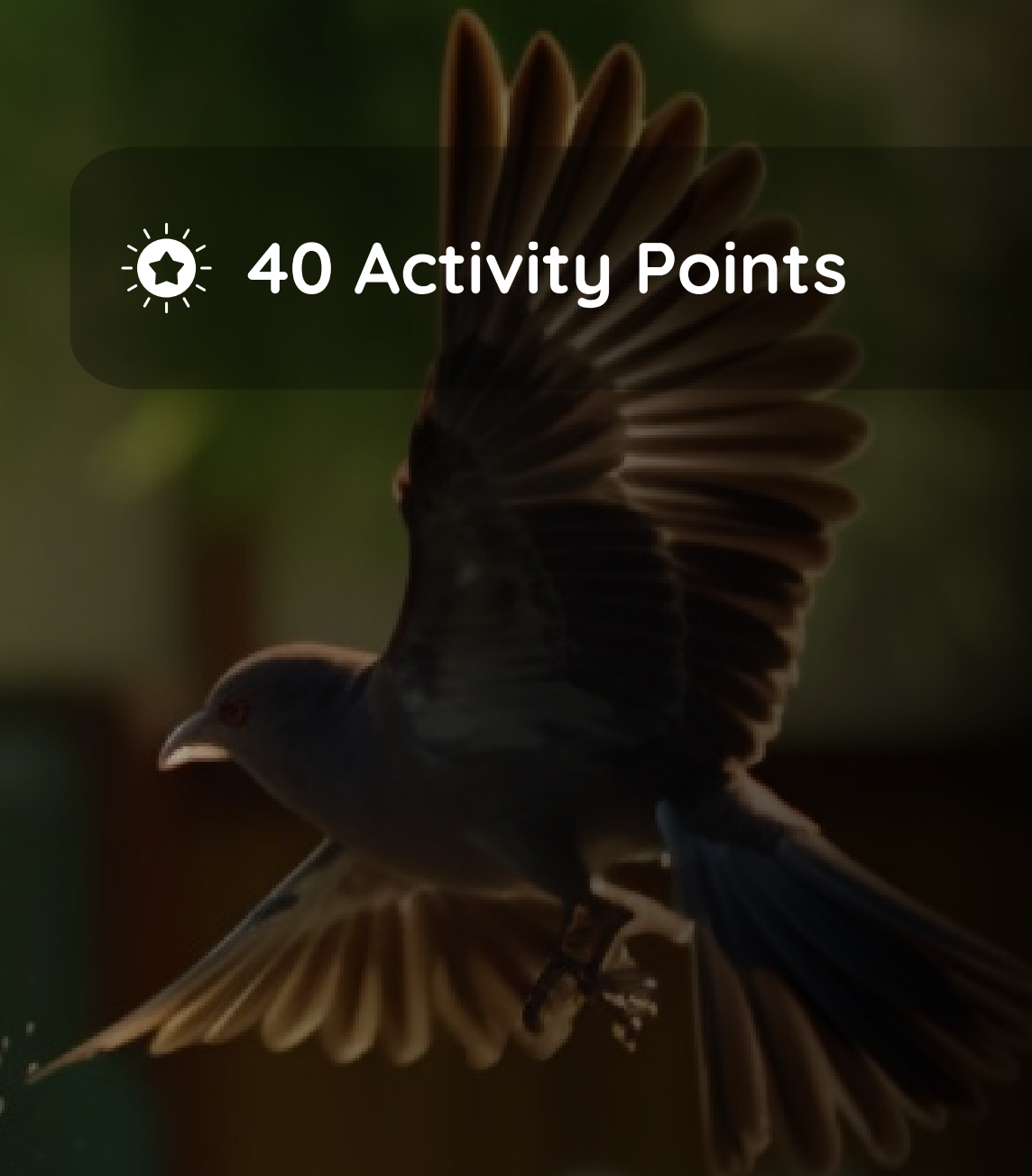
**I will use creative arts  
to protect biodiversity**

# *I MADE A BIRD FEEDER OUT OF AN OLD VESSEL*

I WILL USE CREATIVE ARTS TO  
PROTECT BIODIVERSITY



40 Activity Points



Sustainable Development Goals



# Activity checklist

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

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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.**

Create a mural for your community that celebrates local biodiversity, featuring native flora and fauna.

Produce a short film or animation that educates others about the importance of biodiversity and the role individuals can play in regeneration.

**I will experiment  
to teach others**

A background image of Superman (played by Dean Cain) in a white lab coat over his blue suit with the yellow and red Superman logo. He is in a laboratory setting, looking intently at a large, glowing, translucent sphere he is holding in his left hand. His right hand is raised, with a smaller, similar sphere appearing to be created or manipulated by his energy. The lab has various glassware and equipment on the counter, and large windows in the background show a bright blue sky with clouds.

 70 Activity Points

**WHEN NABIL ISN'T  
SOLVING CRIME, HE  
EXPERIMENTS**

**I WILL EXPERIMENT TO TEACH OTHERS**

Sustainable Development Goals





# Activity checklist

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

What activity would that be?

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**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 experimenting to teach others!**

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

Organise a workshop for younger children and show them how to make solar-powered car models with recyclable materials such as cardboard, straw, solar cells and so on. Introduce them to the concept of renewable energy.

Help your younger siblings/friends how to make a wind chime from recyclable materials easily found at home. Teach them about wind energy.

**I will experiment  
to save water**



70 Activity Points

**WE LEARNT HOW TO  
BUILD AN AQUAPONIC  
SYSTEM**

**I WILL EXPERIMENT TO SAVE WATER**

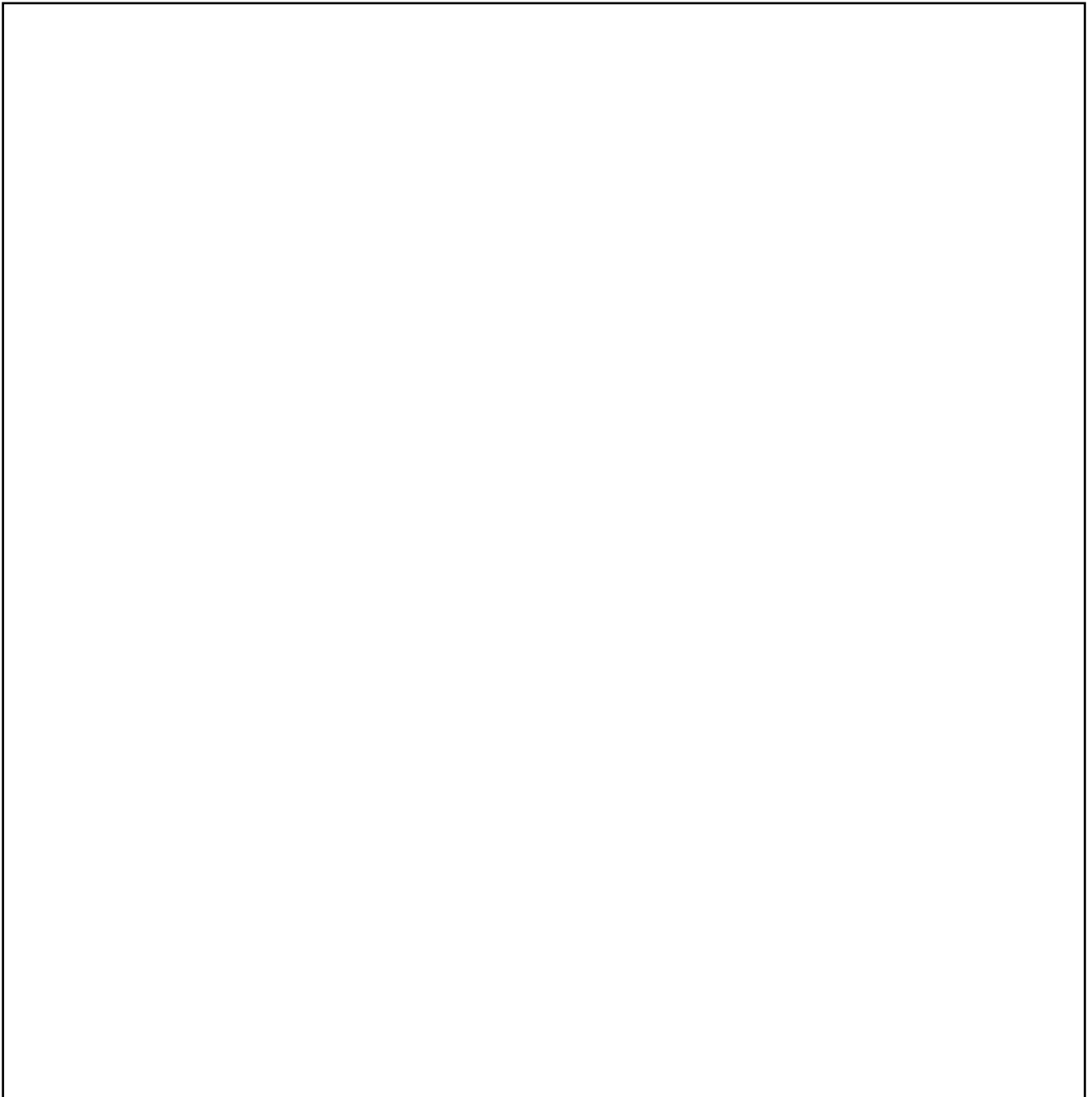
Sustainable Development Goals



# Activity checklist

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

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.

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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.**

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

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

Construct a greenhouse for the community garden that could incorporate rainwater harvesting systems to collect and store rainwater for plant irrigation.

Get the chemical and physical properties of your tap water checked regularly from a water testing agency to ensure that it is safe to use. Monitor the results over a few months.

**I will experiment to  
use clean energy**

 70 Activity Points

*MY FRIENDS AND I WILL  
READ ABOUT ELECTRIC  
CARS*

I WILL EXPERIMENT TO USE CLEAN ENERGY

Sustainable Development Goals



# Activity checklist

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

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

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

Build a wind turbine model using cardboard, paper cups, and straws, and connect it to a small light bulb using wires. Place the wind turbine in different areas of the house to observe how changes in the location can affect the wind flow and efficiency of the turbine.

Make a potato battery to explore the concept of bioenergy. Insert 2 different metal electrodes into a potato and measure the voltage produced.



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



70 Activity Points

*I MEASURED A  
PHYSICAL FOOTPRINT  
TO UNDERSTAND THE  
SCALE OF CO<sub>2</sub>  
EMISSIONS*

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

Sustainable Development Goals

13  
CLIMATE  
ACTION



# Activity checklist

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

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Day after day?

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**Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on 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 experimenting to remove CO<sub>2</sub> from air!**

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

Take 2 flowering plants. Keep 1 plant in a tub of water and another in a tub with vinegar solution to mimic acid rain. Observe the flower wilting because of the acidic nature of the water with vinegar solution.

Test the effectiveness of different composting methods.

**I will experiment  
to manage waste**

 60 Activity Points

***MY FRIENDS AND I BUILT  
MINI COMPOSTING JARS TO  
UNDERSTAND THE PROCESS  
OF COMPOSTING***

***I WILL EXPERIMENT TO MANAGE WASTE***

Sustainable Development Goals





# Activity checklist

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

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

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

Conduct experiments to observe the breakdown of biodegradable and non-biodegradable materials in different environments, such as soil, water, or compost. Record your observations.

Conduct a waste reduction experiment where you track your waste generation, implement waste reduction strategies, and measure the impact over a designated period, such as a month.

**I will experiment  
to grow food**



70 Activity Points

***I WILL KEEP A TAB OF  
THE PLANT GROWTH AT  
HOME***

**I WILL EXPERIMENT TO GROW FOOD**

Sustainable Development Goals

**2** ZERO  
HUNGER



# Activity checklist

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

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

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

Enhance your understanding about preserving food by freezing vegetables such as peas, chopped onions, turnips, radish. Observe them after a week to see if they are still fresh. You can observe the preserved food under a microscope to check for the growth of any bacteria.

Understand the process of transpiration in plants by placing a lettuce leaf in a standing position in a transparent glass filled  $\frac{1}{3}$ rd with coloured water. Observe the change in colour of the lettuce leaf in a couple of hours as it absorbs water from the glass and transports it to the leaf surface from where it evaporates. You can also use white-petal flowers or cabbage leaves for this experiment.

**I will experiment to  
protect biodiversity**



60 Activity Points

**MY FRIENDS AND I DREW THE  
ECOSYSTEMS AROUND OUR  
HOMES**

**I WILL EXPERIMENT TO PROTECT BIODIVERSITY**



Sustainable Development Goals



# Activity checklist

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

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

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

Identify and examine different microhabitats within your surroundings, such as the underside of rocks, tree bark, or fallen logs. Take notes on the different species found in each microhabitat and the environmental conditions in which they thrive.

Set up bird feeders in your lawn or garden, and observe the local bird species. Record details on the different bird species and their frequency of visits during different seasons and climates.