A photograph of two young women wearing green hijabs, smiling and looking down at a small green plant being planted in a pot of soil. The plant has many small, serrated leaves. The background is softly blurred, showing more of the women and the plant. The overall tone is warm and positive, emphasizing sustainability and education.

**Sustainable
habits 7x7**

Grade 9

Sustainable habits 7x7

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How to be a Sustainability Pioneer

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

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

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

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

How to pick an activity?



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



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



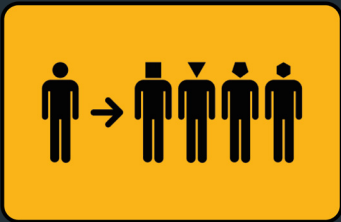
While choosing activities, align your interests and passions to the activities. Select activities that align with the ones you enjoy. If you are passionate about animals, you might choose activities related to wildlife conservation, for example.



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



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



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



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



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



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



How to journal?

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

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

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



How do I collect points for my sustainable habits?

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

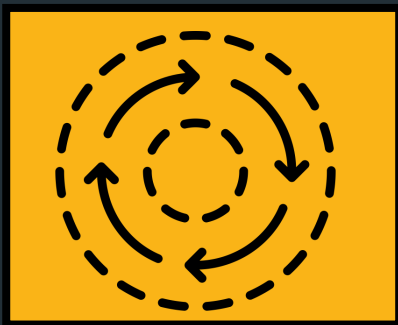


What do points mean?

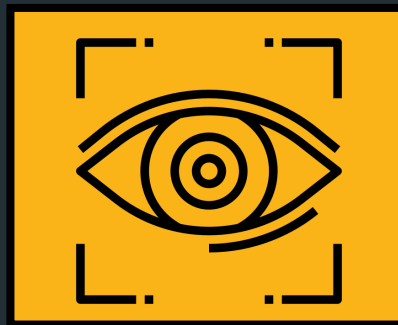
You will see that each activity has a number of points attributed to it based on the impact of the activity.

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

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



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



The depth of your observations and journaling -
10 points



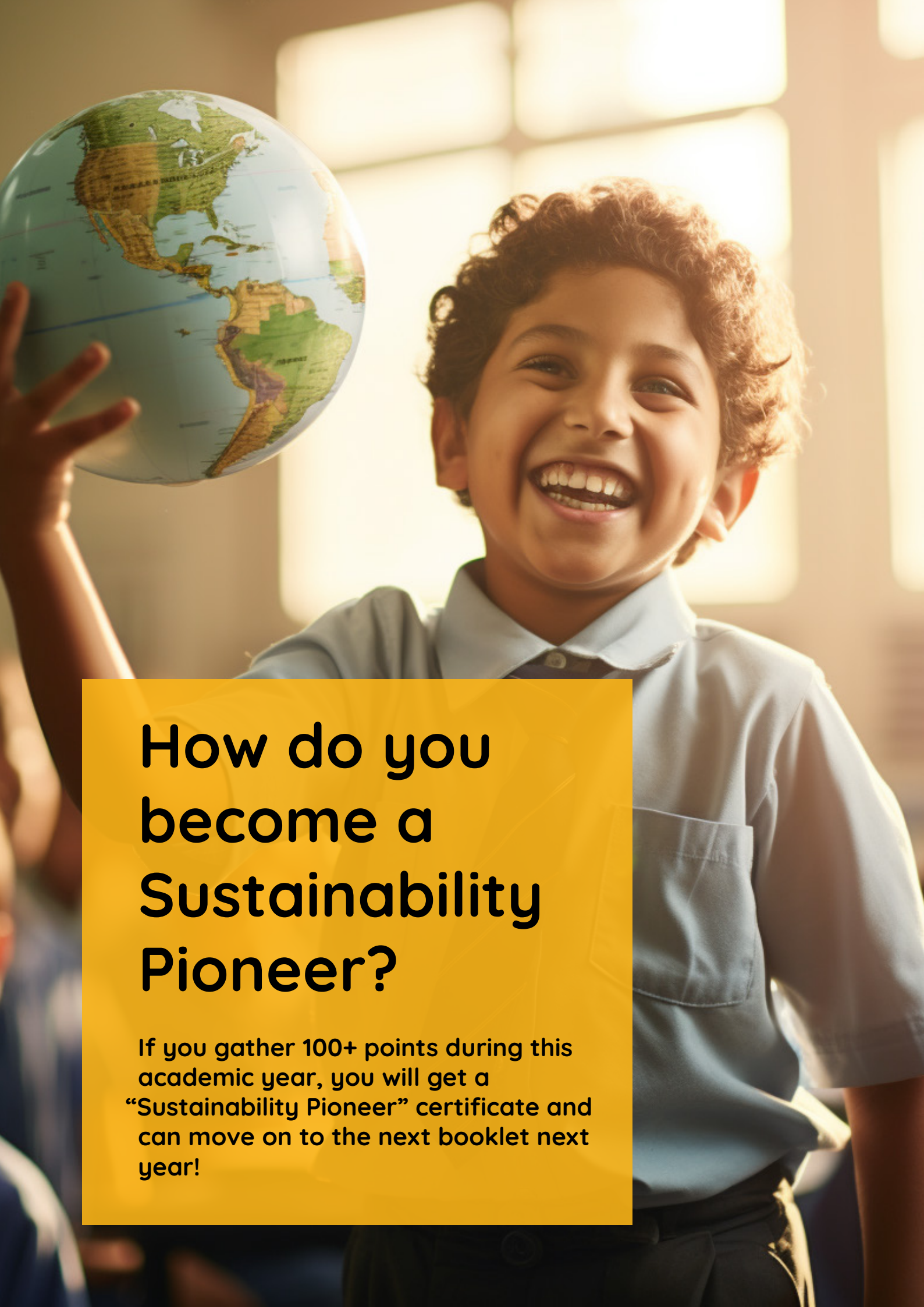
The amount of enjoyment you gained from the activities -
10 points

Calculation of points

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

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

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



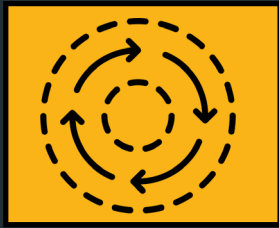
How do you become a Sustainability Pioneer?

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

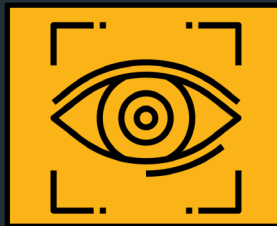
How do you get the Gold, Silver, and Bronze badges?

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

As a recap, Habit Points are:



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



Depth of
observations in
journaling -
10 points



Enjoyment in
doing the activity -
10 points

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



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



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



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

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

For example 2 Gold badges earned in years 2 and 3



Year 1



Year 2



Year 3

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



Year 1



Year 2



Year 3

Things to remember

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

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

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

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

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

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

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

**I volunteer to
teach others**



70 Activity Points

***I WILL READ OUT
ARABIC STORIES TO
THE CHILDREN OF
DETERMINATION
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.

Educate others about the benefits of establishing a community garden where sustainable gardening practices are implemented.

Organise information sessions in your community centre to educate people about recycling, composting, and energy conservation.

**I volunteer to
save water**

***I WILL ORGANISE A FUNDRAISER
TO DONATE TO RELIABLE WATER
PROJECTS***

I VOLUNTEER TO SAVE WATER



70 Activity Points

**LET'S SAVE
WATER TOGETHER**

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.

Help clean the sidewalks and driveways in your neighbourhood using brooms, instead of hoses and power washers.

Teach younger students about the impact of human activities on aquatic ecosystems.

**I volunteer to use
clean energy**



50 Activity Points

***THE WIND DRIES MY
UNIFORM FOR ME***

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.

Create a map of hydropower plant locations across your state and volunteer to raise awareness about the same. Also understand how a power plant works.

Prepare a list of clean energy solutions and circulate it in your community to improve energy efficiency in your neighbourhood.

**I volunteer to
remove CO₂
from air**



50 Activity Points

*IF NABIL CAN DONATE,
SO CAN WE*

I VOLUNTEER TO REMOVE CO2 FROM AIR

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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

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

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

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

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

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

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

Below are some sample activities that you could do.

Look for opportunities to join or support climate research expeditions. These can involve collecting data on climate change effects, which can deepen your understanding of the issue.

Assist at a polyhouse and observe the varieties of plants that can be grown inside a controlled set up.

**I volunteer to
manage waste**

***I WILL TEACH OTHERS
HOW TO RECYCLE***

I VOLUNTEER TO MANAGE WASTE



70 Activity Points

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.

Collect e-waste from your school or community and educate people about the dangers of improper e-waste disposal.

Assist local habitat restoration projects, such as planting trees, removing invasive species, or cleaning up natural areas. This helps improve the environment and ecosystems in your community.

**I volunteer to
grow food**



60 Activity Points

**MY TOMATOES GROW
WELL BECAUSE I FEED
THEM COW MANURE
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
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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 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.

Make a pledge that says “I pledge to not waste any food,” and encourage your friends and neighbours to join it.

Participate in a nutrition awareness drive.

**I volunteer to
protect biodiversity**



50 Activity Points

***I WILL CONVERT ALL
CAGES INTO FEEDING
STATIONS***

I VOLUNTEER TO PROTECT BIODIVERSITY

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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

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

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

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

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

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

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

Below are some sample activities that you could do.

Assist at a local conservation organisation to participate in habitat restoration projects for endangered species.

Organise a beach clean-up event to protect marine biodiversity, educating participants about the impact of marine litter on ecosystems.

**I will move to
teach others**

*THIS IS AN AI-GENERATED IMAGE



60 Activity Points

*MOVE LIKE ABEL
DUNK LIKE ABEL
TEACH LIKE ABEL
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.

Go to a farm with your friends and talk to them about the benefits of consuming locally grown produce.

Organise a cleanliness drive in your community and set an example for other children.

**I will move to
save water**



70 Activity Points

***A BUCKET BATH HELPS
ME EXERCISE AS WELL
AS SAVE WATER!***

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 ?

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.

Invest in drought-resistant or low-maintenance plants for your garden.

Use the rainwater that is collected on your roof to water the plants in your garden.

**I will move to
use clean energy**



70 Activity Points

*I PREFER THE STAIRS
TO ESCALATORS WHEN
I GO SHOPPING*

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.

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

Organise a run in your neighbourhood to raise awareness about clean energy.

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



50 Activity Points

*I WILL ONLY BUY NEW
THINGS WHEN I CAN'T
FIX THE OLD ONES*

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 CO₂ from air?

What activity would that be ?

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

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

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

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

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

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

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

Below are some sample activities that you could do.

Participate in eco-friendly fitness challenges like plogging (picking up litter while jogging)

Remove weeds from your potted plants and learn how weeds hinder the growth of the main plant.

**I will move to
manage waste**

***I WILL PUT PLASTIC
BOTTLES INTO THE
RECYCLING BIN***

I WILL MOVE TO MANAGE WASTE



70 Activity Points



Recyclable 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.

Transform a vacant lot or unused space into a community garden. Activities such as digging, planting, weeding, watering and caring for the garden will not only promote physical activity but also contribute to waste reduction.

Participate in an urban scavenger hunt where you must find specific items such as an old book, a disposed phone charger, 10 empty water bottles, 3 empty chip packets, etc, while cleaning up litter and trash throughout the city.

**I will move to
grow food**



70 Activity Points

***I LOVE PLUCKING
FRESH DATES***

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.

Start a kitchen garden at home.

Organise a marathon on World Food Day in your neighbourhood where the people will run to promote healthy food habits.

**I will move to
protect biodiversity**



50 Activity Points

***I WILL PUT OUT MILK
FOR THE STRAYS***
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-based fitness challenge for your peers, incorporating exercises with discussions on the interconnectedness of physical health and biodiversity.

Organise a biodiversity-themed sports day, with events that highlight the characteristics and adaptations of different species.

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

I WILL TEACH MY FRIENDS THE HISTORY OF MY TOWN

I WILL GO ON AN EXPEDITION TO
TEACH OTHERS



60 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 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 an expedition to teach others!

Below are some sample activities that you could do.

Visit a nearby forest with your friends and educate them on eco-friendly camping practices.

Visit a mangrove with your family and share your experience with your friends. Talk to them about the ecological significance of mangroves and their role in coastal ecosystems.

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

MY FRIENDS AND I VISITED A WATER TREATMENT PLANT

I WILL GO ON AN
EXPEDITION TO SAVE WATER



70 Activity Points

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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

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

If your answer to this question is
“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.

Help water the plants at nearby community parks and gardens.

Conduct a survey among your peers and the students at your school on the different water conservation techniques they practice on a daily basis.

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

WIND FARMS ARE A GREAT SOURCE OF CLEAN ENERGY

**I WILL GO ON AN EXPEDITION TO
USE CLEAN ENERGY**



60 Activity Points

Sustainable Development Goals

7 AFFORDABLE AND
CLEAN ENERGY



11 SUSTAINABLE CITIES
AND COMMUNITIES



Activity checklist

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

What activity would that be ?

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

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

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

Below are some sample activities that you could do.

Go on an expedition to different locations using renewable sources of energy in your city, and document your findings.

Visit a local wind farm or any other clean energy power plant to see how power is generated.

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



50 Activity Points

***I VOW TO COVER THE
BARREN LAND I SEE
WITH PLANTS***

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

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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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 CO₂ from air!

Below are some sample activities that you could do.

Visit a botanical garden and learn about the region's diverse plant species as well as their significance in the ecosystem.

Visit a wildlife sanctuary and make notes on how animal life is affected by deforestation.

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



70 Activity Points

***I WILL RAISE
AWARENESS ABOUT
AVOIDING SINGLE-USE
PRODUCTS***

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

**Use reusable cups;
Avoid
single-use containers**

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

Visit a local farmers market or bazaar to analyse waste generated and explore waste reduction strategies. Interact with vendors to understand how waste can be minimised through practices like composting, recycling, and using reusable materials.

Visit a local landfill or recycling facility and perform a waste audit by observing first-hand how waste is managed, sorted, and processed. This expedition can provide valuable insights into the impact of waste on the environment.

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

*I WILL VISIT A
GREENHOUSE THAT
GROWS VEGETABLES*

*I WILL GO ON AN EXPEDITION TO
GROW FOOD*



60 Activity Points

Sustainable Development Goals

2

ZERO
HUNGER



11

SUSTAINABLE CITIES
AND COMMUNITIES



Activity checklist

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

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

Below are some sample activities that you could do.

Plan a nature camp for your family in a desert and speak to the locals there about their experience of growing food. Ensure that you do not leave any litter behind at the camping site!

Visit a date farm to observe how dates are grown, and make notes on the kind of soil and irrigation system required in the farm.

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



60 Activity Points

***I WILL VISIT DESERTS TO
EXPERIENCE NATURE***

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

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

With an adult, arrange a field trip to a local wetland ecosystem to study the unique flora and fauna that inhabit these environments.

With the help of an adult, organise a camping expedition to a national park with your friends, focusing on learning about the different ecosystems and biodiversity within the park.

**I will team up
to teach others**



70 Activity Points

**WE WILL TEACH OUR
ELDERS HOW TO USE
NEW TECHNOLOGY**

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.

Form an eco-committee for collaborative work on adopting sustainable practices.

Encourage others to set an example by picking up litter and maintaining clean public spaces.

**I will team up
to save water**



70 Activity Points

***WE USE THE HARVESTED RAIN
WATER FOR OUR PLANTS***

I WILL TEAM UP TO SAVE WATER

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

Organise workshop sessions with local plumbers and experts to teach children how to identify and fix small leaks in their homes.

Organise regular movie nights in your neighbourhood to watch documentaries on water conservation.

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

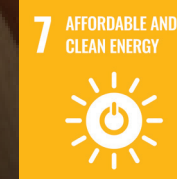


70 Activity Points

***CYCLING CAN HELP
ME NAVIGATE TRAFFIC
FASTER!***

I WILL TEAM UP TO USE CLEAN ENERGY

Sustainable Development Goals



7 AFFORDABLE AND
CLEAN ENERGY



10 REDUCED
INEQUALITIES



17 PARTNERSHIPS
FOR THE GOALS

Activity checklist

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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.

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

Plan a nature-themed show or performance as a group project to raise awareness about environmental responsibility.

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



70 Activity Points

**WE WILL REPAIR OLD
TOYS INSTEAD OF
BUYING NEW ONES**

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

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Challenge your family and friends to reduce energy consumption at home by turning off lights, fans, and other appliances when not in use.

With your friends, collect weather data for your city or town and see the variations over different seasons.

**I will team up to
manage waste**



70 Activity Points

**OUR PARK'S CLEANLINESS
IS OUR RESPONSIBILITY**

I WILL TEAM UP TO MANAGE WASTE

Sustainable Development Goals

10
REDUCED
INEQUALITIES



12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION



17
PARTNERSHIPS
FOR THE GOALS



Activity checklist

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

Below are some sample activities that you could do.

In teams, produce a short documentary on waste management and environmental issues in the community. This collaborative project involves research, scriptwriting, filming, and editing.

Implement a zero-waste initiative in your cafeteria along with your classmates. This can involve reducing single-use plastics, encouraging reusable containers, and educating fellow students about waste reduction.

**I will team up
to grow food**



70 Activity Points

***SEEDS TODAY, FRUITS
TOMORROW***

I WILL TEAM UP TO GROW FOOD

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

Organise a skit with your friends in your neighbourhood to raise awareness about food security.

Organise a fundraiser with your classmates and use the funds to plant trees.

**I will team up to
protect biodiversity**



70 Activity Points

***I WILL NURTURE
PLANTS TO HELP
THEM THRIVE IN
THEIR ECOSYSTEMS***

***I WILL TEAM UP TO PROTECT
BIODIVERSITY***

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Collaborate with classmates to design and implement a community-wide initiative to protect pollinators, such as creating bee-friendly gardens.

Work in teams to develop and present educational materials on the importance of biodiversity for younger students in your school.

**I will be entrepreneurial in
teaching others**



60 Activity Points

***CHILDREN CAN TEACH
ADULTS TOO!***

**I WILL BE ENTREPRENEURIAL IN
TEACHING OTHERS**

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

Teach others the benefits of a polyhouse and how it can simulate better growing conditions for plants.

Raise awareness about various small businesses selling sustainable products and encourage entrepreneurial ideas among other children in your community.

**I will be entrepreneurial
towards saving water**



60 Activity Points

***I WILL BUILD EFFICIENT
WATERING SYSTEMS
FOR MY PLANTS***

***I WILL BE ENTREPRENEURIAL
TOWARDS SAVING WATER***

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

Develop a mobile app to track water usage in homes.

Design a drip irrigation system to water the different plants and shrubs in your lawn or garden.

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

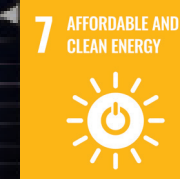


60 Activity Points

I BUILT A SOLAR POWERED FAN

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

Sustainable Development Goals



7 AFFORDABLE AND
CLEAN ENERGY



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 using clean energy!

Below are some sample activities that you could do.

Make recycled paper bags and share with your friends and family.

Set up a bike repair and maintenance service from your home and help promote sustainable transportation.

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

*I WILL LOOK FOR SUSTAINABLE
ALTERNATIVES FOR ALL THE
PRODUCTS THAT I USE*
I WILL BE ENTREPRENEURIAL TOWARDS
REMOVING CO2 FROM AIR



60 Activity Points

Embrace Sustainability,
write on Tree-Free paper!

Paper made using
sugarcane bagasse,
husks and straw

Sustainable Development Goals

8 DECENT WORK AND
ECONOMIC GROWTH



9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



13 CLIMATE
ACTION



Activity checklist

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can do repeatedly?
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That's it! Get started on being entrepreneurial towards removing CO2 from air!

Below are some sample activities that you could do.

Help plan sustainable birthday parties and small events in your community. Inspire change and awareness in your neighbourhood.

Set up a secondhand store and gift used clothes, books, or toys.

**I will be entrepreneurial
towards managing
waste**



70 Activity Points

***I WILL RECYCLE MY
E-WASTE***

**I WILL BE ENTREPRENEURIAL
TOWARDS MANAGING WASTE**

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Offer a composting service to households or businesses in your area. Collect organic waste, compost it, and provide nutrient-rich soil to local gardeners or farmers.

Start a student-run recycling collection service in your school or local community to pick up recyclables from households and ensure they are properly recycled.

**I will be entrepreneurial
towards growing food**

***I WILL SELL LOCAL
VARIETIES OF SEEDS AT MY
SCHOOL FAIR***

**I WILL BE ENTREPRENEURIAL
TOWARDS GROWING FOOD**



70 Activity Points

Sustainable Development Goals



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 stall to showcase home-grown fruits and vegetables or homemade dishes at a public event.

Provide garden decoration service to your neighbours or friends where you make garden areas lively by colouring the pots and fences, adding handmade crafts, and converting them into enjoyable spaces.

**I will be entrepreneurial
towards protecting
biodiversity**

 70 Activity Points

***I WILL HELP AT THE
LOCAL VET CLINIC***

**I WILL BE ENTREPRENEURIAL
TOWARDS PROTECTING BIODIVERSITY**

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Launch a student-led eco-friendly product line, such as reusable items or sustainable crafts, with the proceeds from sales going towards local biodiversity conservation efforts.

Organise a “green market” in your community, where students can showcase locally sourced and sustainable products to promote biodiversity-friendly consumption.

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



40 Activity Points

***I WILL TEACH MY
FRIENDS HOW TO WRITE
IN MY NATIVE LANGUAGE***

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

Sustainable Development Goals

4 QUALITY
EDUCATION



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



Activity checklist

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

Below are some sample activities that you could do.

Make interactive charts for others to understand the difference between fertilisers and manure.

Make interactive posters for others to understand the differences between weather and climate.

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



40 Activity Points

***I WILL PAINT USING
STARCH WATER***

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

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Create a video demonstration on how to identify small leaks around your house.

Create a water saver notice board in your community, where children can post their drawings and stories about water saving activities they have done.

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



40 Activity Points

***OLD BOTTLES CAN
BECOME NEW DECOR***

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

Sustainable Development Goals



Activity checklist

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

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

Create a “green” superhero cape with recycled materials.

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



30 Activity Points

***OLD CARTONS ARE
MY FREE CANVASES***

I WILL USE CREATIVE ARTS
TO REMOVE CO2 FROM AIR

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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

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

Below are some sample activities that you could do.

Start a blog and write articles about climate change, sustainable living, or conservation.

Draw the diagram of the greenhouse effect and show your friends how gases flow in the atmosphere.

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



60 Activity Points

***I MAKE PATCHES
USING OLD FABRICS***

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

Sustainable Development Goals



Activity checklist

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can do repeatedly?
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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.

Capture compelling photographs that showcase waste reduction efforts or environmental issues in your community.

Design and build a compost bin that can be used in garden areas.

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

I PAINTED MY FRUIT DISPLAY DECOR INSTEAD OF WASTING REAL FRUITS

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?

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can do repeatedly?
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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 clay pots, and decorate them with elements inspired by nature.

Organise a photography exhibition in your neighbourhood or at school, and showcase pictures of people growing food on a farm. Come up with a captivating message!

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



40 Activity Points

***I WILL BUILD MY OWN
ECOSYSTEM THROUGH
A TERRARIUM***

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

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.

Create a biodiversity-themed podcast or video series, exploring different ecosystems, species, and the importance of conservation.

Design and host an art exhibition that raises awareness of threatened species and ecosystems, using various art forms to convey the message.

**I will experiment
to teach others**

***I WILL USE HOUSEHOLD
MATERIALS TO
UNDERSTAND THE MIXTURE
OF VARIOUS ELEMENTS***

I WILL EXPERIMENT TO TEACH OTHERS



70 Activity Points

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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can do repeatedly?
Day after day?

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

Below are some sample activities that you could do.

Teach younger students how to make eco-friendly cleaning products using vinegar, baking soda, hydrogen peroxide and so on, and discuss the environmental impact of conventional cleaning products.

Teach the younger children in your neighbourhood how to dissect a flower and identify various parts. Allow them to use a magnifying glass to observe the parts. Talk to them about the role of flowers in supporting biodiversity.

**I will experiment
to save water**



70 Activity Points

***I WILL USE THE WATER
FROM WASHING DISHES
FOR MY PLANTS TO
SEE THE IMPACT ON
THEIR GROWTH***

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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can do repeatedly?
Day after day?

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

Below are some sample activities that you could do.

Study the properties and water absorption of the soil samples from different areas around your house, and determine the best location for each type of plant.

Perform an experiment to study the impact of pollutants on water. Visit a water body close to your home and collect a jug full of water with pond weed or algae in it. At home, divide the water into 3 jars. Add a teaspoon of vinegar into 1 jar and a teaspoon of washing detergent into the second one. Leave the third jar as is. Label all jars. Cover the jars leaving them slightly open so that oxygen can get in. Keep the jars at room temperature. Record your observations over 2 weeks. How does the colour/ smell of the water change over time?

**I will experiment to
use clean energy**



70 Activity Points

***I TRIED TO BUILD MY
OWN WATER TURBINE***

**I WILL EXPERIMENT TO USE CLEAN
ENERGY**

Sustainable Development Goals



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.

Watch an online tutorial and make a hydrogen fuel cell using household items like pencils, batteries, a PET bottle and LED lights. Understand the phenomenon of energy generation.

Conduct a survey in your neighbourhood on the acceptance of electric vehicles as an alternative to traditional vehicles. Analyse the results.

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



70 Activity Points

***I STUDIED ALGAE TO
SEE HOW IT INTERACTS
WITH LIGHT AND WATER***

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

Sustainable Development Goals

13 CLIMATE
ACTION



Activity checklist

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

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

Below are some sample activities that you could do.

Use credible online databases to investigate local climate patterns. Record changes over a period of time.

Take 2 potted plants and apply organic fertiliser in 1 pot and non-organic fertiliser in another one and observe the growth.

**I will experiment
to manage waste**



60 Activity Points

***I WILL REGULARLY ADD
KITCHEN WASTE TO
COMPOST BIN***

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 surveys to study human behaviour regarding waste management. The experiment will explore strategies to encourage recycling and reduce waste generation, and analyse the effectiveness of different interventions.

Develop a waste management web app for your community that keeps track of garbage collection schedules and provides information to dispose of, recycle, and reuse waste.

**I will experiment
to grow food**



70 Activity Points

***I WILL GROW MY FOOD
THROUGH HYDROPONICS
FARMING***

I WILL EXPERIMENT TO GROW FOOD

Sustainable Development Goals

2 ZERO
HUNGER



Activity checklist

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

Below are some sample activities that you could do.

Make a puree of rotten onion, bananas and blueberries separately, and place them in 3 separate bottles half-filled with water. Attach a balloon at the top of each bottle, and observe how they inflate over the course of a week and then deflate due to the biogas generated from the breakdown of organic waste due to the anaerobic decomposition in the bottle.

Conduct a yeast experiment to understand the process of making bread. Mix active dry yeast with lukewarm water and sugar, and once the mixture dissolves put it in a bottle, and attach a slightly inflated balloon to the mouth of the bottle. You will notice the water bubbling and the balloon standing upright after several minutes due to the formation of carbon dioxide produced by yeast in the bottle. This is what happens with bread when carbon dioxide fills bubbles in the dough - bread rises!

**I will experiment to
protect biodiversity**



60 Activity Points

***I WILL DOCUMENT THE
PROCESS OF DUNE
CONSERVATION TO
TAKE GOOD CARE OF
THEM***

**I WILL EXPERIMENT TO PROTECT
BIODIVERSITY**

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Create a biodiversity patch in your garden with native shrubs and flowers. Record the visitors to your patch over a period of a month. You will be surprised!

Collect seeds of locally grown crops and set up an indigenous seed bank at school to promote plant sustainability and self-sufficiency.