



# Sustainable habits 7x7

Teacher's guidelines



# **Sustainable habits 7x7**

Teacher's guidelines

Our children will be the guardians of our planet only if we inculcate in them long-term habits that help people and the environment.





# Dear Teachers,

Tasked with the most important job on earth - teaching our children - you have an important and unique role to play in ensuring that the citizens of tomorrow positively impact people and the environment around them. 'Doing good' needs to be a habit.

What are habits? These are actions that are done frequently and rhythmically. For example, drinking a glass of water as soon as a child wakes up is a habit. The action repeats every day at the same time and location.

A habit also needs to be enjoyable, to become a long-term habit! This means that the action needs to be something that is not forced upon a child, but is picked and done by the child because they truly enjoy it.

The objective of the Sustainable Habits 7X7 booklet is to evoke emotions within a child about developing habits that are good for the people and the environment around them. It helps a child choose amongst positively impactful 'actions X experiences', that the child prefers and finds enjoyable, to then repeat it for the long term. The Sustainable Habits 7X7 framework, based on deep research and pedagogic expertise, is anchored in a matrix of such '7 Actions x 7 Experiences' that build sustainable habits.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49

## Volunteering

1. Volunteering X Teach others
2. Volunteering X Save water
3. Volunteering X Use clean energy
4. Volunteering X Remove CO2
5. Volunteering X Manage waste
6. Volunteering X Grow food
7. Volunteering X Protect biodiversity

## Expedition

15. Expedition X Teach others
16. Expedition X Save water
17. Expedition X Use clean energy
18. Expedition X Remove CO2
19. Expedition X Manage waste
20. Expedition X Grow food
21. Expedition X Protect biodiversity

## Physical Activity

8. Physical activity X Teach others
9. Physical activity X Save water
10. Physical activity X Use clean energy
11. Physical activity X Remove CO2
12. Physical activity X Manage waste
13. Physical activity X Grow food
14. Physical activity X Protect biodiversity

## Team Work

22. Team work X Teach others
23. Team work X Save water
24. Team work X Use clean energy
25. Team work X Remove CO2
26. Team work X Manage waste
27. Team work X Grow food
28. Team work X Protect biodiversity

## Entrepreneurship

- 29. Entrepreneurship X Teach others
- 30. Entrepreneurship X Save water
- 31. Entrepreneurship X Use clean energy
- 32. Entrepreneurship X Remove CO2
- 33. Entrepreneurship X Manage waste
- 34. Entrepreneurship X Grow food
- 35. Entrepreneurship X Protect biodiversity

## Creative Arts

- 36. Creative arts X Teach others
- 37. Creative arts X Save water
- 38. Creative arts X Use clean energy
- 39. Creative arts X Remove CO2
- 40. Creative arts X Manage waste
- 41. Creative arts X Grow food
- 42. Creative arts X Protect biodiversity

## Experimentation

- 43. Experimentation X Teach others
- 44. Experimentation X Save water
- 45. Experimentation X Use clean energy
- 46. Experimentation X Remove CO2
- 47. Experimentation X Manage waste
- 48. Experimentation X Grow food
- 49. Experimentation X Protect biodiversity

This short guidebook will help you introduce the Sustainable Habits 7X7 booklet to your children and guide, assess and reward them for practicing sustainable habits.

All the best and thank you for shaping a better future for humanity!



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# Key terms used in the guidebook

## ● Sustainable Habits 7X7 framework

A matrix of '7 Actions X 7 Experiences' that build sustainable habits.

## ● Activity Prompts

Please refer to them simply as 'Pictures' when you speak to your children. These are indeed pictures that have been designed to inspire a child to think for herself/ himself of a similar activity (as shown in the picture of the Activity Prompt) that the child can take up as a habit.

## ● Activity

The action that the child does which when repeated, rhythmically, and with enjoyment, becomes a habit.

# Teacher's objective - to inculcate sustainable habits in children.

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The Sustainability 7X7 booklet offers children 49 'Activity Prompts.' These Activity Prompts are pictures with light text. Each Activity Prompt is related to a unique combination of 'Action X Experience'. Teachers help children go through all 49 Activity Prompts, and identify 1 or more Activity Prompts that the child relates to the most.

Taking inspiration from the Activity Prompt, the teacher will help the child ideate and suggest 1 or more activities that the child will enjoy doing for the full current academic year and even after that, in a way that it occurs regularly and rhythmically. In case the child chooses to drop 1 or more of the chosen activities mid-year, it is indeed possible for the child to go back to Step 1 and do another activity related to the same Activity Prompt or any other.

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Each Activity Prompt has a specific score related to the real positive impact it makes. The teacher will also assess the child on

- 1) doing the activity consistently and rhythmically over a long period of time
- 2) depth of observations & journaling
- 3) enjoyment.

# 04

The teacher will give the 'Sustainability Pioneer' certificate to all children who gain 100 points in the academic year.

Students who demonstrate

- 1) rhythm and consistency in their activity
- 2) depth of observations & journaling
- 3) enjoyment,

will be awarded additional 'Gold', 'Silver', and 'Bronze' badges. Before doing so, the teacher will review the earlier performance of the child on Sustainability 7X7. 'Gold' badges earned by a child in 2 consecutive years will replace an earlier 'Bronze' or 'Silver' badge. This will provide flexibility, aspiration, and motivate children to do better.

# 05



# The Points System

## 2 Categories of Points

The Points System has 2 categories of points that are then added together after the teacher's assessment at the end of the academic year.



# I. Activity Points

The points earned by a child who follows an Activity Prompt is marked on the right-hand corner of each Activity Prompt. The maximum points carried by any 1 activity is 70. These points are earned if the child:



Completes the activity at least once.



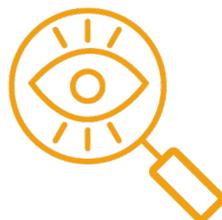
Writes about their experience in their journal.

# II. Habit Points

Additional points for each activity are given by the teacher after assessment of the following aspects:



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



Demonstrated depth of observations in journaling - 10 points



Enjoyment in doing the activity - 10 points

# Calculation of Points

At the end of the academic year, the teacher calculates the total points earned by each child. To do so, the teacher adds the Activity Points + the Habit Points.

Point Category	Points	Teacher's Comments
Activity Points for Activity 1	60	Completed activity
Activity Points for Activity 2	0	Not completed activity
Activity Points for Activity 3	40	Completed activity
Habit Points	20	1. Display of rhythm and consistency in doing the activity - 5 points 2. Demonstrated depth of observations in journaling - 5 points 3. Enjoyment in doing the activity - 10 points

**Hurrah! Total points earned by a child for the academic year: 120.**

# How to introduce Sustainable Habits 7X7 to children (45 minutes)

There are many ways to introduce Sustainable Habits 7X7 to your children. Be creative and find the way that works best for your children! Else, below is a simple 10 step process to introduce Sustainable Habits 7X7 to your children. It will take 45 minutes to complete the 10 steps.





1. Initiate a discussion about habits. Emphasize that habits are actions that are repeated rhythmically over the long term. Ask the children what habits they have. Don't judge good or bad habits. Accept all answers and appreciate.



2. Then pick a few responses about habits and conduct a class discussion about habits that help other.



3. After this, pick a few responses and conduct a class discussion about habits that help protect the environment, plants and animals.



4. Distribute a copy (digital or hardcopy) of the downloaded Sustainable Habits 7X7 booklet. You should also distribute copies of the Habits Journal



5. Ask the children to go through the Sustainable Habits 7X7 booklet for 10 minutes. Here is what you can say: “The Sustainable Habits 7X7 booklet has 49 Pictures. Each Picture has an action that helps people and the environment. In the next 10 minutes, go through each Picture and pick 1 or more Pictures of the activities that you yourself would like to do. It could be 1 Picture or a few Pictures.”



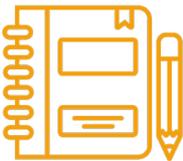
6. Now ask each child to write out in their journal, 1 or more Pictures that they could relate to the most. “Which Picture makes you think...Hmmm I would like to do this!”. Give them 5 minutes to write this.



7. At this point, have a discussion about impact. Tell them how our different habits have a different impact on people and planet. Explain that this is why different activities have varying points.



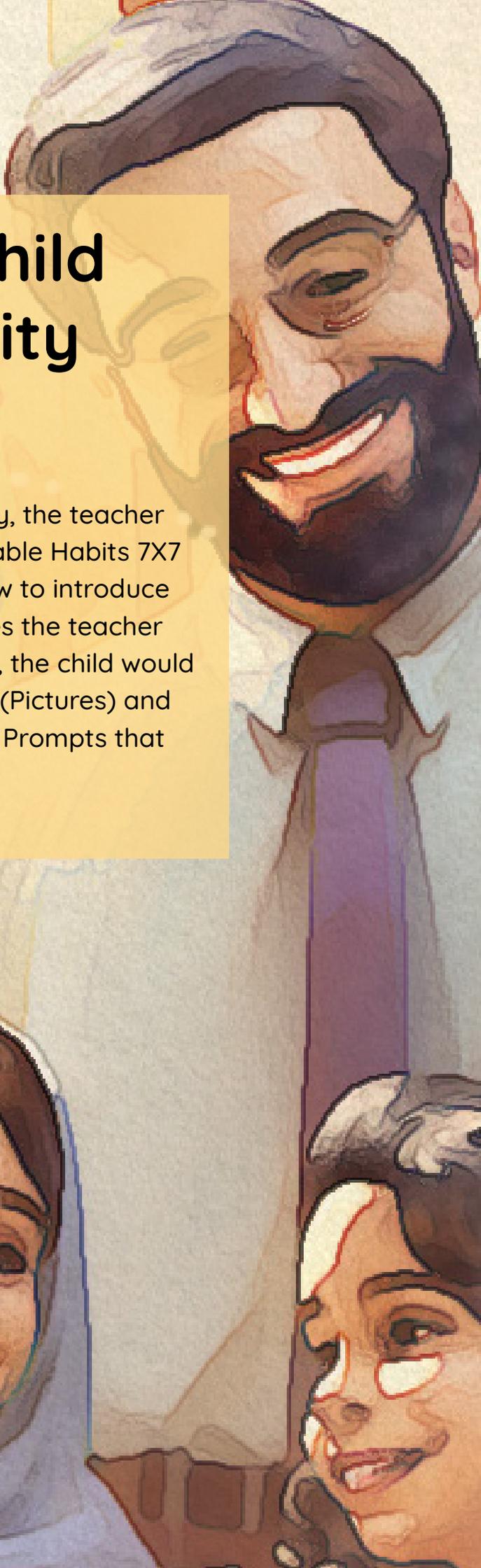
8. Explain to children that the Sustainable Habits 7X7 will help them to develop habits that positively impact people and the environment.



9. Introduce the Habits Journal and show the children how to use it.

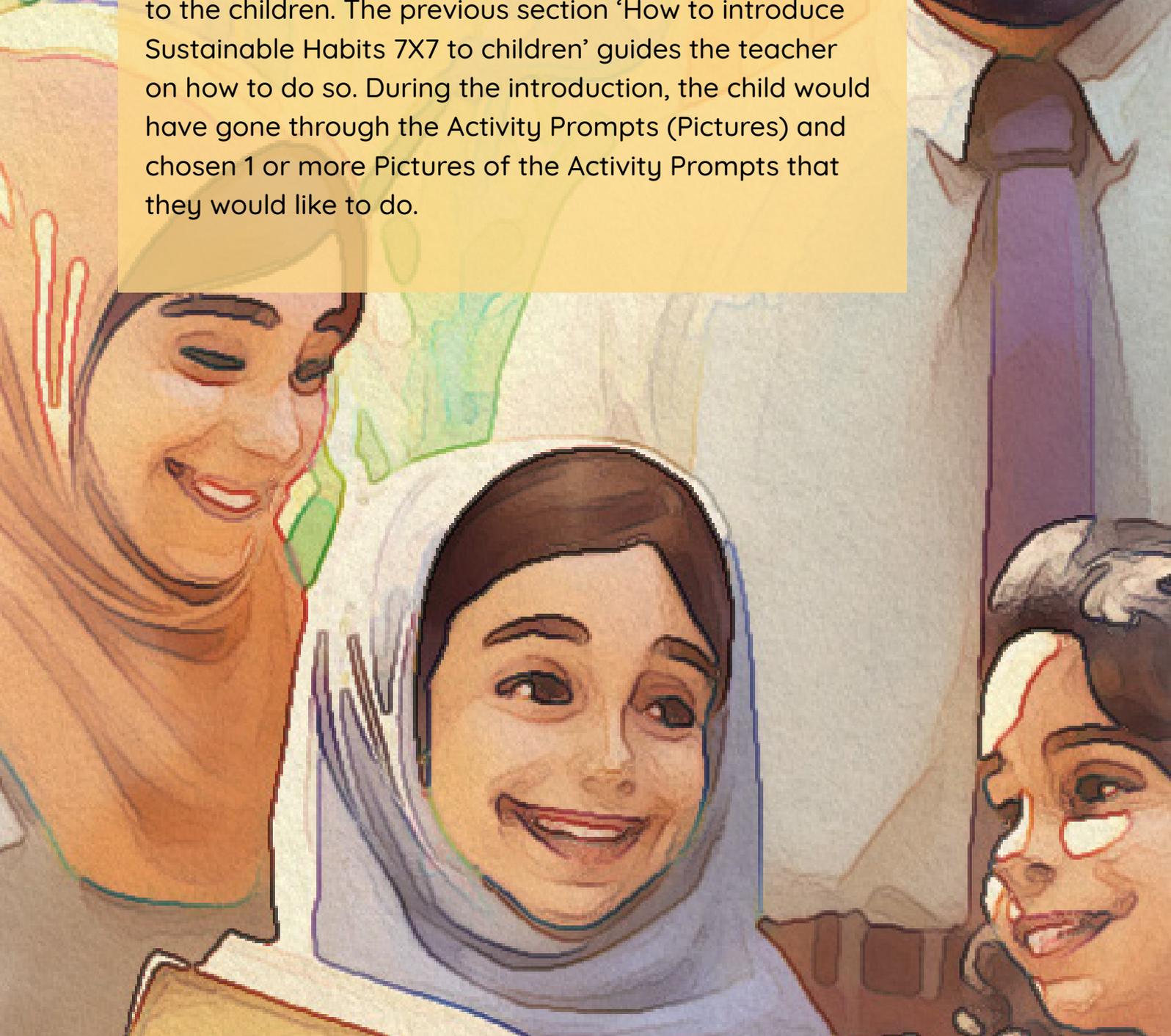


10. Explain the Points System.



# How to help a child choose an activity (30 minutes)

Prior to helping a child choose an activity, the teacher should have already introduced Sustainable Habits 7X7 to the children. The previous section 'How to introduce Sustainable Habits 7X7 to children' guides the teacher on how to do so. During the introduction, the child would have gone through the Activity Prompts (Pictures) and chosen 1 or more Pictures of the Activity Prompts that they would like to do.



The teacher will now help the children in class think of 1 or more activities of the child's choice, that they will eventually do all throughout the year.

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Now in class (the same day as the introduction), explain that each child needs to think of his/her own activities, inspired by the Pictures of their choice.

After ensuring that each child has chosen 1 or more Pictures, ask the child to answer the questions that follow on page 1 and 2 of each Picture chosen by the child. Give the children in the class 15 minutes to do so. This should help the child reflect and choose 1 or more Pictures that they would then take up for the year.

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Each Picture has 2 examples of activities. In case a child cannot think of an activity for herself/himself, they can simply choose to pick an activity from the 2 examples of the chosen Pictures.

Only after the children have completed Step 2, ask the children to use their Habits Journal and write out the activity of his/her choice. Remind them that each activity should be such that the child can:

04



Do consistently for the long term



Observe and regularly write in their journals about



Enjoy doing the activity

# How to guide a child on doing an activity

The child will do 1 or more activities throughout the academic year. The teacher needs to encourage the children to sustain the same activity all through the year or for the longest time period possible.

In intervals of 2 to 3 months, the teacher must hold a discussion session of about 15 minutes for the children in class to discuss their Sustainable Habits.

The teacher will also guide the children to observe and write their observations in their journal.

The teacher will indeed encourage the children to sustain the same activity all throughout the year or for the longest time period possible. However, it is possible that the child wishes to discontinue with 1 or more activities during the year. In such a case, the child needs to tell the teacher so.



# How to assess a child on Sustainable Habits 7X7



At the end of the Academic Year, the teacher will ask the children to submit their Habits Journals to the teacher.

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The teacher will then use the Points System to calculate the points for each child. See the earlier section on 'Points System' in this Guide.

The teacher will write out the points with the break up between Activity Points and the 3 criteria of the Habit Points (see the earlier section on 'Points system' in this Guide) in the Teacher's Remarks section of the Habits Journal.

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In the Teacher's Remarks section of the Habits Journal, it is also mandatory for the teacher to add encouraging comments based on the above 3 assessment criteria. Ensure that the comments are always encouraging.

The teacher will hand back the Habits Journal to the child.

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# Rewards

1. All children who earn 100 points from the Points System will get the certificate of 'Sustainability Pioneer'.

2. The children also get awarded 'Gold', 'Silver', 'Bronze' badges. This is ascertained by the teacher by assessing the child on the child's Habit Points.

**As a recap, Habit Points are:**

1. Display of rhythm and consistency in the doing the activity - 10 points
2. Demonstrated depth of observations in journaling - 10 points
3. Enjoyment in doing the activity - 10 points

At the end of the year, along with the certificate, the teacher rewards each child with a badge using the following criteria:



**30 Habit  
Points in the  
academic year  
assessed -  
Gold badge**



**20 Habit  
Points in the  
academic year  
assessed -  
Silver badge**



**10 Habit  
Points in the  
academic year  
assessed -  
Bronze badge**

3. Gold badges earned by a child in 2 consecutive years will replace a child's earlier Bronze or Silver badge.