



# 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.

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 students and guide assess and reward them.

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



**PEPSICO**



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

01

The Sustainability 7X7 booklet offers students 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 students 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 student 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 student 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.

02

03

The teacher will give certificates to all students who have attempted an activity at least once.

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

There are many ways to introduce Sustainable Habits 7X7 to your students. Be creative and find the way that works best for your students! Else, below is a simple 9 step process to introduce Sustainable Habits 7X7 to your students. It will take 45 minutes to complete the 9 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 people



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. With every booklet, each child should also receive from you the Habits Journal.



5. Go through the Sustainable Habits 7X7 booklet, page by page, with all children in the class together for 30 minutes. Here is what you can say: “The Sustainable Habits 7X7 booklet has 49 pictures. Let’s go through each picture together. Let each of us pick 1 or more pictures that we like.”



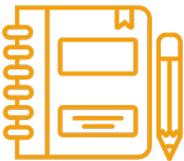
6. Now ask each child to fill out the activities that help other people.



7. At this point, have a discussion about impact. Tell them how our different habits have a different impact on people and planet.



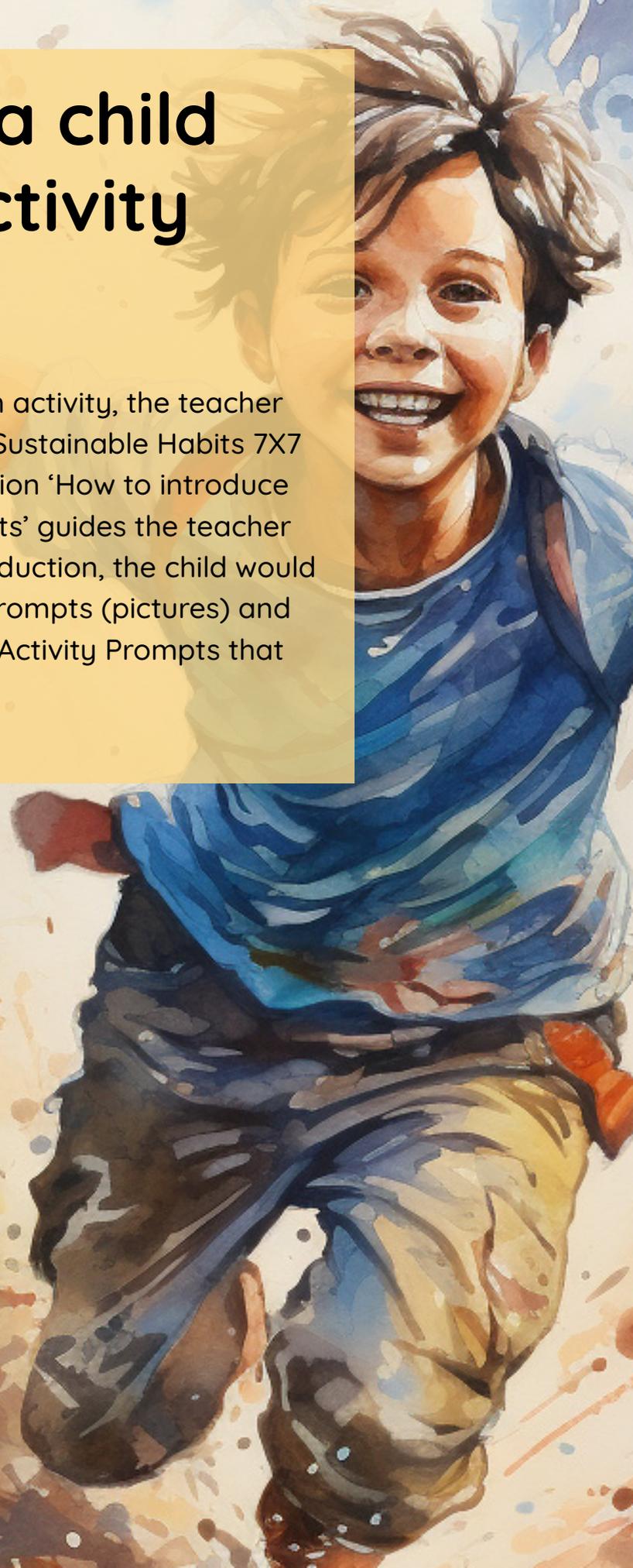
8. Explain to students that the Sustainable Habits 7X7 will help them to develop habits that positively impact people and the environment.



9. At the end of the 45 minutes ask each child to choose 1 or more pictures they could relate to the most. Each child can jot the activity number in their student journal. Introduce the Habits Journal and show the students how to use it.

# 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 students' 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 students in class think of 1 or more activities of the child's choice, that they will eventually do all throughout the year.

01

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

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

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03

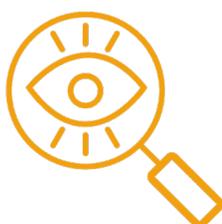
Each Activity Prompt has 2 examples of activities. In case a child cannot think of an activity for herself/himself, they can simply choose to pick an activity from the 2 examples of the chosen Activity Prompts.

Only after the children have completed Step 2, ask the children to use their Habits Journal and write out the activities 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 throughout 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.



01

The teacher will then again ask the child to choose 1 or more Activity Prompts amongst the 49 Activity Prompts in the Sustainable Habits 7X7 booklet that the child would like to do. These could be the same Activity Prompts as the discontinued activities or new Activity Prompts.

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

02

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Each Activity Prompt 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 Activity Prompts.

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.

04

Remind them that each activities should be such that the child can:



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Observe and  
regularly write in their  
journals about about



Enjoy doing the  
activity

# 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.

# Rewards

All children who attempted the activities at least once, will get the certificate of 'Great Explorer'.