



**Sustainable  
habits 7x7**

**Grade 6**



# **Sustainable habits 7x7**

# Contents

How to be a guardian of the planet .....	8
How to pick an activity? .....	9
How to journal? .....	11
How do I collect points for my sustainable habits? .....	12
What do points mean? .....	13
Calculation of points .....	14
How do you get the Gold, Silver, and Bronze badges? .....	16
Things to remember .....	18

## **Volunteering**

I volunteer to teach others .....	19
I volunteer to save water .....	25
I volunteer to use clean energy .....	31
I volunteer to remove CO2 from air .....	37
I volunteer to manage waste .....	43
I volunteer to grow food .....	49
I volunteer to protect biodiversity .....	55

## **Physical activity**

I will move to teach others .....	61
I will move to save water .....	67
I will move to use clean energy .....	73
I will move to remove CO2 from air .....	79
I will move to manage waste .....	85
I will move to grow food .....	91
I will move to protect biodiversity .....	97

## **Expedition**

I will go on an expedition to teach others .....	103
I will go on an expedition to save water.....	109
I will go on an expedition to use clean energy .....	115
I will go on an expedition to remove CO2 from air.....	121
I will go on an expedition to manage waste.....	127
I will go on an expedition to grow food.....	133
I will go on an expedition to protect biodiversity.....	139

## **Teamwork**

I will team up to teach others.....	145
I will team up to save water .....	151
I will team up to use clean energy .....	157
I will team up to remove CO2 from air .....	163
I will team up to manage waste.....	169
I will team up to grow food.....	175
I will team up to protect biodiversity.....	181

## **Entrepreneurship**

I will be entrepreneurial in teaching others.....	187
I will be entrepreneurial towards saving water.....	193
I will be entrepreneurial towards using clean energy.....	199
I will be entrepreneurial towards removing CO2 from air....	205
I will be entrepreneurial towards managing waste.....	211
I will be entrepreneurial towards growing food.....	217
I will be entrepreneurial towards protecting biodiversity....	223

## **Creative arts**

I will use creative arts to teach others.....	229
I will use creative arts to save water .....	235
I will use creative arts to use clean energy .....	241
I will use creative arts to remove CO2 from air .....	247
I will use creative arts to manage waste .....	253
I will use creative arts to grow food.....	259
I will use creative arts to protect biodiversity.....	265

## **Experimentation**

I will experiment to teach others.....	271
I will experiment to save water.....	277
I will experiment to use clean energy.....	283
I will experiment to remove CO2 from air .....	289
I will experiment to manage waste.....	295
I will experiment to grow food .....	301
I will experiment to protect biodiversity .....	307



# 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.



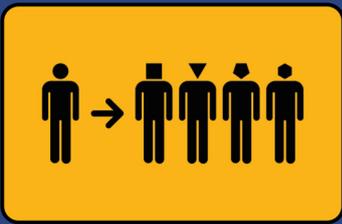
While choosing activities, align your interests and passions to the activities. Select activities that align with the ones you enjoy. If you are passionate about animals, you might choose activities related to wildlife conservation, for example.



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.



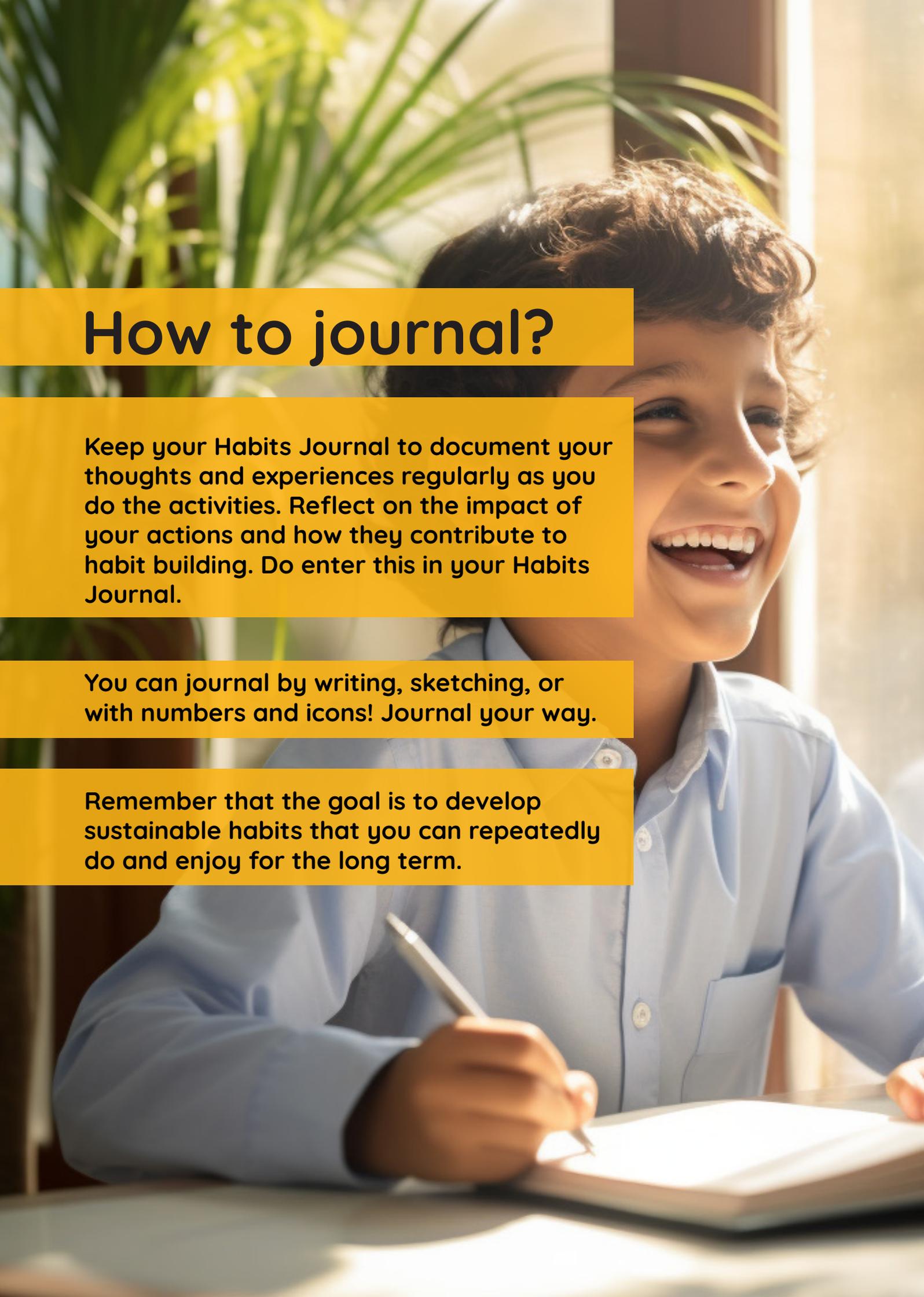
Consider the level of commitment required for each activity. Some may require less of your time, while others may require more. Choose activities that fit your schedule and availability.



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.

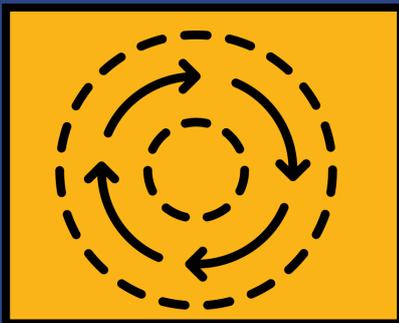


# What do points mean?

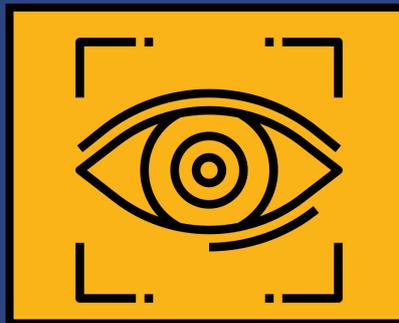
You will see that each activity has a number of points attributed to it based on the impact of the activity.

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	<ol style="list-style-type: none"><li>1. Display of rhythm and consistency in the doing the activity - 5 points</li><li>2. Depth of observations in journaling - 5 points</li><li>3. Enjoyment in doing the activity - 10 points</li></ol>

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



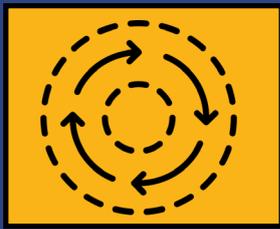
# How do you become a Guardian of the Planet?

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!

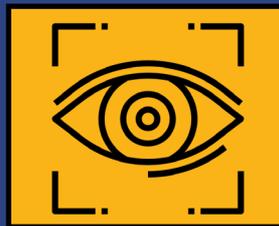
# How do you get the Gold, Silver, and Bronze badges?

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 LEARN ABOUT TRAFFIC RULES FROM ELDERLY AND TEACH OTHERS*

*I VOLUNTEER TO TEACH OTHERS*

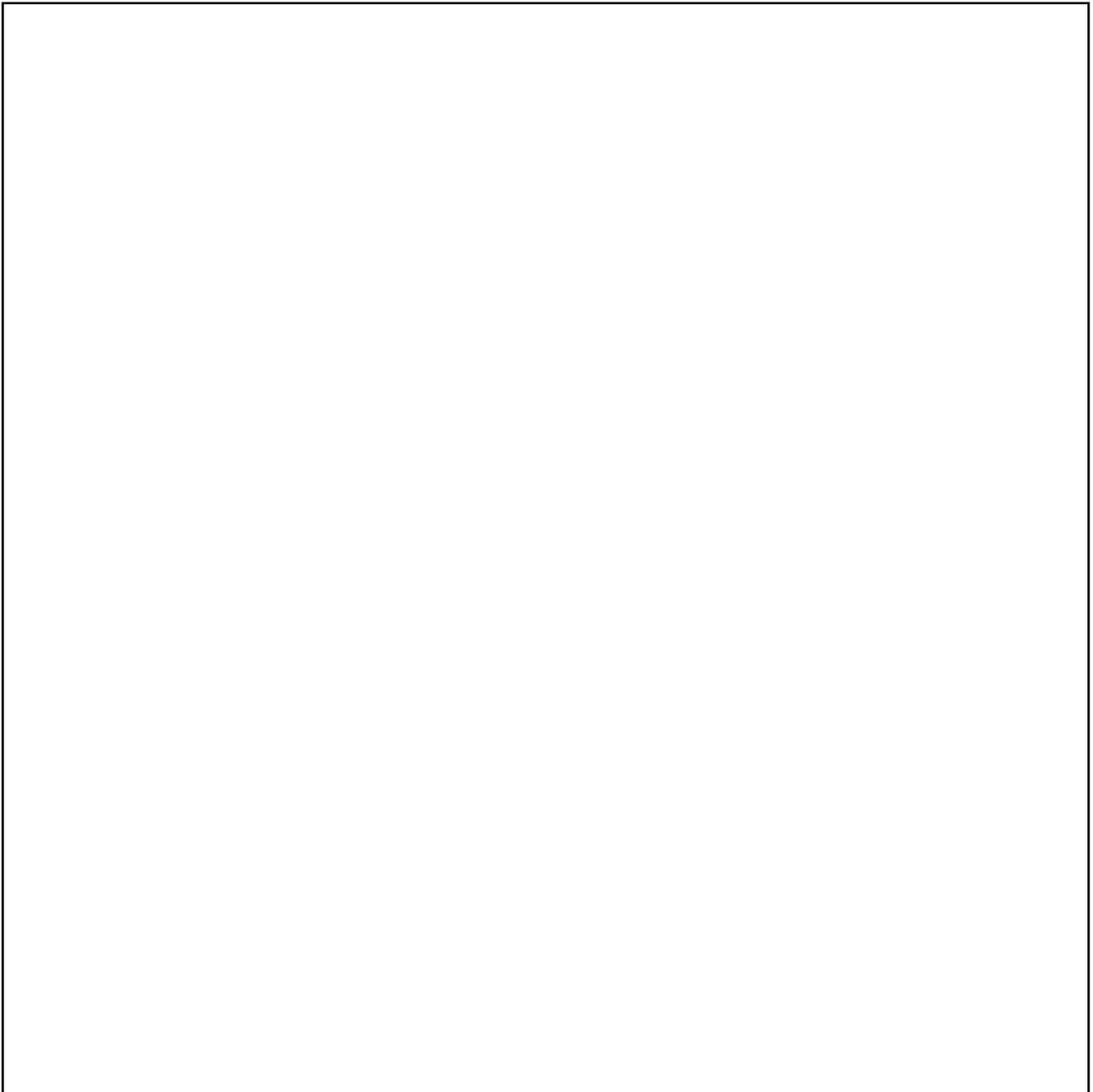
Sustainable Development Goals



# 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.**

**Teach a class on sustainable habits at a local school or library.**

**Lead a workshop on recycling and upcycling techniques for younger students, encouraging them to repurpose materials creatively.**

**I volunteer to  
save water**



70 Activity Points

*I WILL NOT KEEP THE  
TAP RUNNING WHEN  
BRUSHING MY TEETH*

I VOLUNTEER TO SAVE WATER

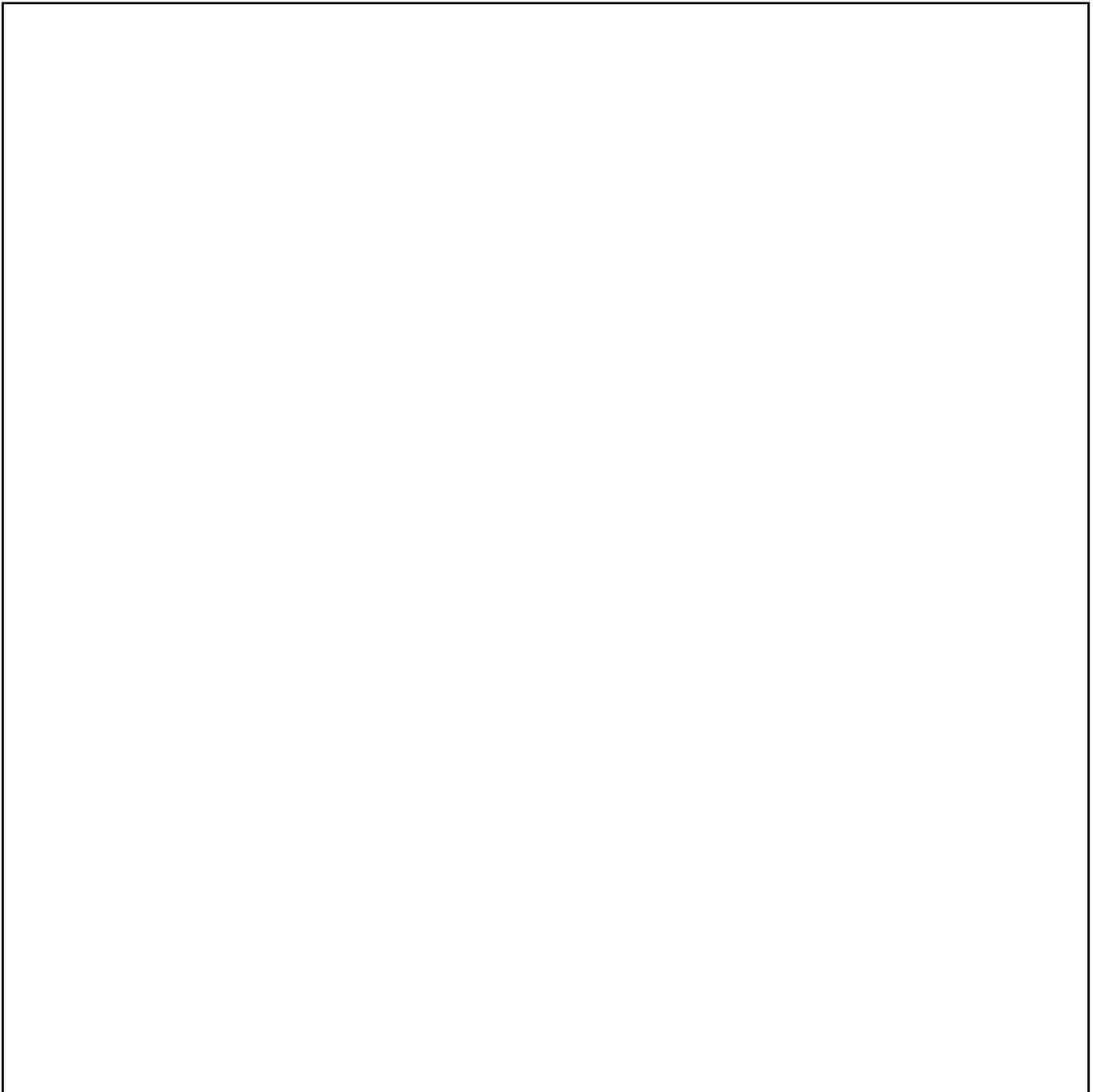
Sustainable Development Goals



# 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  
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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.**

Keep track of the daily weather report to know the chances of rain, and plan the watering schedule of your garden accordingly.

Help your parents wash the car using a bucket of water and cloth, to save water.

**I volunteer to use  
clean energy**



50 Activity Points

***NABIL FAWZI AVOIDS FLYING  
(UNLESS HE NEEDS TO FLY  
TO SAVE SOMEONE)***

**I VOLUNTEER TO USE CLEAN ENERGY**

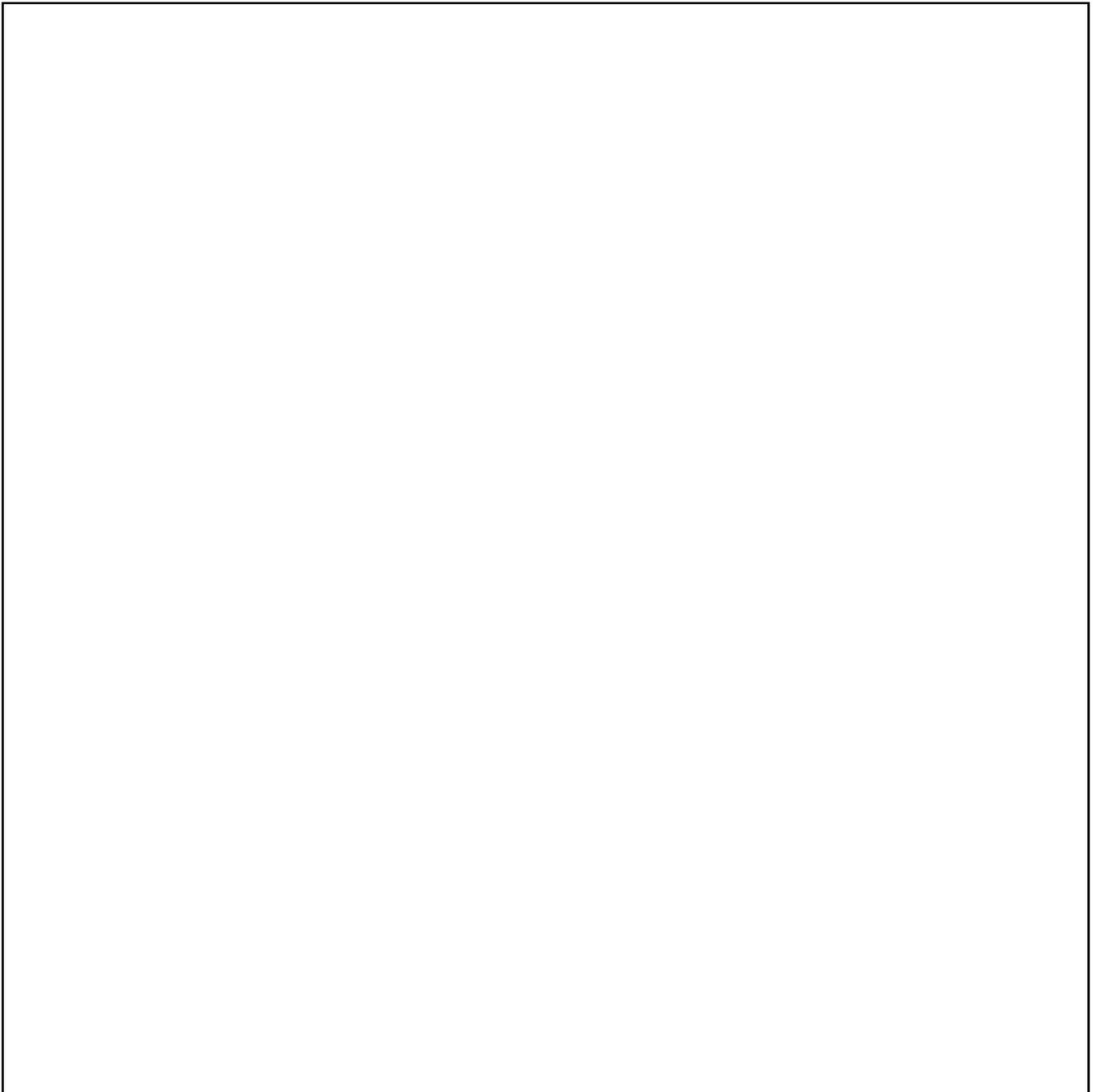
Sustainable Development Goals



# 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.**

**Learn to skate and go to close by places on skates!**

**Volunteer at a recycling centre and learn about the benefits of recycling household e-waste items.**

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



50 Activity Points

***I WILL PLANT AS  
MANY SAPPLINGS  
AS POSSIBLE AND  
HELP THEM GROW  
I VOLUNTEER TO REMOVE CO2  
FROM AIR***

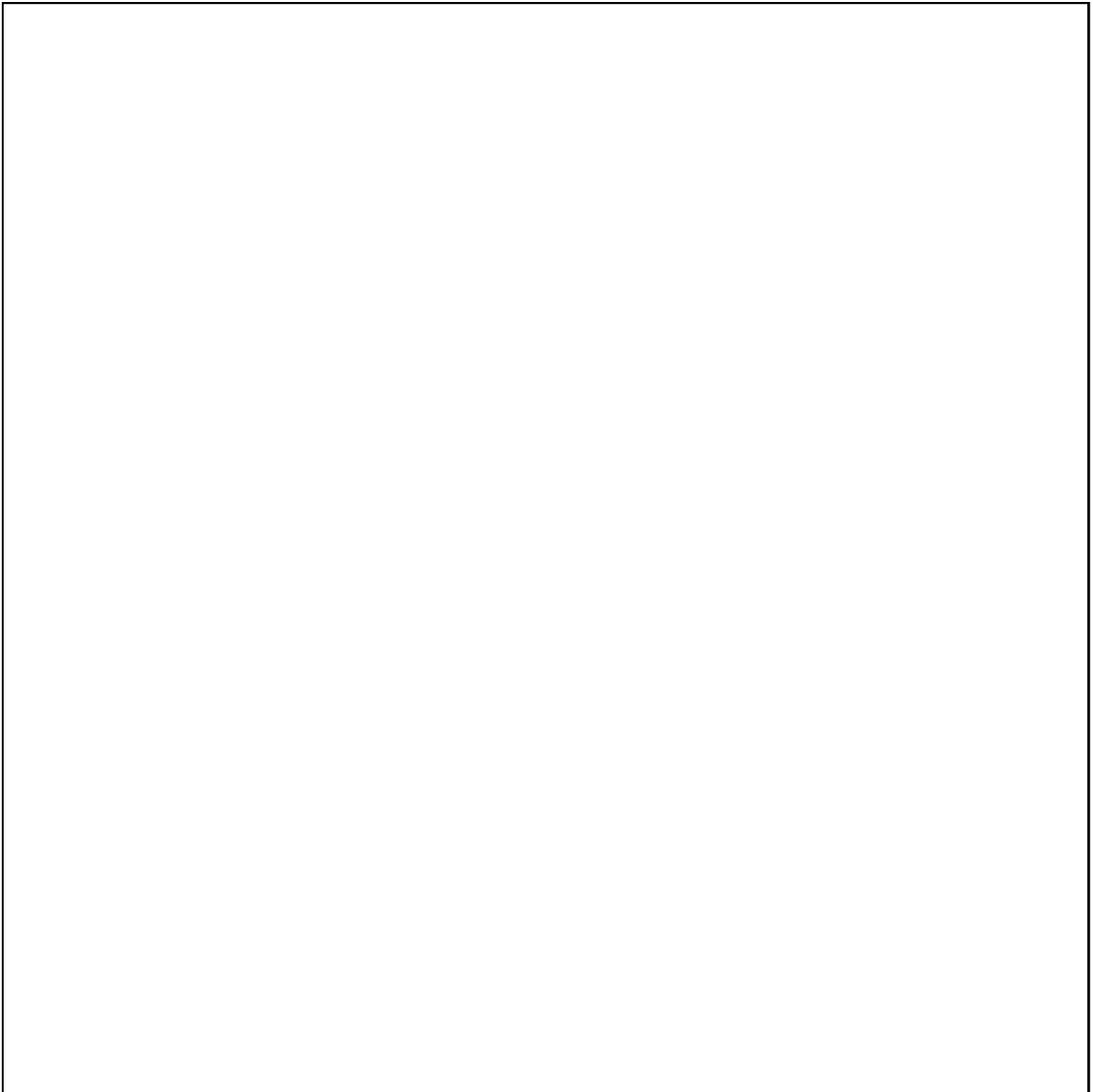
Sustainable Development Goals



# Activity checklist

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

What activity would that be?



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

If your answer to this question is  
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the next page.

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

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

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

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

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

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

Segregate the plants in your home on the basis of whether they are indoor or outdoor plants.

Assist at a local animal shelter or wildlife rescue centre. Animals play an important role in the environment, and helping to care for them is a great way to learn about sustainability.

**I volunteer to  
manage waste**



70 Activity Points

**MY DRAWING SHEETS  
COME FROM THE  
PAPERS I RECYCLE  
I VOLUNTEER TO MANAGE WASTE**

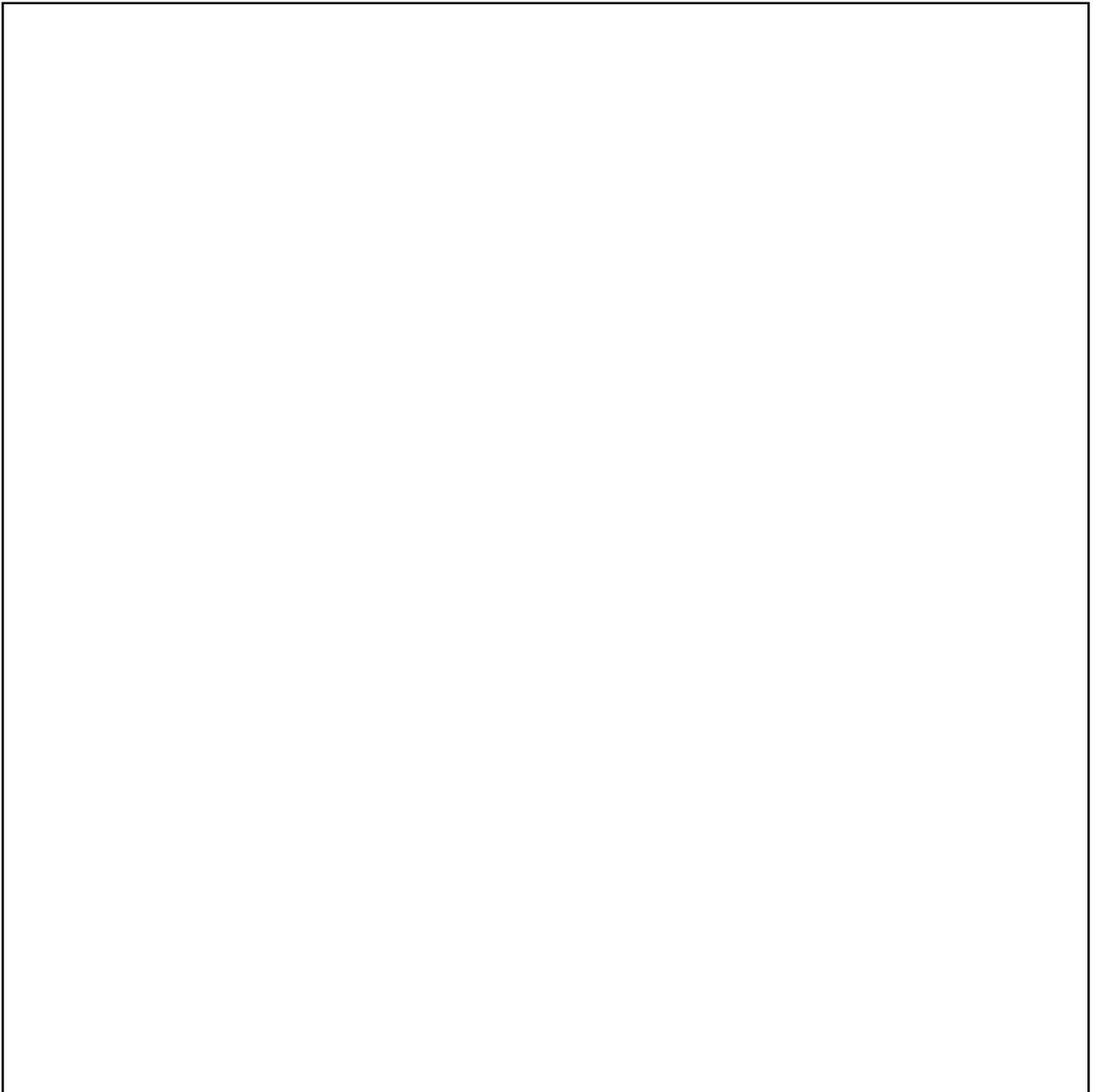
Sustainable Development Goals



# 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  
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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 managing waste?**

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

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

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

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

Lead a recycling drive at home regularly, and collect recyclables from all that would have been otherwise thrown away.

Organise regular “zero waste days” at home and encourage waste reduction practices.

**I volunteer to  
grow food**



60 Activity Points

**I WILL GROW LOCAL  
FRUITS AND VEGETABLES  
AT MY HOME GARDEN  
I VOLUNTEER TO GROW FOOD**

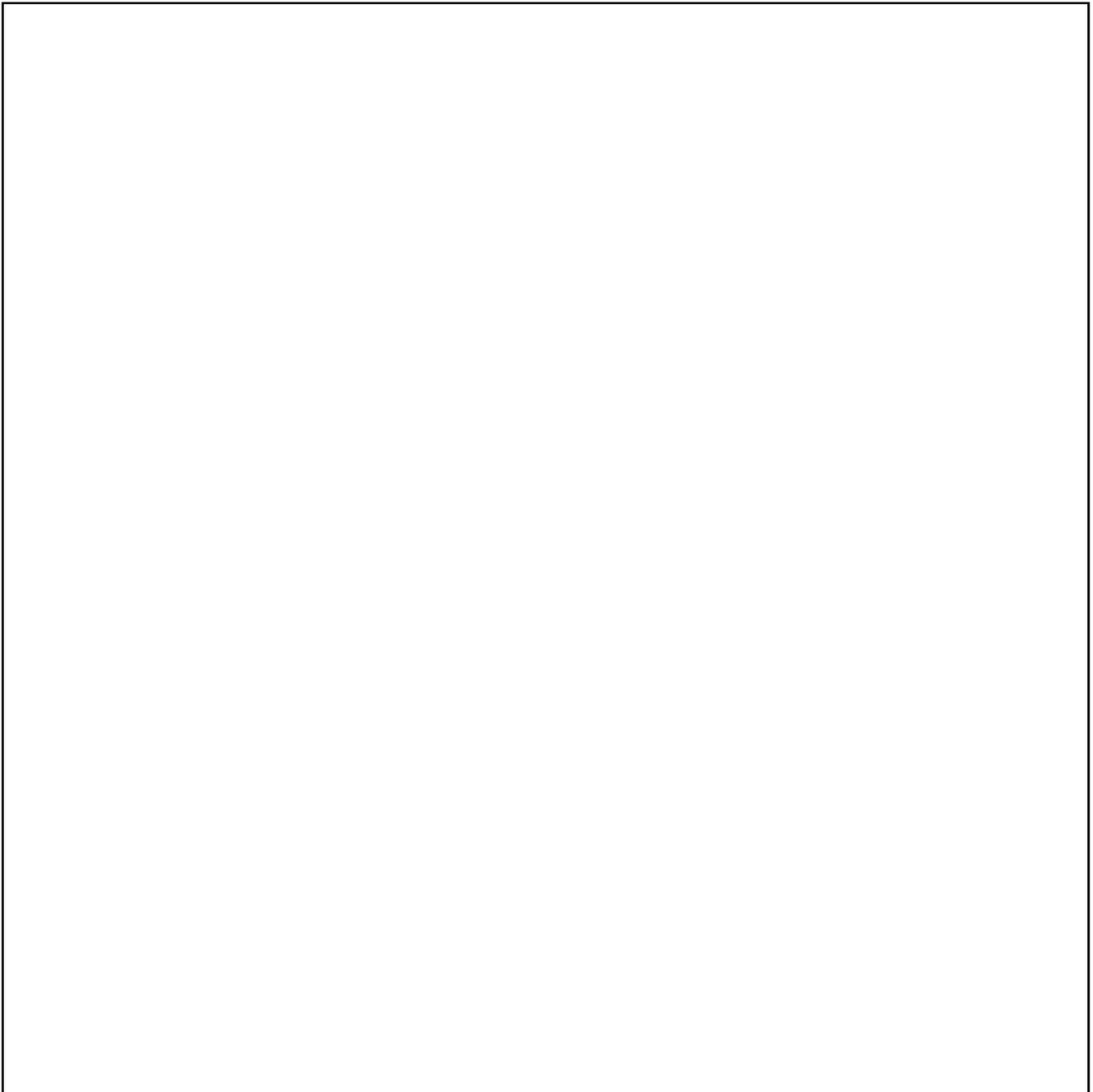
Sustainable Development Goals



# 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.**

Prepare a list of indoor and outdoor plants that are locally available. Share it with your friends and encourage them to grow plants.

Discuss with grown-ups about the importance of bees for pollination and their contribution to the food chain. Discourage them from burning or destroying bee hives.

**I volunteer to  
protect biodiversity**

***I WILL RAISE  
AWARENESS  
ABOUT THE USE  
OF HARMFUL  
PESTICIDES***

***I VOLUNTEER TO PROTECT  
BIODIVERSITY***



**50 Activity Points**

**No Pesticides**

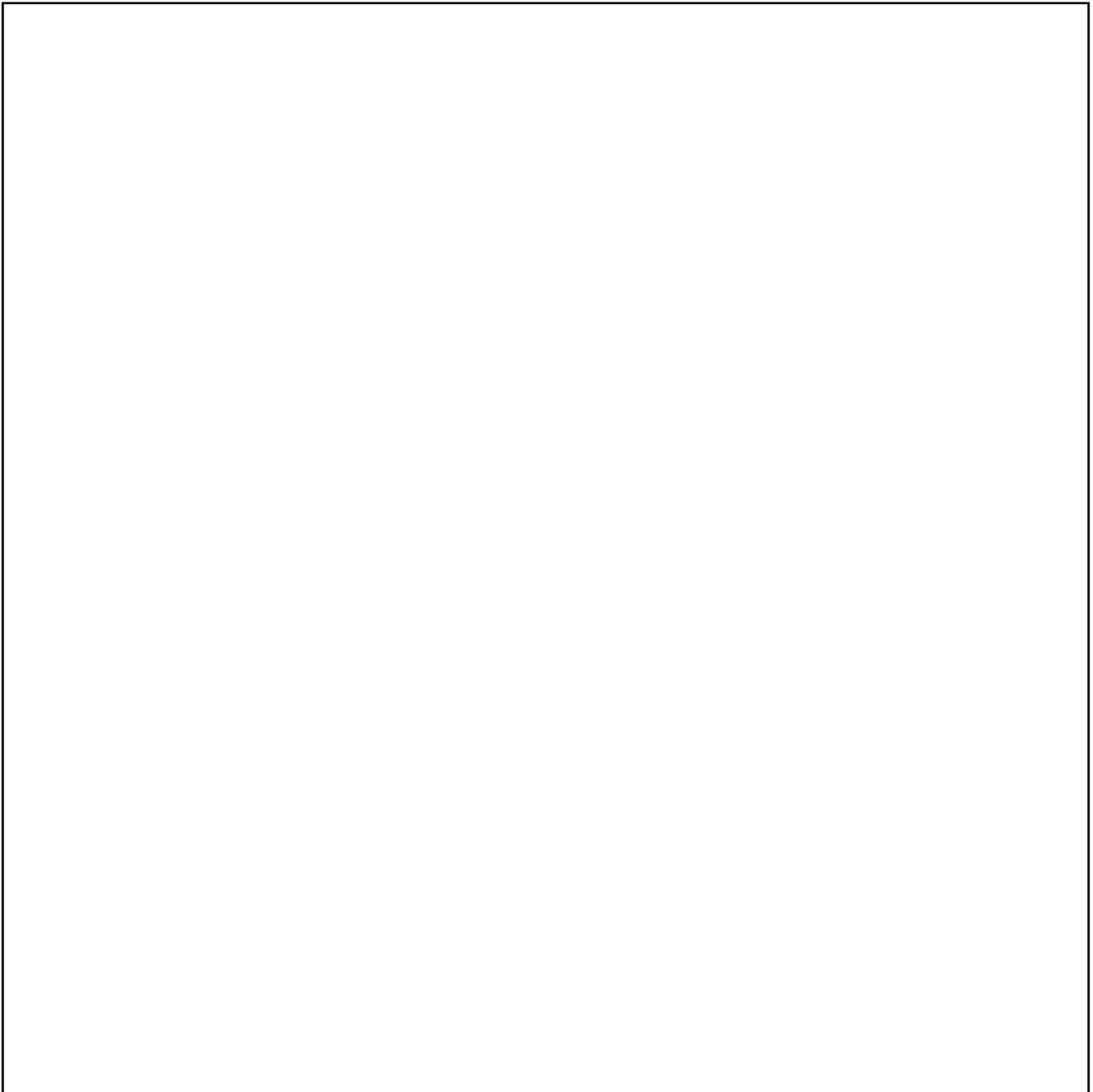
**Sustainable Development Goals**



# 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 animal shelter to help care for the animals.**

**Participate in a community tree-planting event to combat deforestation.**

**I will move to  
teach others**



60 Activity Points

*I WILL TEACH OTHERS  
A SPORT THAT I KNOW*

I WILL MOVE TO TEACH OTHERS

Sustainable Development Goals

4  
QUALITY  
EDUCATION



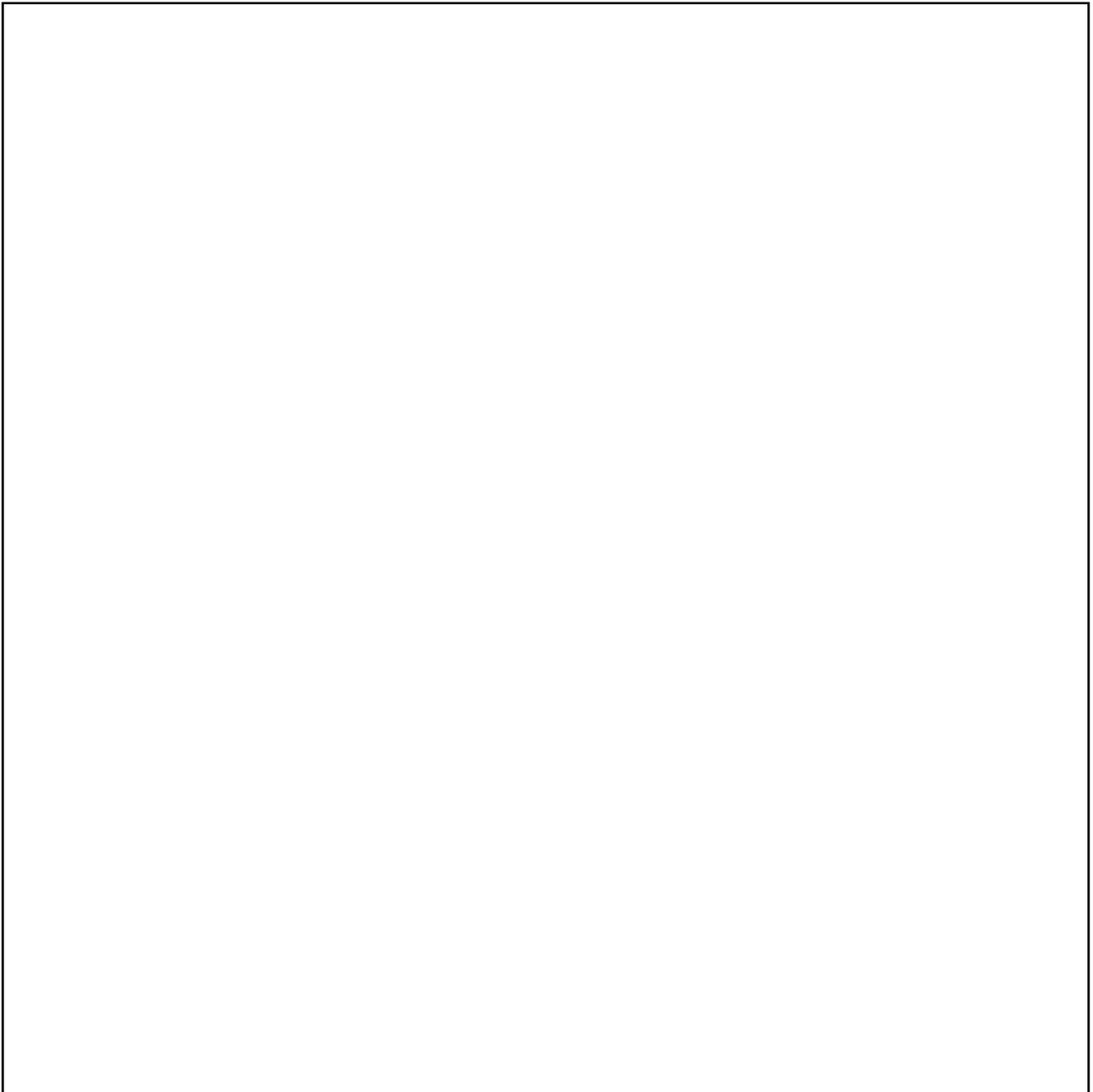
5  
GENDER  
EQUALITY



# 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.**

**Create a fitness program for younger children in your neighbourhood park!**

**Teach a new sport to the younger children who play in your neighbourhood park.**

**I will move to  
save water**



70 Activity Points

**I WILL WIPE OUR FAMILY  
VEHICLE CLEAN SO THAT  
IT WILL NEED FEWER  
WASHES**

**I WILL MOVE TO SAVE WATER**

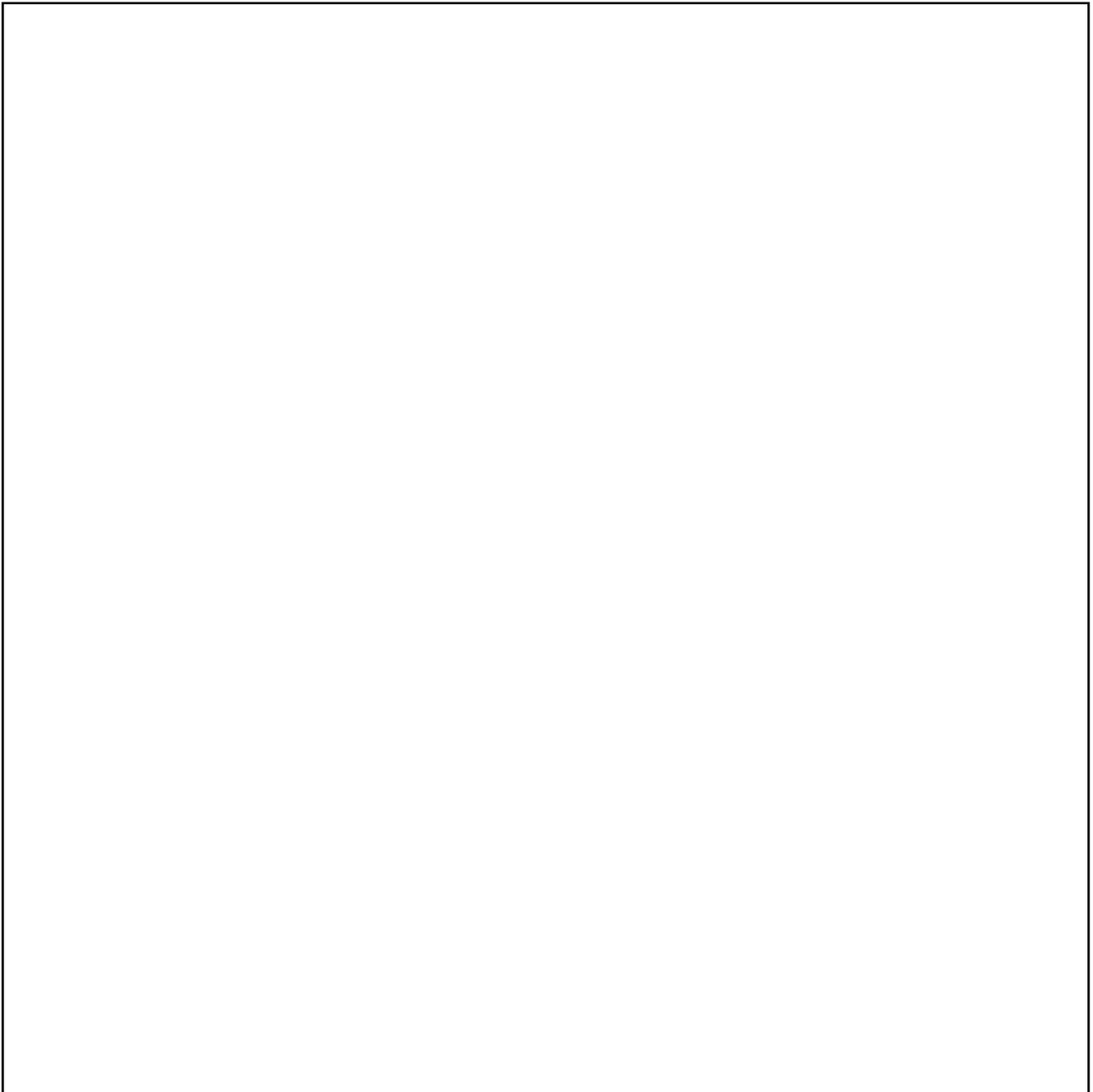
Sustainable Development Goals



# 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 the 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.**

**While waiting for hot water during your shower, collect the cold running water and use it to water your plants.**

**When washing greasy pots and pans, soak them in water first before you scrape them clean, instead of letting the water run.**

**I will move to  
use clean energy**



70 Activity Points

*I BUILT A SOLAR LIGHT  
FOR OUR HOME!*

*I WILL MOVE TO USE CLEAN ENERGY*

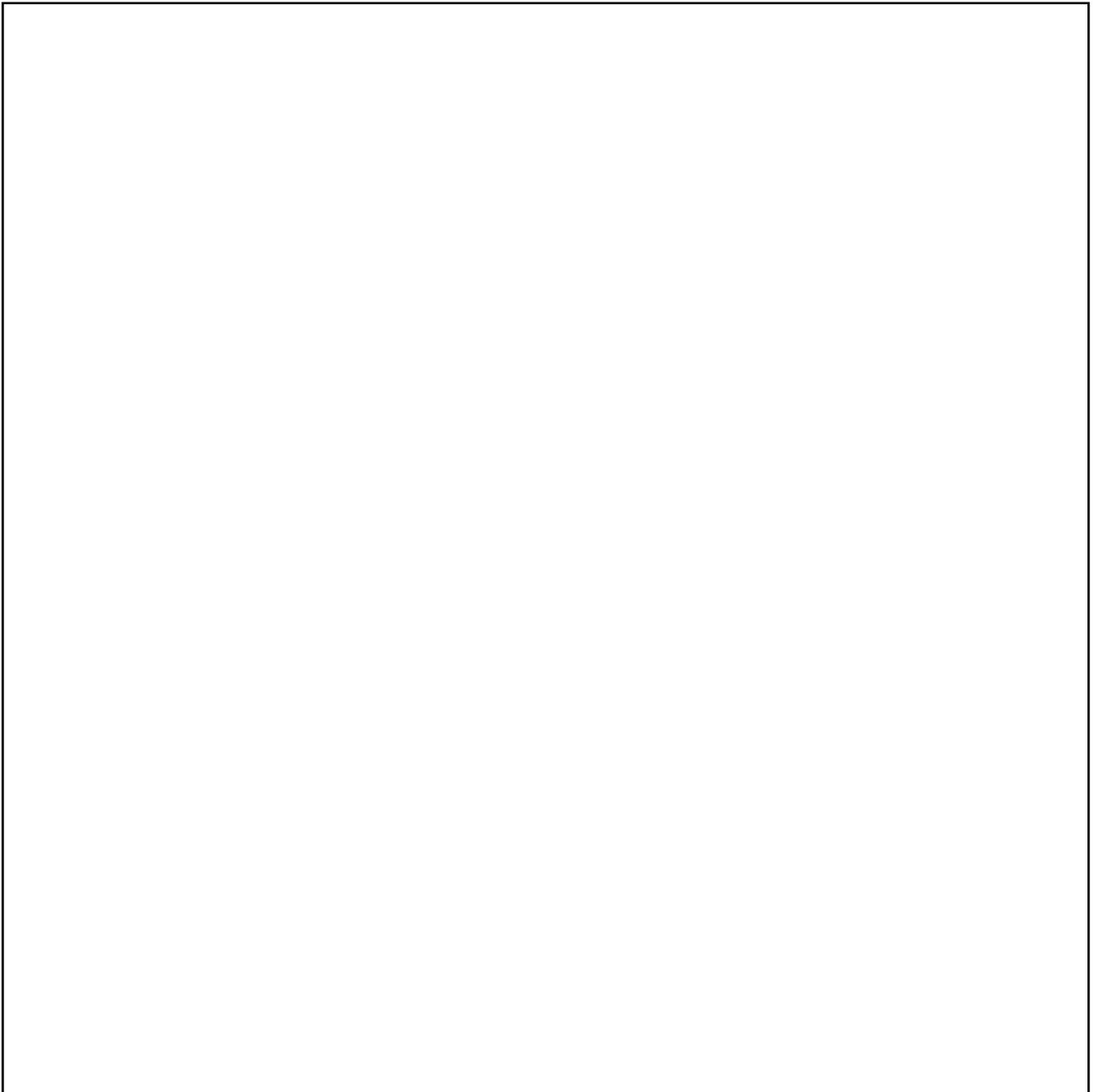
Sustainable Development Goals



# 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.**

Explore the playground to find shapes, patterns, and textures in nature.

With your parent, walk to places that you would otherwise have taken a car to. If the distance is too great, consider using public transport.

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



50 Activity Points

***I WILL CYCLE TO  
MOVE AROUND MY  
NEIGHBOURHOOD***

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

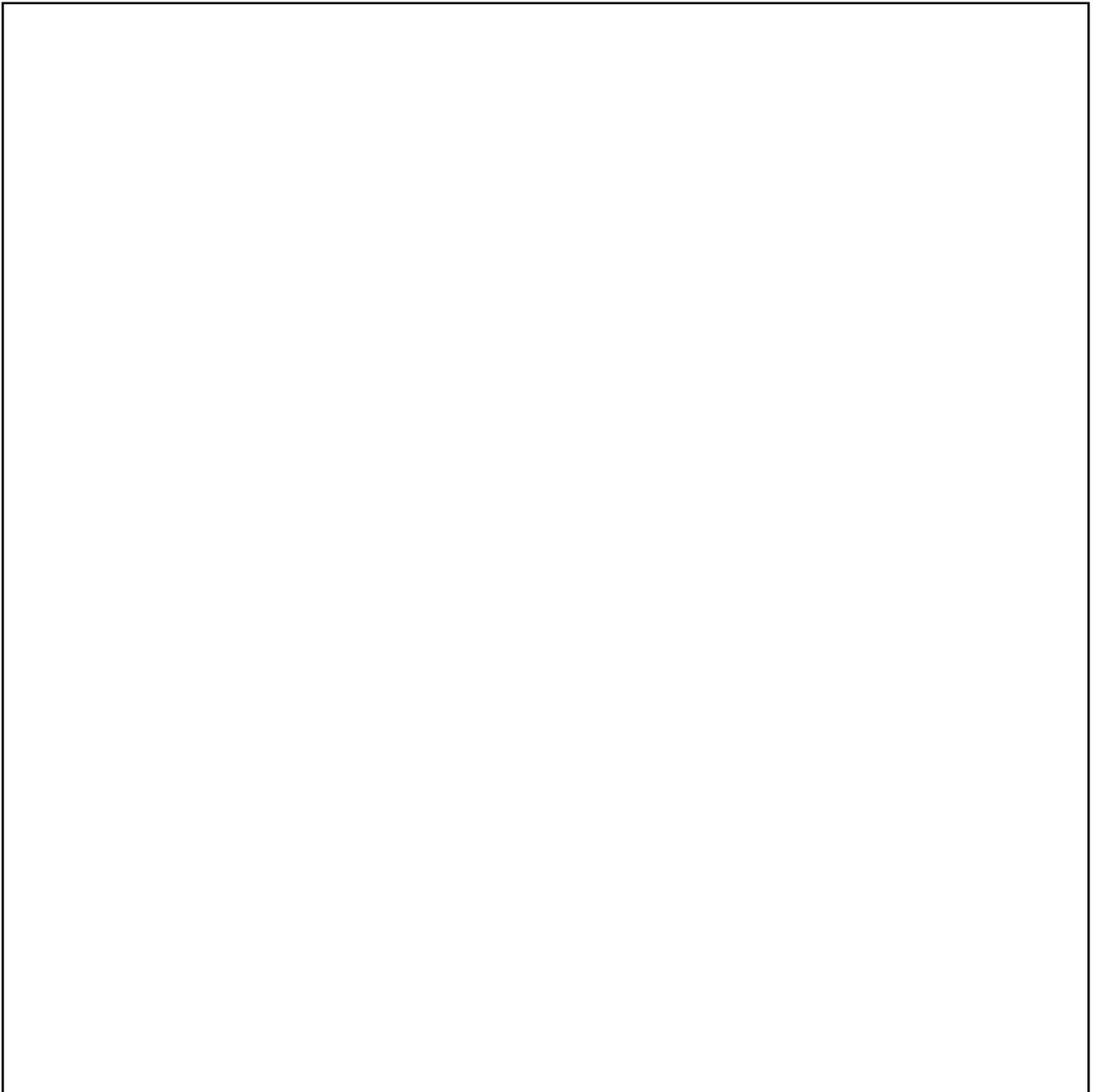
Sustainable Development Goals



# Activity checklist

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

What activity would that be?



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

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

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

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

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

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

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

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

Store your drinking water in clay pots instead of in the refrigerator. The water will remain cool, you will save on electricity, and produce less CO<sub>2</sub>.

Save electricity by cleaning your room manually with a broom/mop instead of using a vacuum cleaner.

**I will move to  
manage waste**

 70 Activity Points

**MY SCHOOL'S CLEANLINESS  
IS MY RESPONSIBILITY**

I WILL MOVE TO MANAGE WASTE

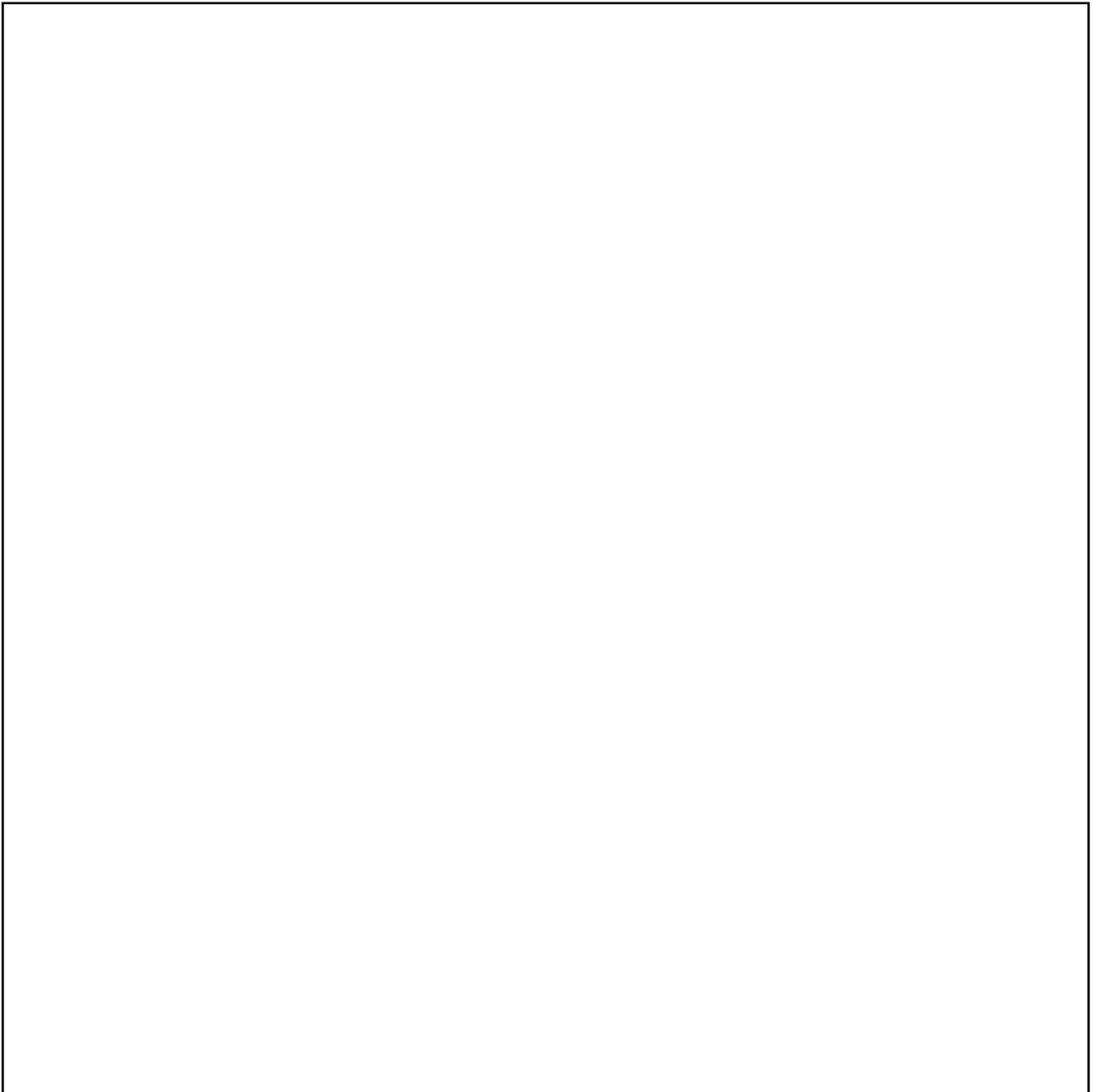
Sustainable Development Goals



# Activity checklist

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

**What activity would that be?**

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

Is it an activity you  
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 managing waste?**

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

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

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

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

Organise a “recycling relay” challenge where teams compete in recycling-themed relay races.

Wear gloves and go around your neighbourhood park regularly. Pick up scraps of paper from the park and place in a bag that you dispose of in your home's or community's recycling bin.

**I will move to  
grow food**



70 Activity Points

**OUR SALADS COME FROM  
OUR KITCHEN GARDEN**

I WILL MOVE TO GROW FOOD

Sustainable Development Goals

2  
ZERO  
HUNGER



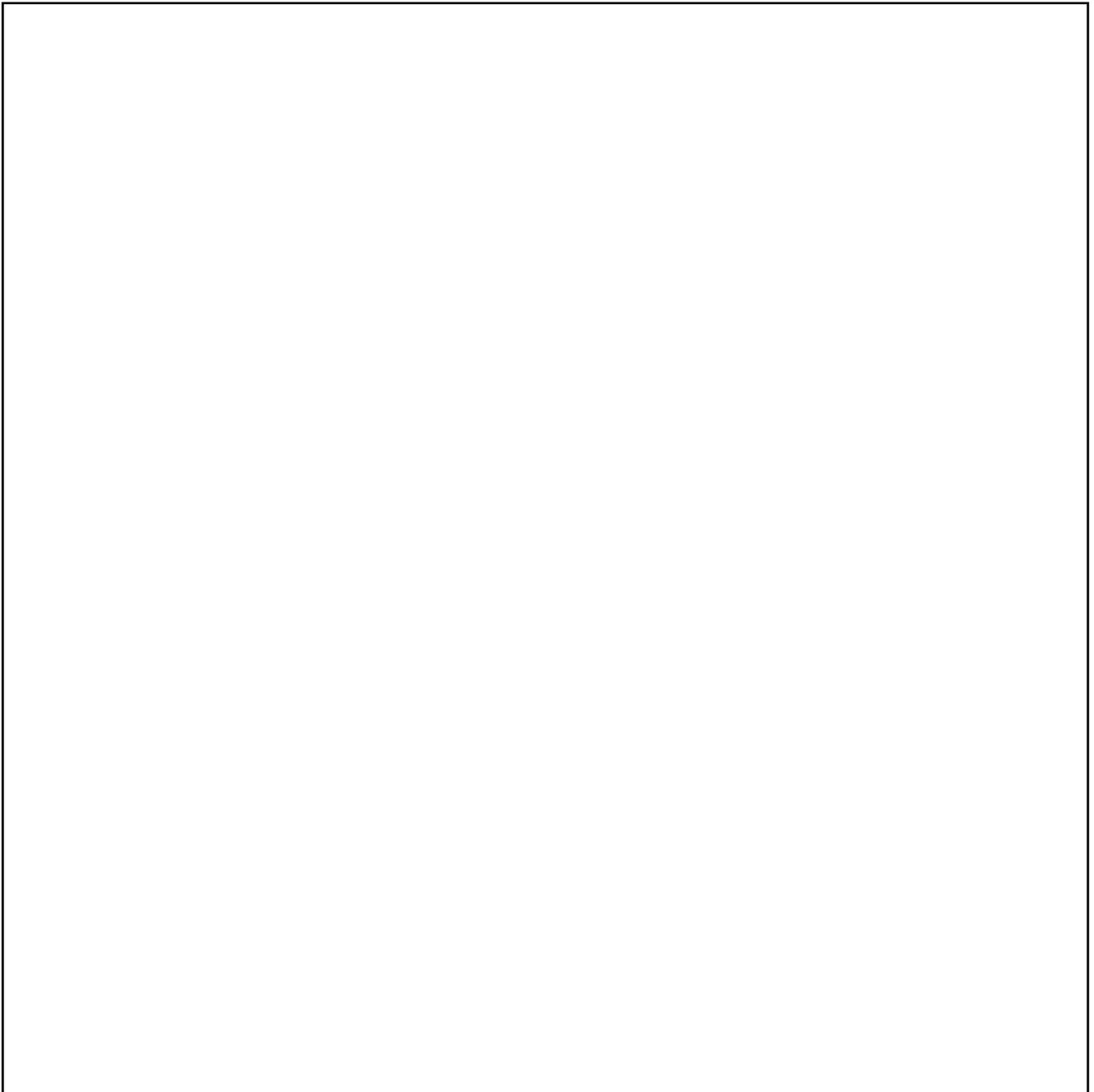
3  
GOOD HEALTH  
AND WELL-BEING



# Activity checklist

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

What activity would that be?



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can do repeatedly?  
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**That's it! Get started on moving to grow food!**

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

**Take care of your home garden as part of your morning exercise routine.**

**Pluck vegetables from your kitchen garden, and help your parent prepare a meal with them.**

**I will move to  
protect biodiversity**



50 Activity Points

*I WILL ENCOURAGE MY  
NEIGHBOURS TO BE  
KIND TO ALL FORMS  
OF LIFE*

I WILL MOVE TO PROTECT BIODIVERSITY

Ants are  
our friends

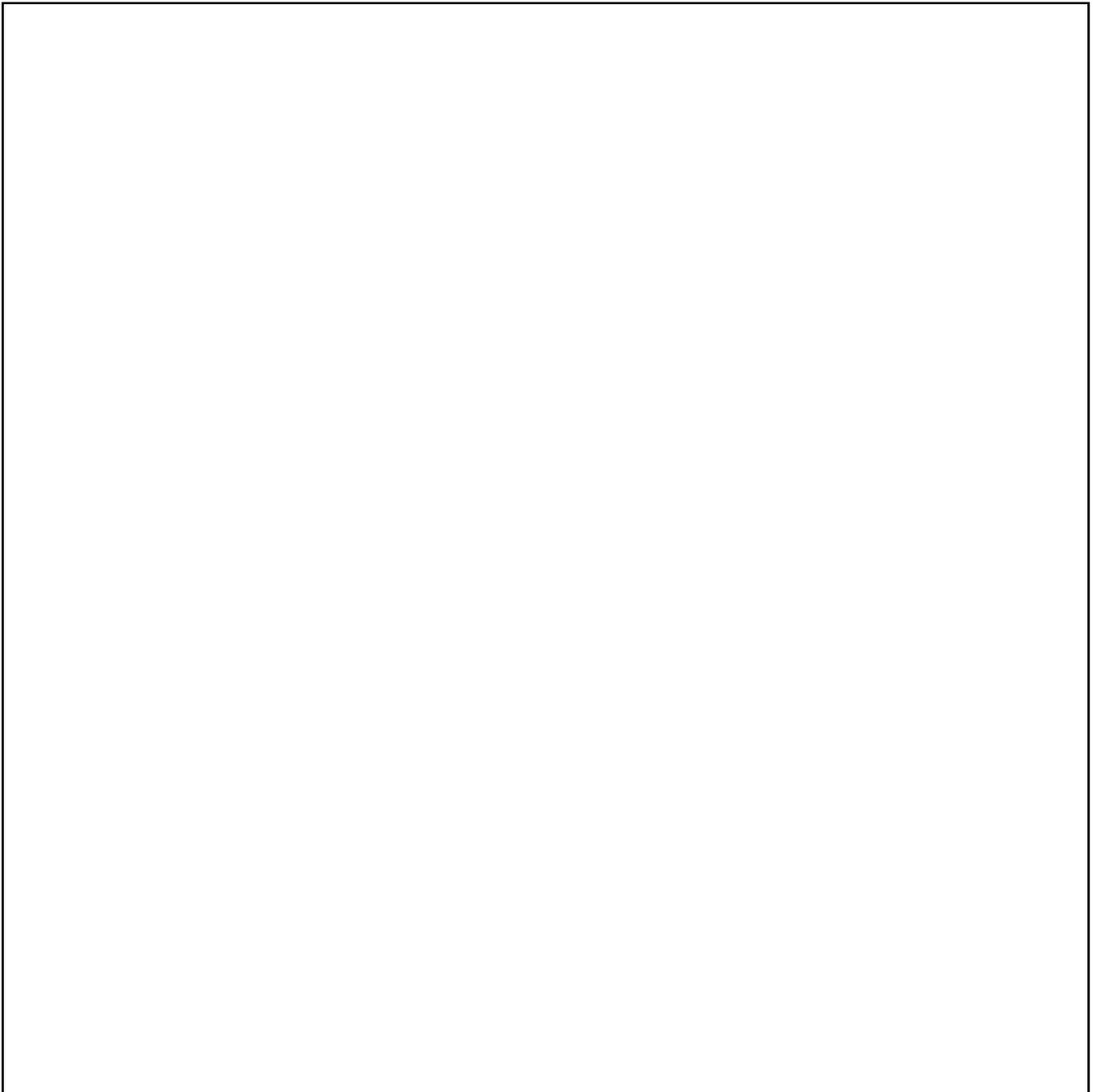
Sustainable Development Goals



# Activity checklist

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

**What activity would that be?**

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

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

Organise a “bioblitz” event in a nearby park, where children identify as many species as possible in a set time.

Start a nature photography club and go on photography hikes to capture the beauty of the natural world.

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

# *I WILL USE TECHNOLOGY TO TEACH OTHERS*

I WILL GO ON AN EXPEDITION TO TEACH  
OTHERS



60 Activity Points



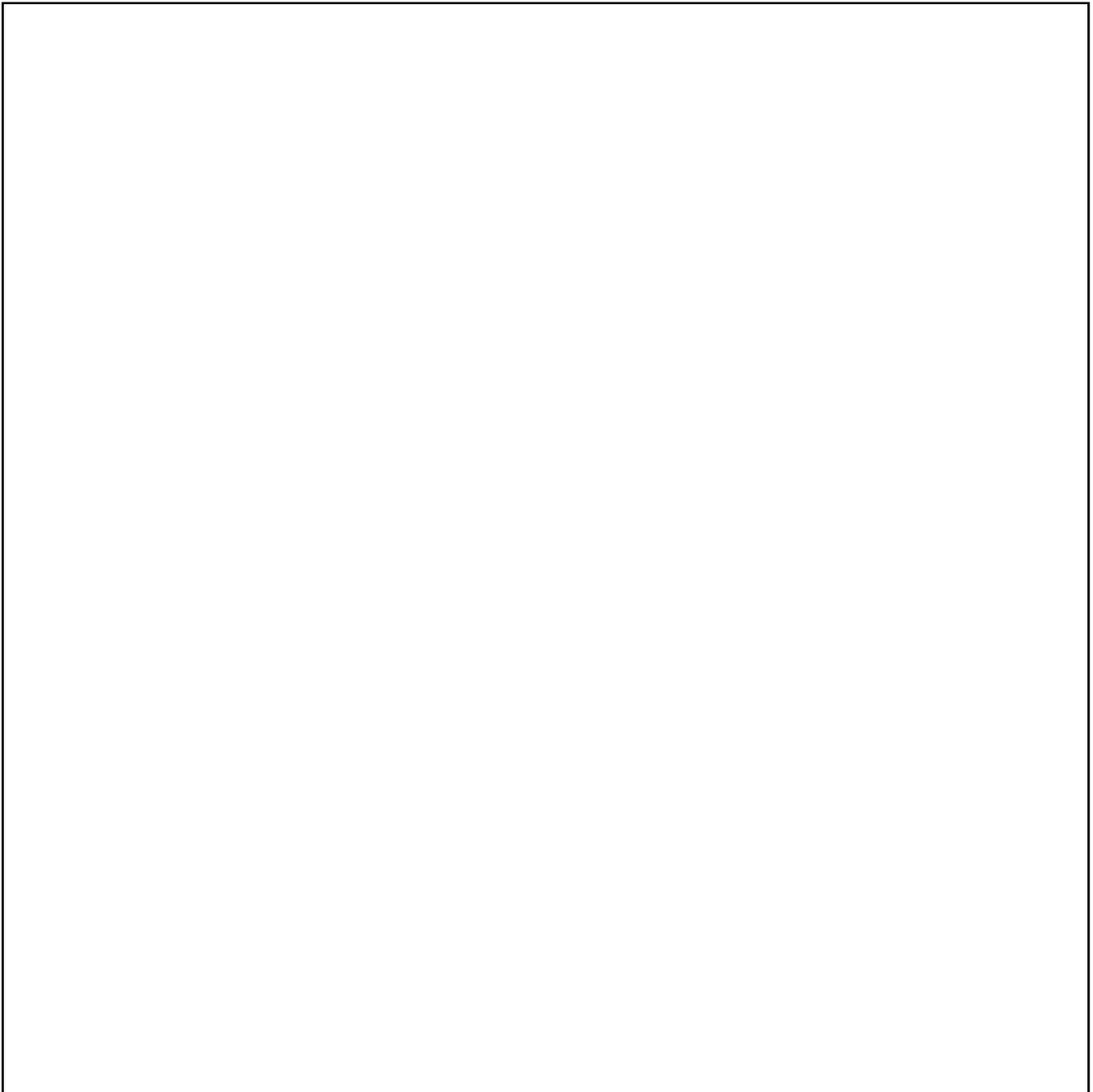
Sustainable Development Goals



# 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?**

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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 an expedition to teach others!**

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

Urge your relatives and neighbours to regularly take nature walks to connect with nature and relax their minds.

Lead a camping trip for your classmates, teaching them outdoor skills, “leave no trace” principles, and an appreciation for nature.

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



70 Activity Points

***I WILL ADVOCATE FOR  
SAVING WATER EVEN  
WHEN I GO OUT TO  
PLAY***

***I WILL GO ON AN EXPEDITION TO SAVE  
WATER***

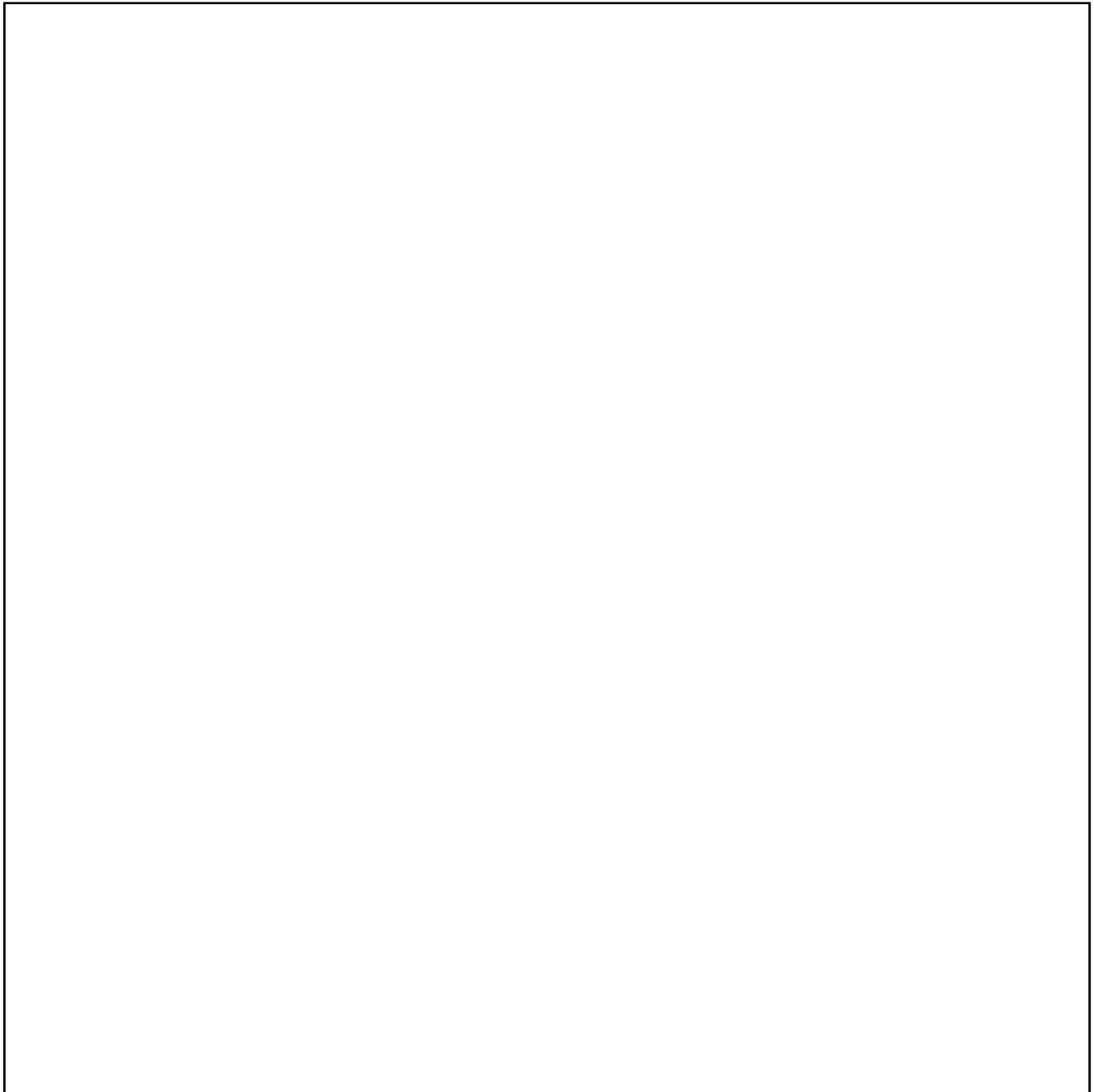
Sustainable Development Goals



# 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?



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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 an expedition to save water !**

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

**Be your community's water guardian! Look for errant sprinklers or gardens that are being over-watered in your neighbourhood and report them to their respective owners.**

**Conduct a survey in your neighbourhood to check if and where there are water shortages. Suggest water conservation strategies to neighbours and record progress over a month.**

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



60 Activity Points

***NO FOSSIL FUEL WAS USED IN  
OUR FAMILY TRIP TO THE PARK***

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

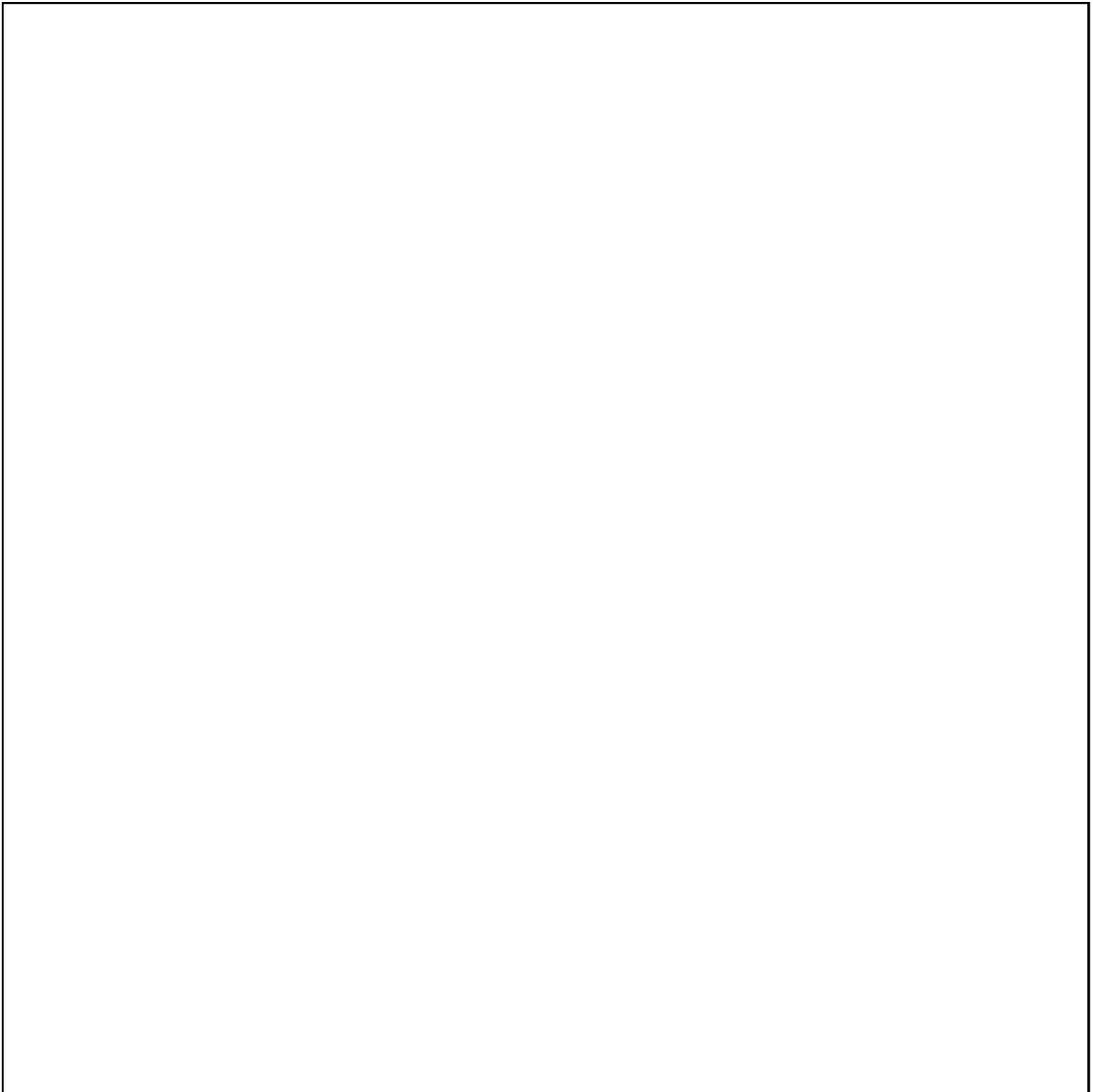
Sustainable Development Goals



# Activity checklist

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

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**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) and start keeping a record of them. At home, read up about the role of clouds in the water cycle.

Explore a local park and identify different bird species.

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



50 Activity Points

**WHEREVER HE GOES, NABIL TAKES  
CARE OF THE PLANTS AROUND HIM**

I WILL GO ON AN EXPEDITION TO REMOVE  
CO2 FROM AIR

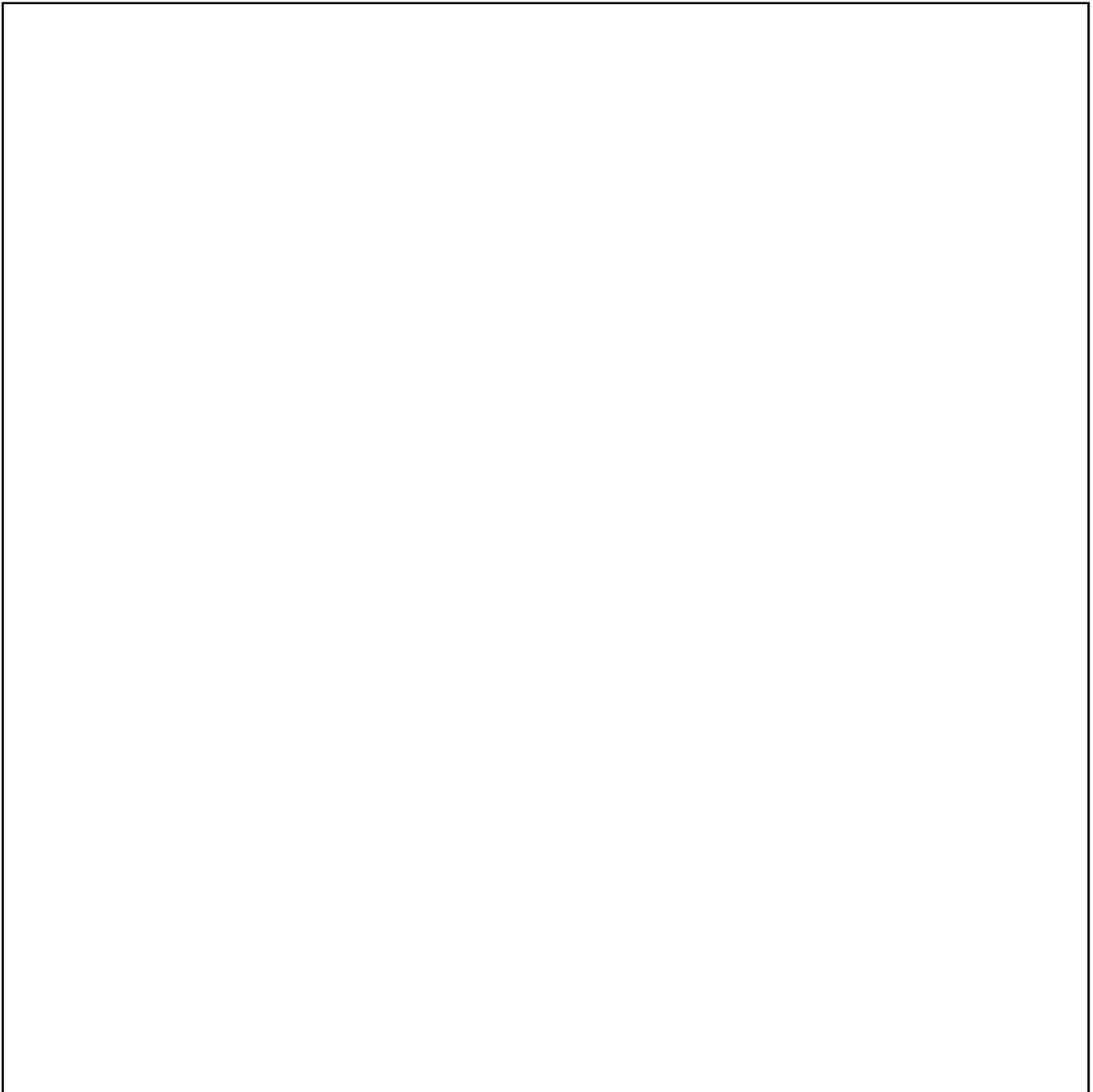
Sustainable Development Goals



# Activity checklist

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

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

**Visit local eco-centres or wildlife sanctuaries to understand the impact of climate change on ecosystems.**

**Organise nature hikes where you can learn about local ecosystems and understand the importance of preserving them.**

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

 70 Activity Points

***I WILL PICK UP THE  
WASTE BY THE SHORE***

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

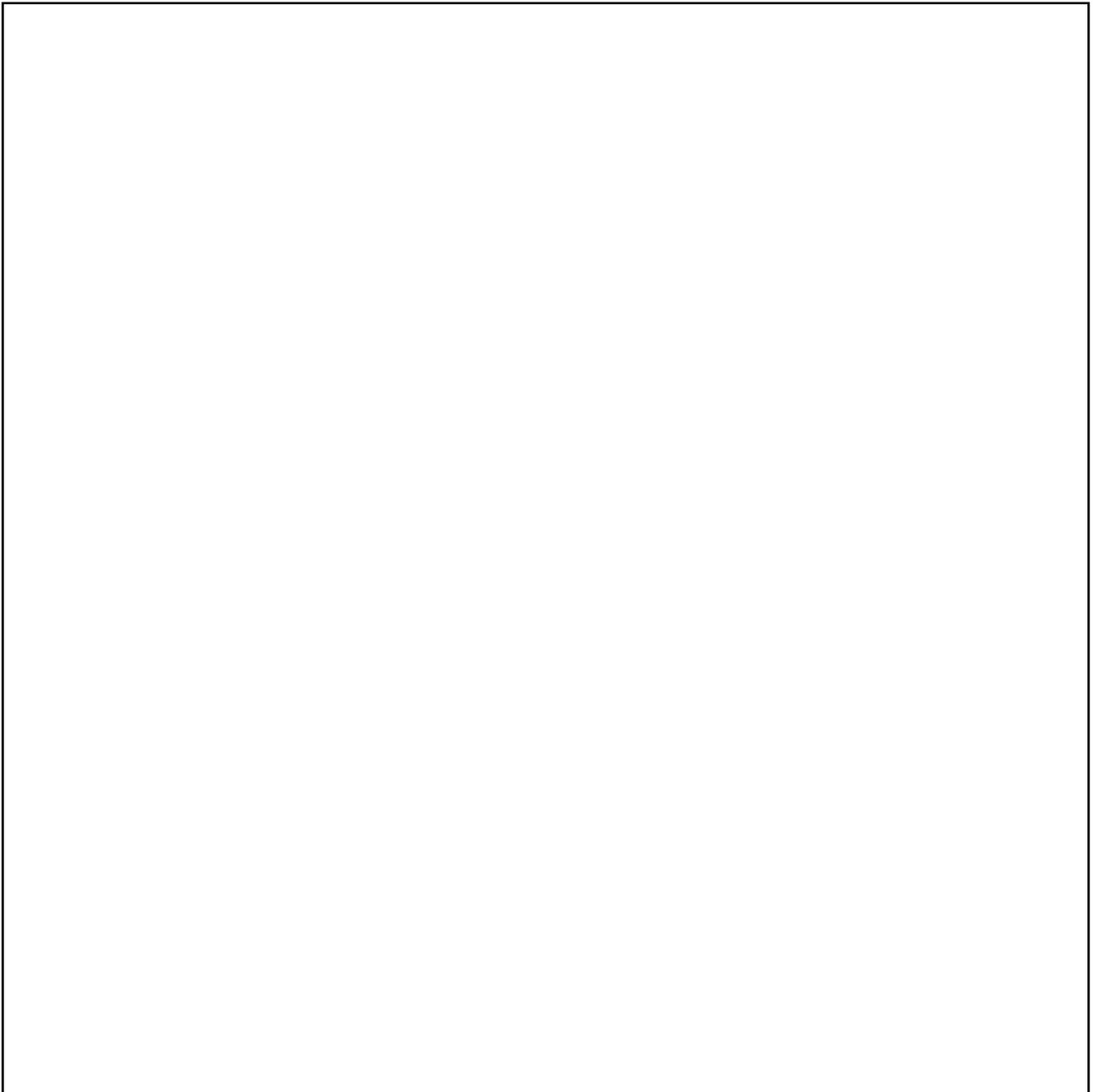
Sustainable Development Goals



# Activity checklist

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

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

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

With an adult, conduct a survey in your neighbourhood about who recycles waste, the challenges they face in doing so, and solutions they think might work. Share your findings with your neighbours as well.

Conduct the survey in intervals of 2-3 months to explore if and how the challenges are being solved.

Explore your school's sustainability efforts, including the school's choice of buying locally, ensuring social inclusivity, and more.

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



60 Activity Points

*I SPEND MY VACATION  
HELPING THE FARMERS*

I WILL GO ON AN EXPEDITION TO  
GROW FOOD

Sustainable Development Goals

2  
ZERO  
HUNGER



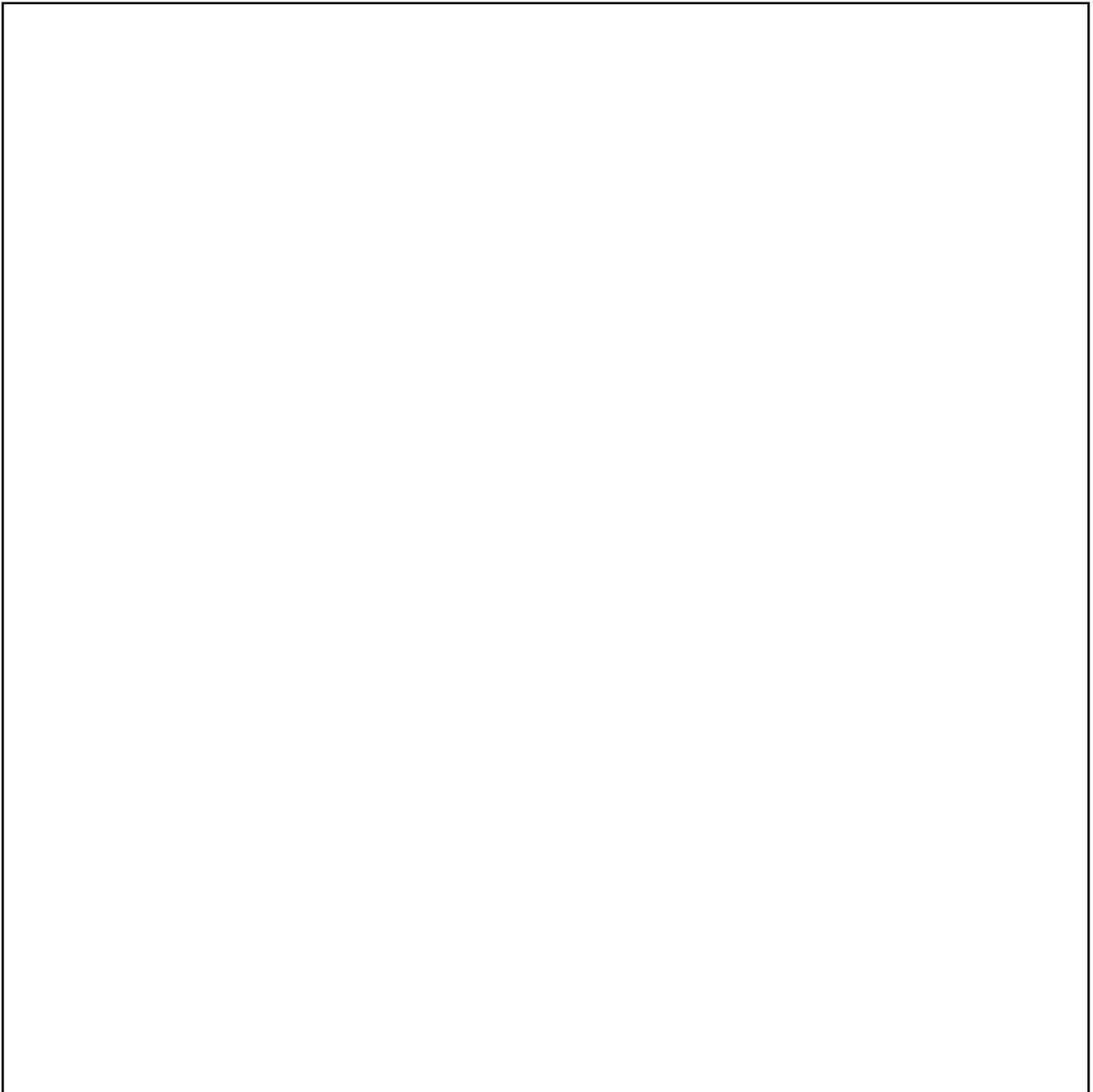
11  
SUSTAINABLE CITIES  
AND COMMUNITIES



# Activity checklist

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

What activity would that be?

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

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

Go on a desert trip, speak to the community members there about the food challenges they face, and ask how they overcome the challenges.

Observe the differences in the soil in different places such as deserts, gardens, beaches, and so on. If possible carry some soil back home to observe it further by mixing it with water.

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



60 Activity Points

Biodiversity  
Guardians

Biodiversity  
Guardians

Biodiversity  
Guardians

***I WILL PROTECT THE DESERT  
FROM LITTERING***

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

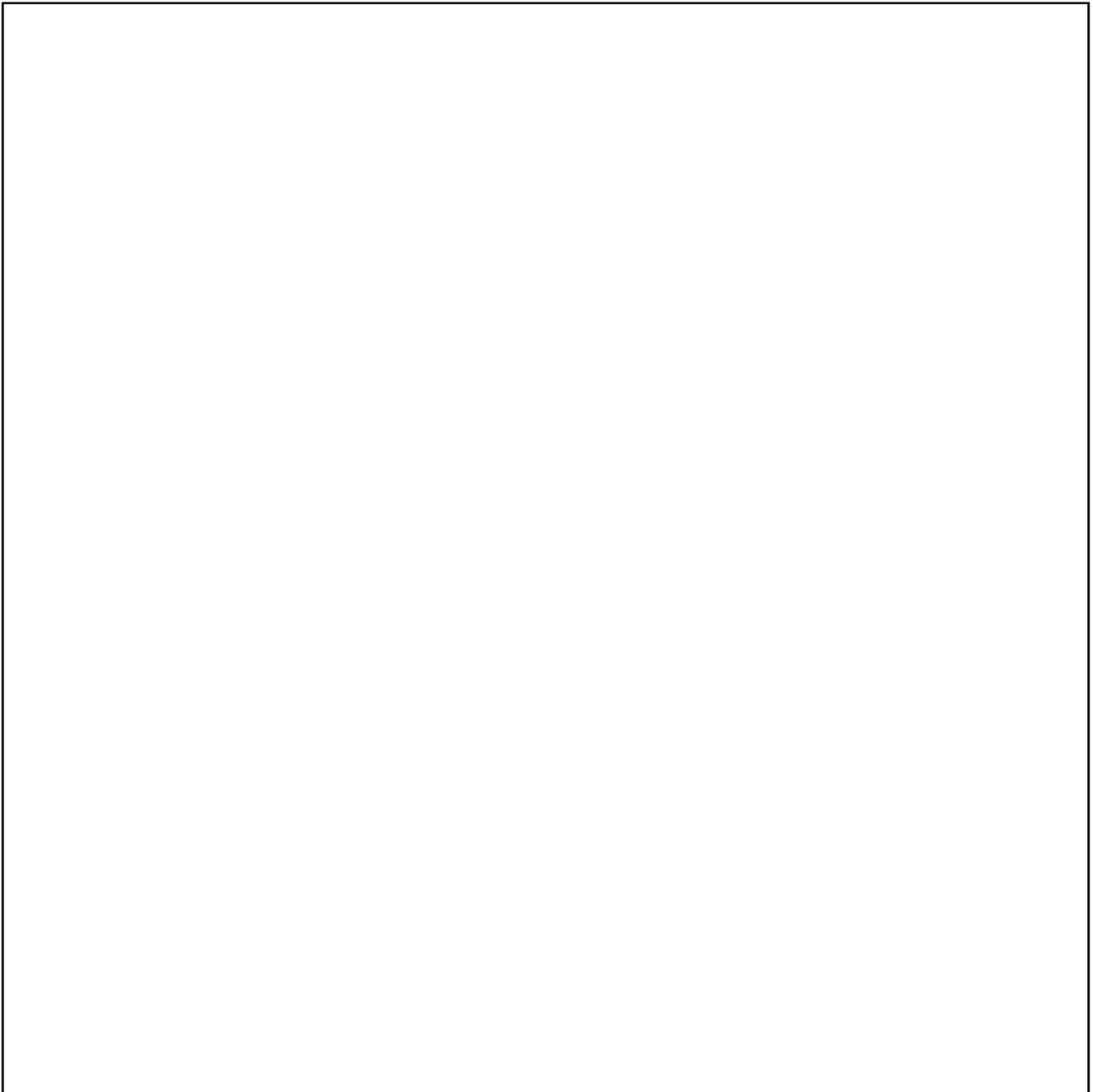
Sustainable Development Goals



# 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 your parent, plan trips to different ecosystems (for example desert, lake, farm) and observe the flora and fauna each time.

With an adult, organise a camping trip with classmates to learn wilderness survival skills.

**I will team up  
to teach others**



70 Activity Points

**MY BROTHER AND I WILL  
TEACH OTHERS FOOTBALL**

**I WILL TEAM UP TO TEACH OTHERS**

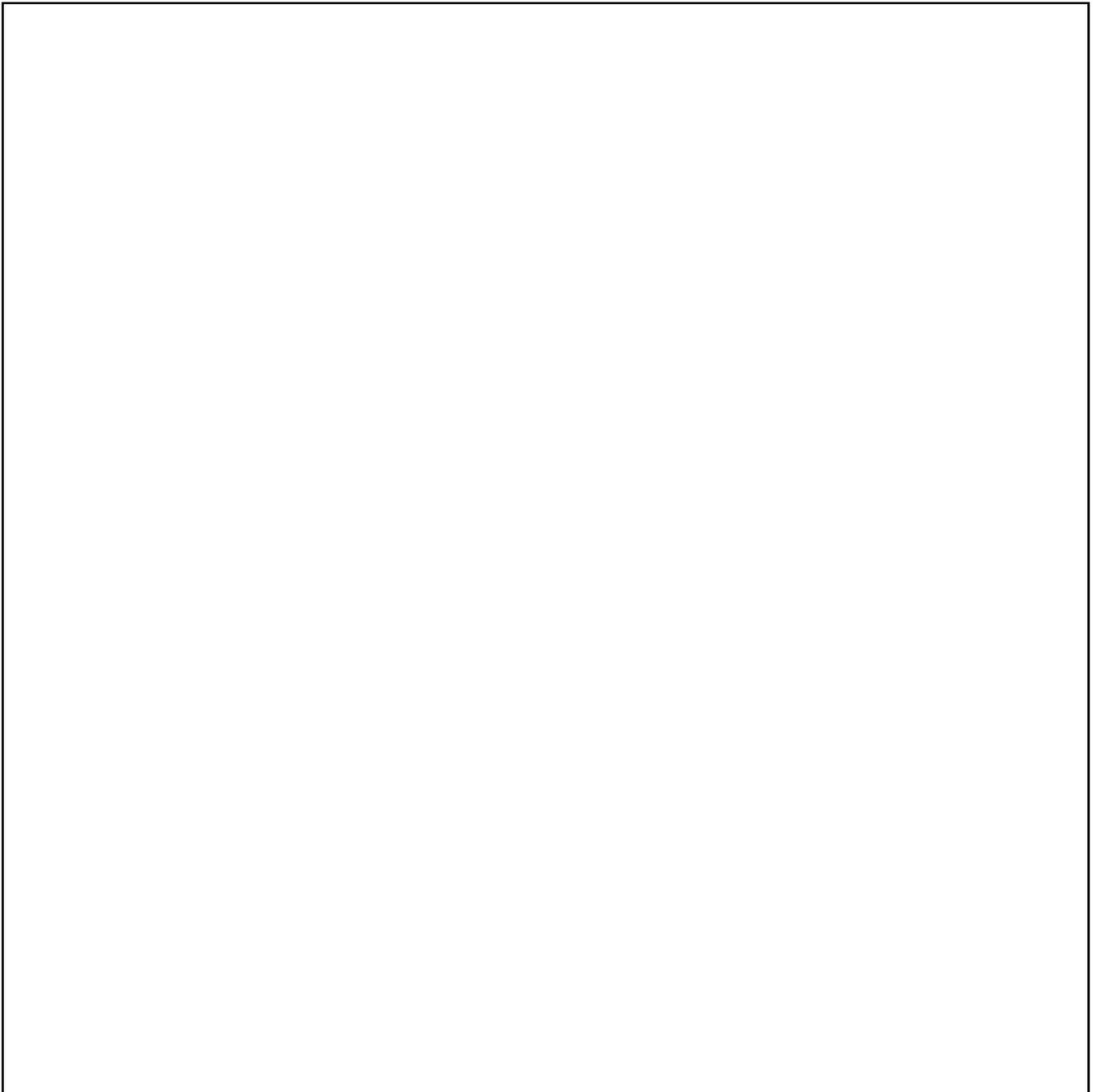
Sustainable Development Goals



# Activity checklist

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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.**

Go on bird-watching sessions with your friends. Discuss your observations and experiences with your family.

Collaborate with your friends to organise and host a sustainability-themed fair for younger children, featuring interactive exhibits and activities.

**I will team up  
to save water**



70 Activity Points

I WILL LIMIT MY  
SHOWERS TO 5 MINUTES  
OR LESS



*I WILL LIMIT MY  
SHOWERS TO 5  
MINUTES OR LESS*

I WILL TEAM UP TO SAVE WATER

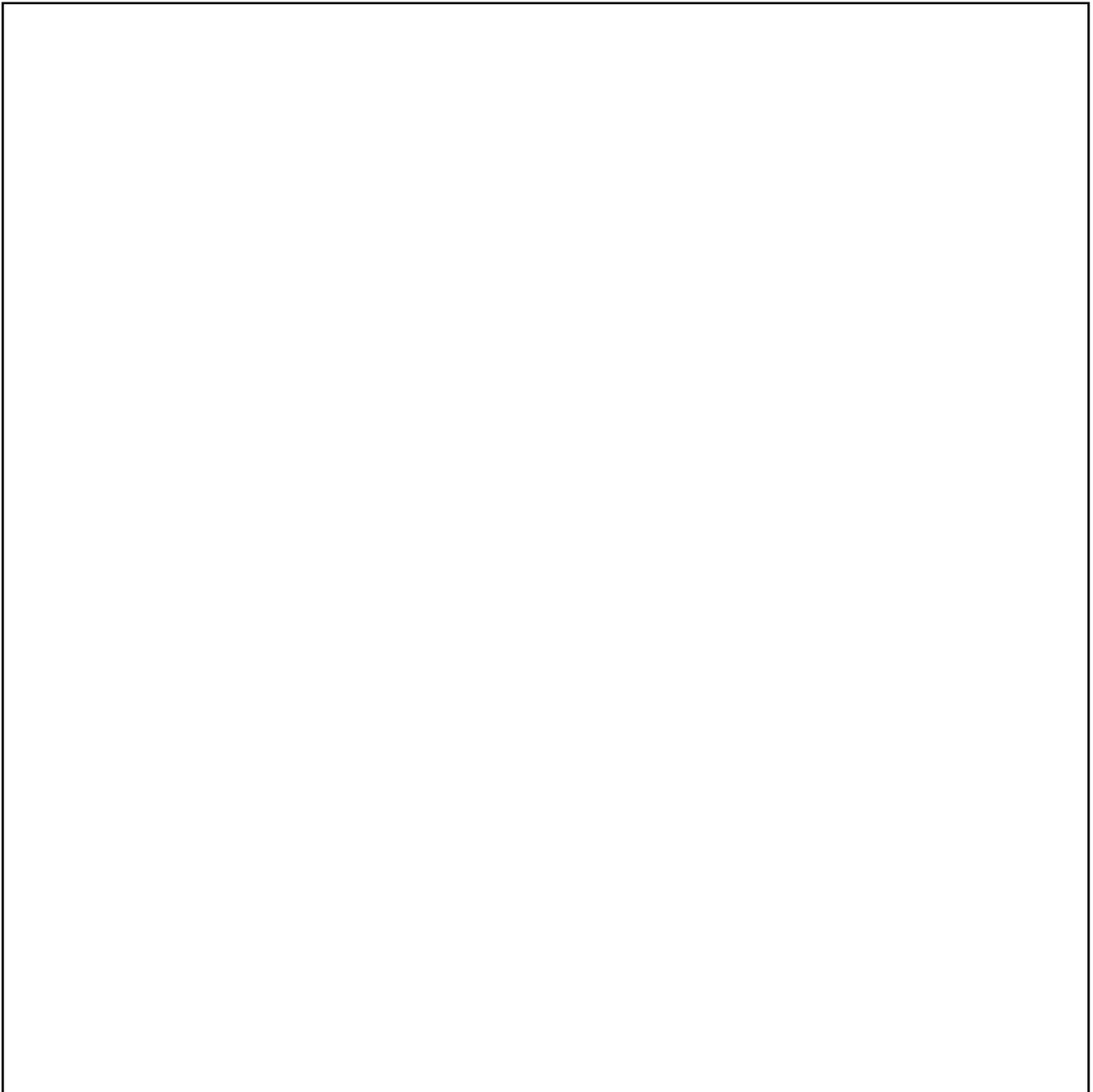
Sustainable Development Goals



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

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

Work with an adult to make sure that your potted plants have pots with holes below to let excess water out. Make sure the excess water drains out into the soil for other plants. Watch how the potted plant and the plants around help each other grow.

Organise a monthly movie night with your friends to watch documentaries on water conservation. This would help them learn about water conservation on a global level.

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

 70 Activity Points

OFF

*I WILL CONDUCT AN ENERGY SAVING  
DRIVE WITH MY FRIENDS AT SCHOOL*

*I WILL TEAM UP TO USE CLEAN ENERGY*

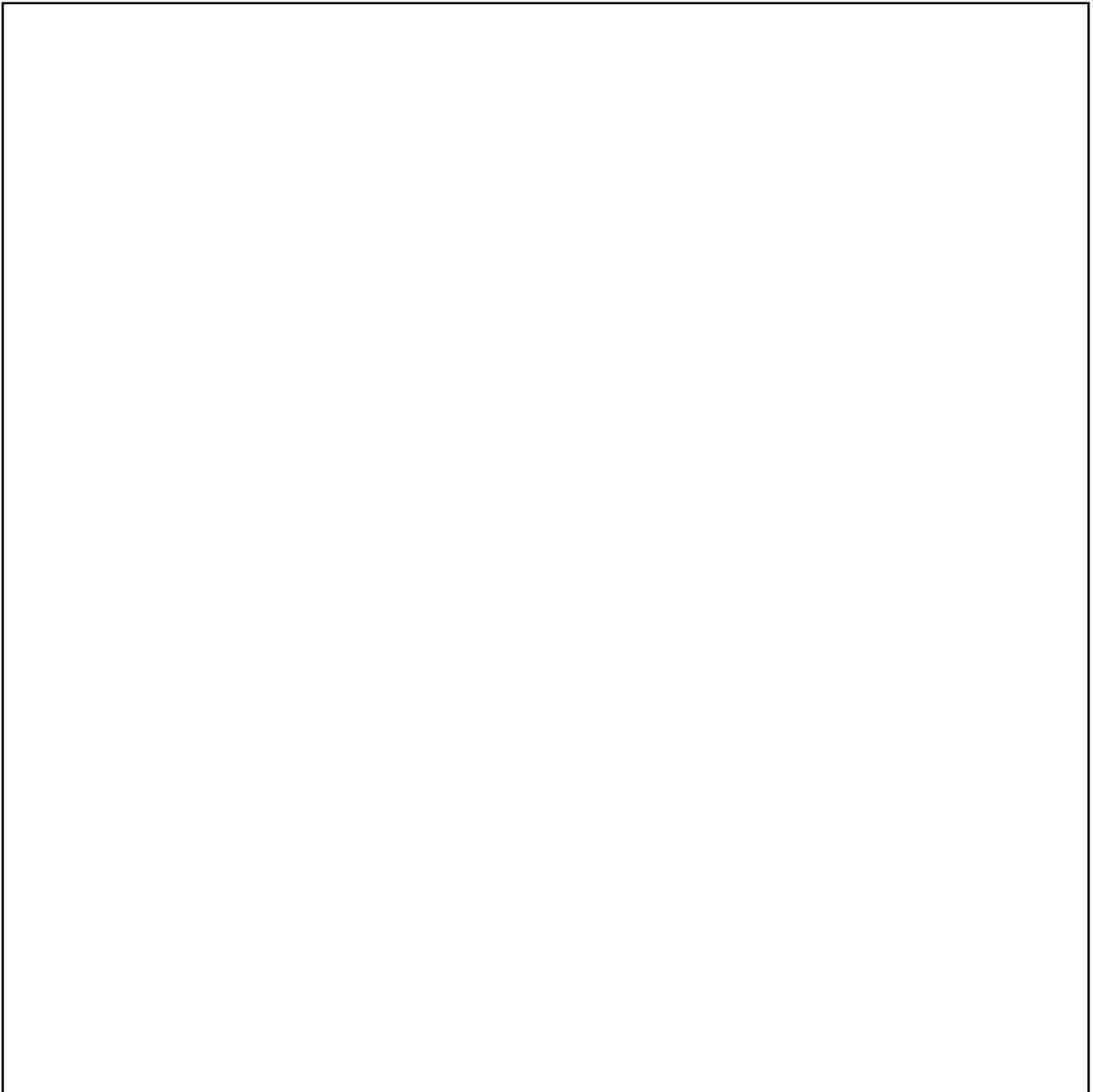
Sustainable Development Goals



# 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.**

**Discuss and brainstorm ways to save energy as a group.**

**Build models of structures (like a bridge) using recyclable materials such as cardboard boxes.**

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

 70 Activity Points

**MY FRIENDS AND I WENT  
ON A PLANTATION DRIVE**

I WILL TEAM UP TO REMOVE CO2 FROM AIR

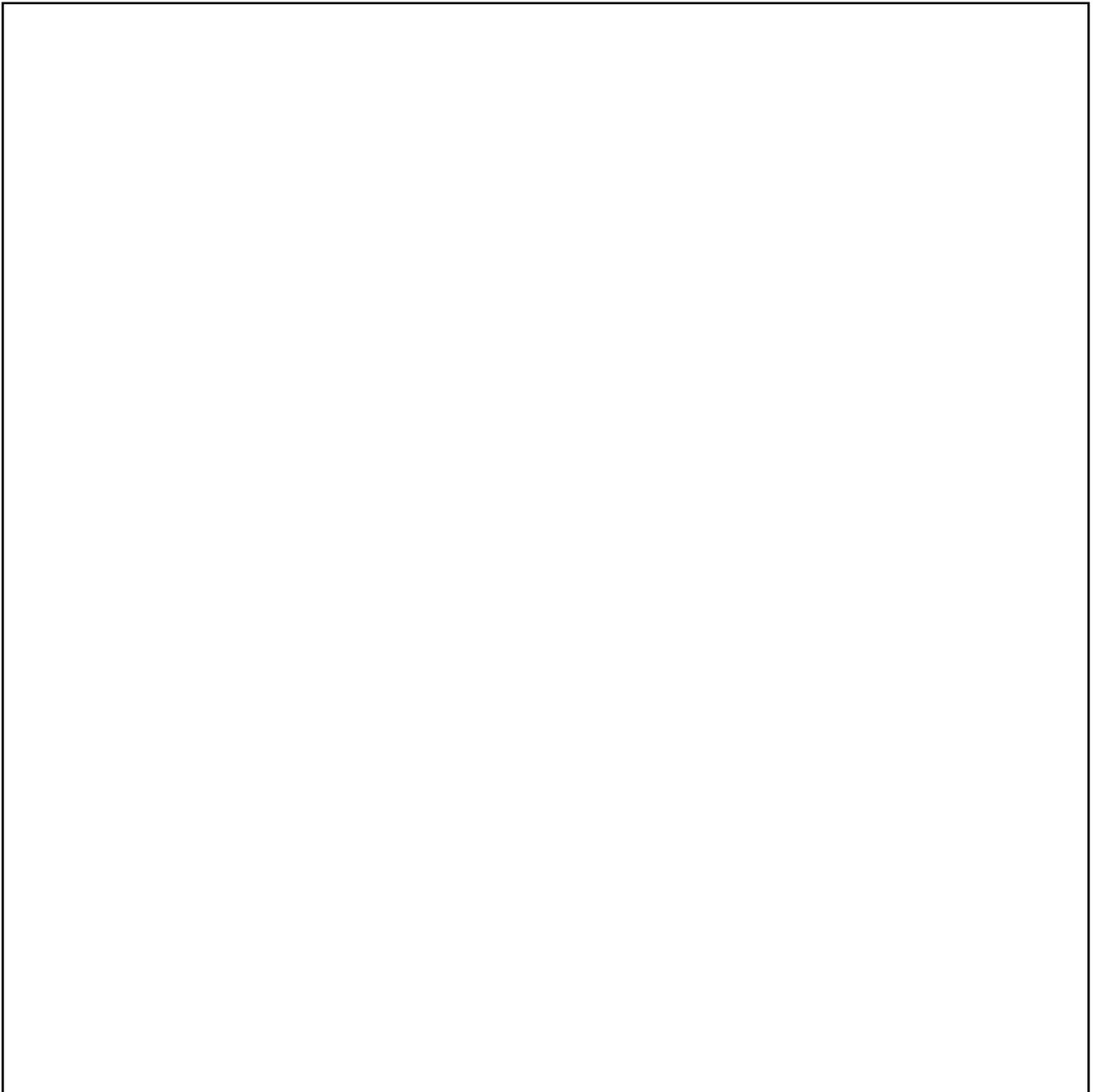
Sustainable Development Goals



# 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.**

**Team up with your friends to look for trees that need help (for example, more water, removal of built obstruction)**

**Team up with your friends and start a community service project that offers to plant saplings.**

**I will team up to  
manage waste**



70 Activity Points

**MY FRIEND AND I WILL PICK UP THE PAPER TRASH IN MY ROOM AND THROW IT IN THE BIN, AFTER PLAY**

**I WILL TEAM UP TO MANAGE WASTE**

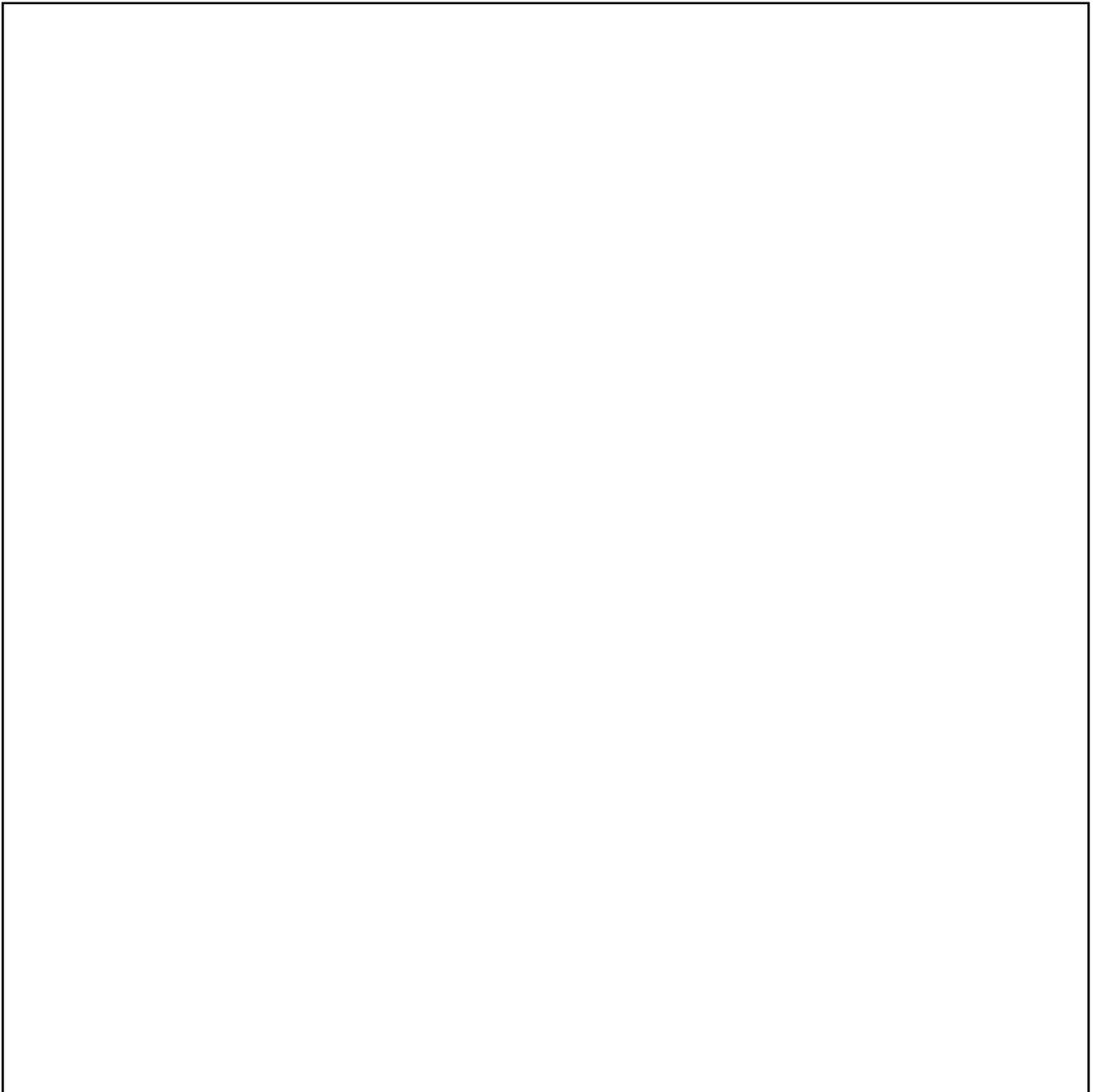
Sustainable Development Goals



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

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

**Collaborate on a project to design and implement a school-wide waste reduction and recycling program.**

**Work together to build a garden that incorporates rainwater harvesting and composting.**

**I will team up  
to grow food**



70 Activity Points

**MY FRIENDS AND I WILL  
LEARN HOW TO GROW OUR  
OWN VEGETABLES**

**I WILL TEAM UP TO GROW FOOD**

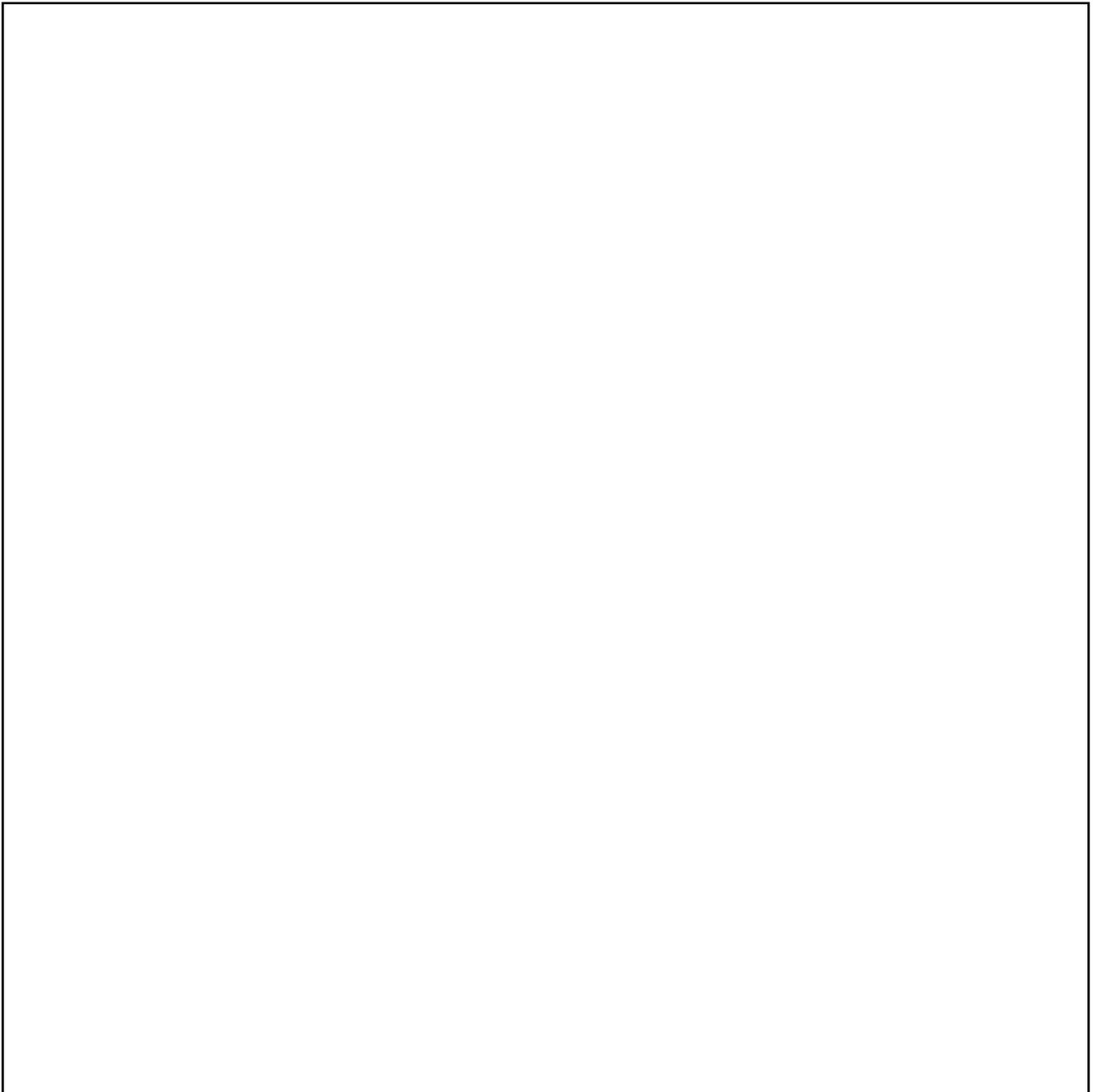
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**That's it! Get started on teaming up to grow food!**

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

**Organise a tree plantation drive in your community park with friends and raise awareness about the benefits of tree planting. Encourage your neighbours to plant at least 1 tree.**

**Host your friends to a vegetarian meal on your birthday, or any other special occasion, and help reduce environmental impact.**

**I will team up to  
protect biodiversity**



70 Activity Points

**WE WILL DOCUMENT THE SPECIES WE SEE AT A DESERT CONSERVATORY**

**I WILL TEAM UP TO PROTECT BIODIVERSITY**

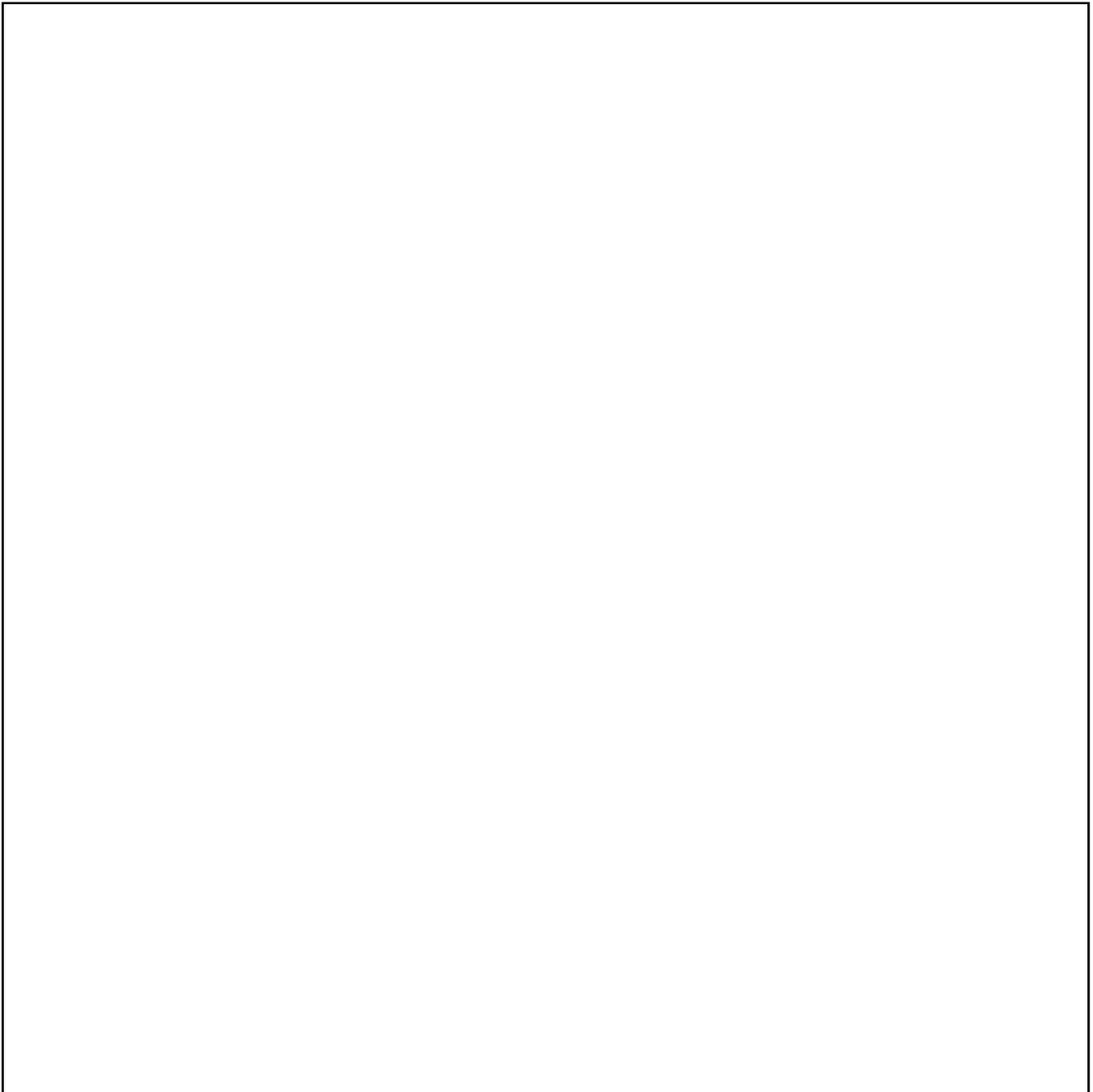
Sustainable Development Goals



# 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.**

Work together to create an insect-friendly garden in your neighbourhood by planting native plants.

Collaborate on a research project to study the migration patterns of birds in your area.

**I will be entrepreneurial in  
teaching others**

 60 Activity Points

*I WILL TEACH MY  
SIBLINGS TO SAVE*

*I WILL BE ENTREPRENEURIAL  
IN TEACHING OTHERS*

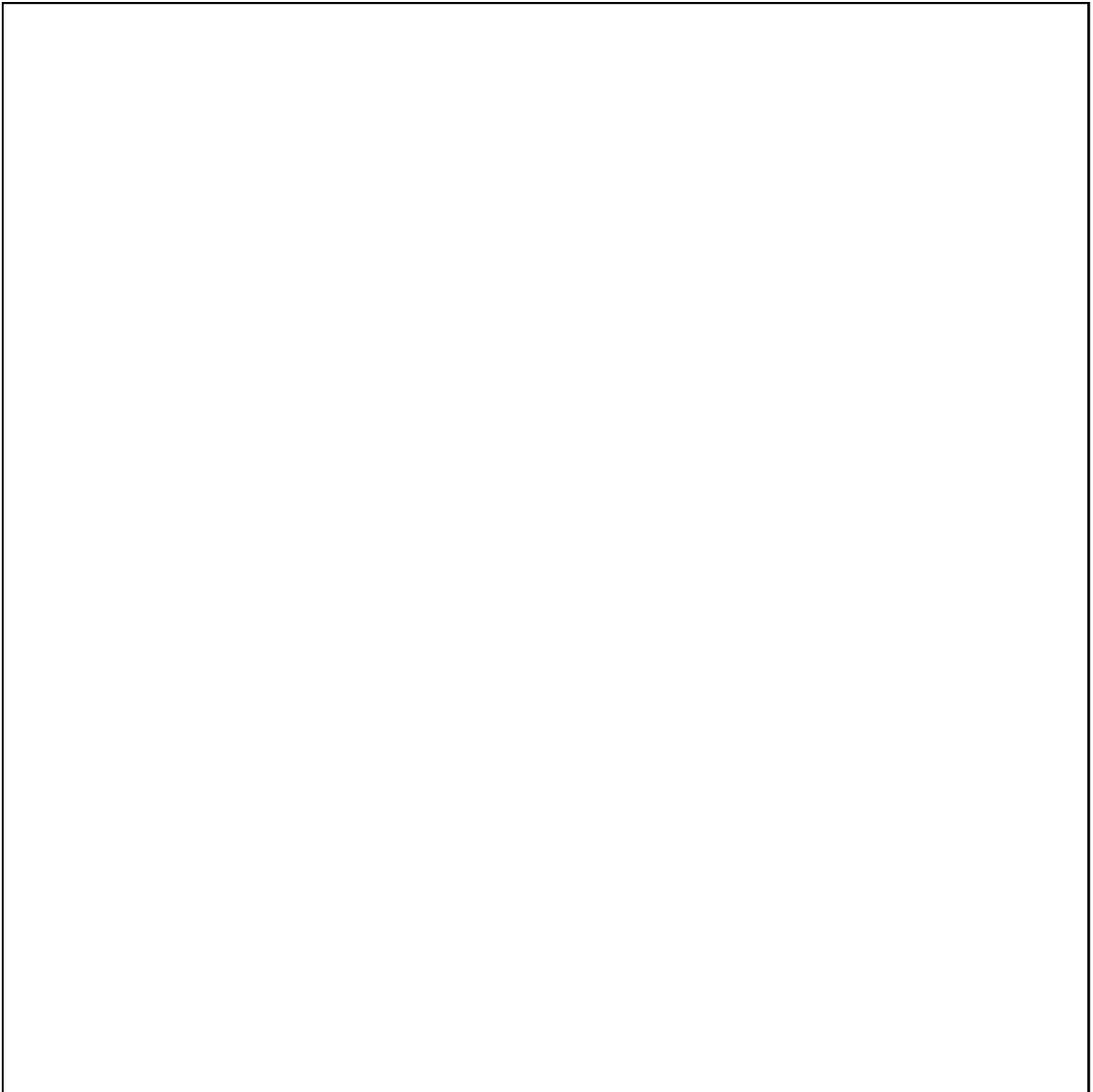
Sustainable Development Goals



# Activity checklist

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

**What activity would that be?**

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Is it an activity you  
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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 in teaching others!**

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

Start a “sustainability club” that teaches younger students about eco-friendly entrepreneurship and supports them in launching their own sustainability-related projects.

Lead a workshop where students learn to make eco-friendly cleaning products and showcase them to raise funds for a local environmental cause.

**I will be entrepreneurial  
towards saving water**



60 Activity Points

***I WILL GROW PLANTS  
THAT DON'T NEED A  
LOT OF WATER***

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

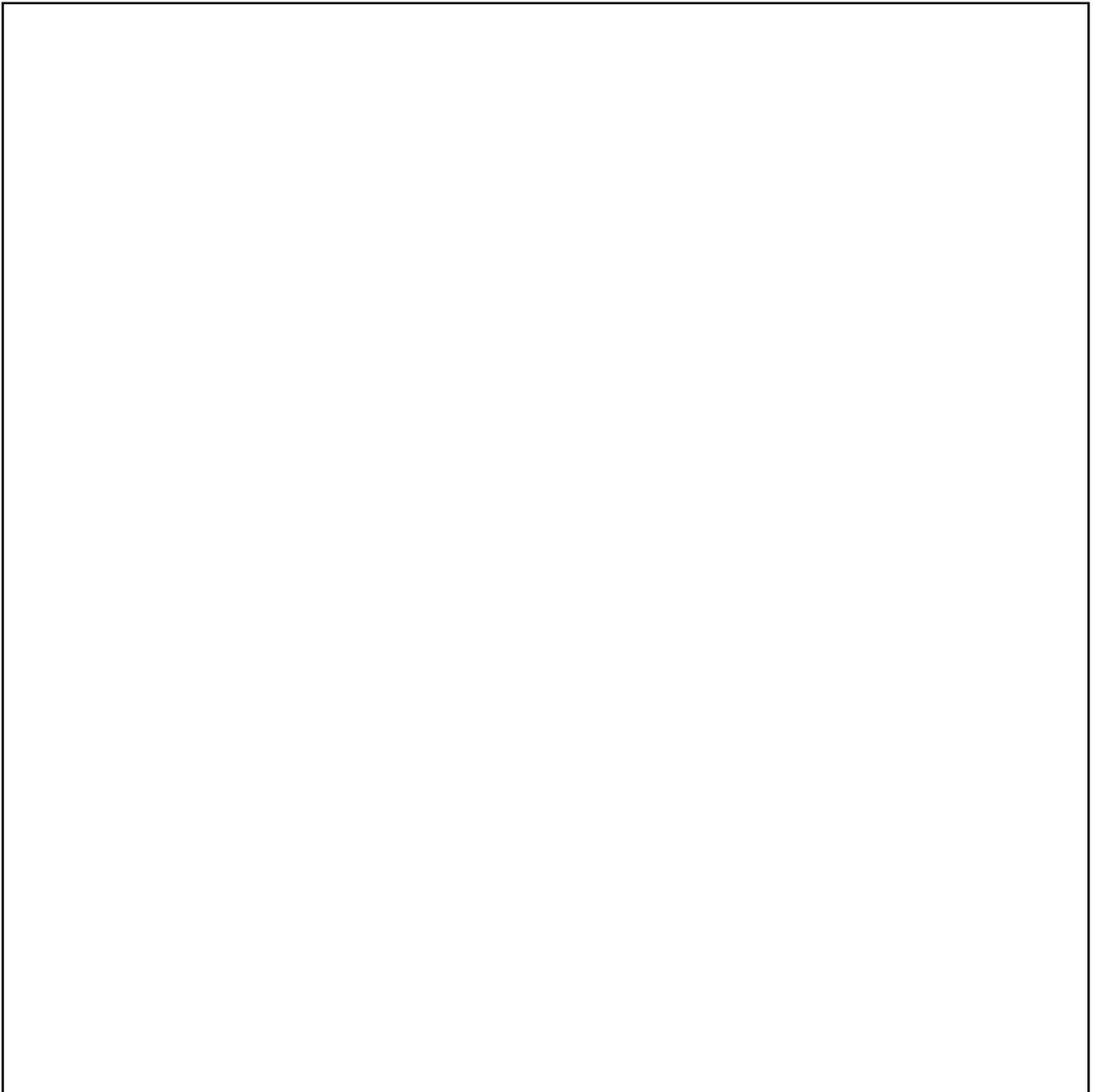
Sustainable Development Goals



# Activity checklist

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

What activity would that be?



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

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

Understand the use of pool covers in helping to keep your community pool clean, reduce chemical use and prevent water loss through evaporation. Design a pool cover based on the local environment and seasonal requirements.

Learn how to use a water meter, and calculate the amount of water consumed in your home. Check this against your water bill.

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



60 Activity Points

# **SUCCESSFUL BUSINESS PEOPLE USE CLEAN ENERGY**

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

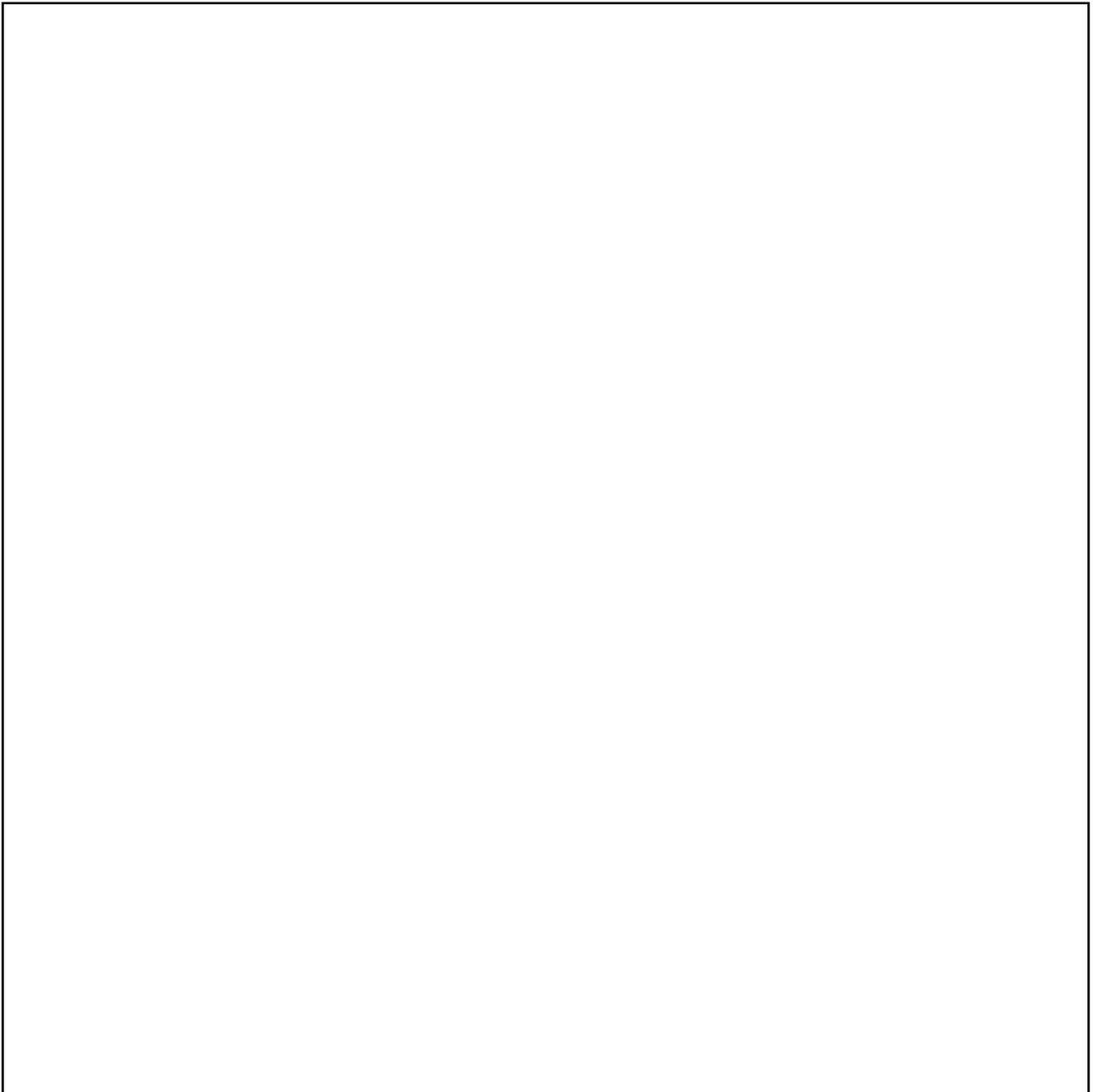
Sustainable Development Goals



# 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.**

Set up a food warming station out in the sun, for heating up your family's meals using the sun's heat.

Set up a solar cooker with the help of a grown-up and prepare a dish for your family and friends.

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

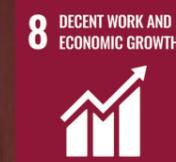


60 Activity Points

***I REUSE OLD BROCHURES  
TO MAKE NEW TOYS***

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

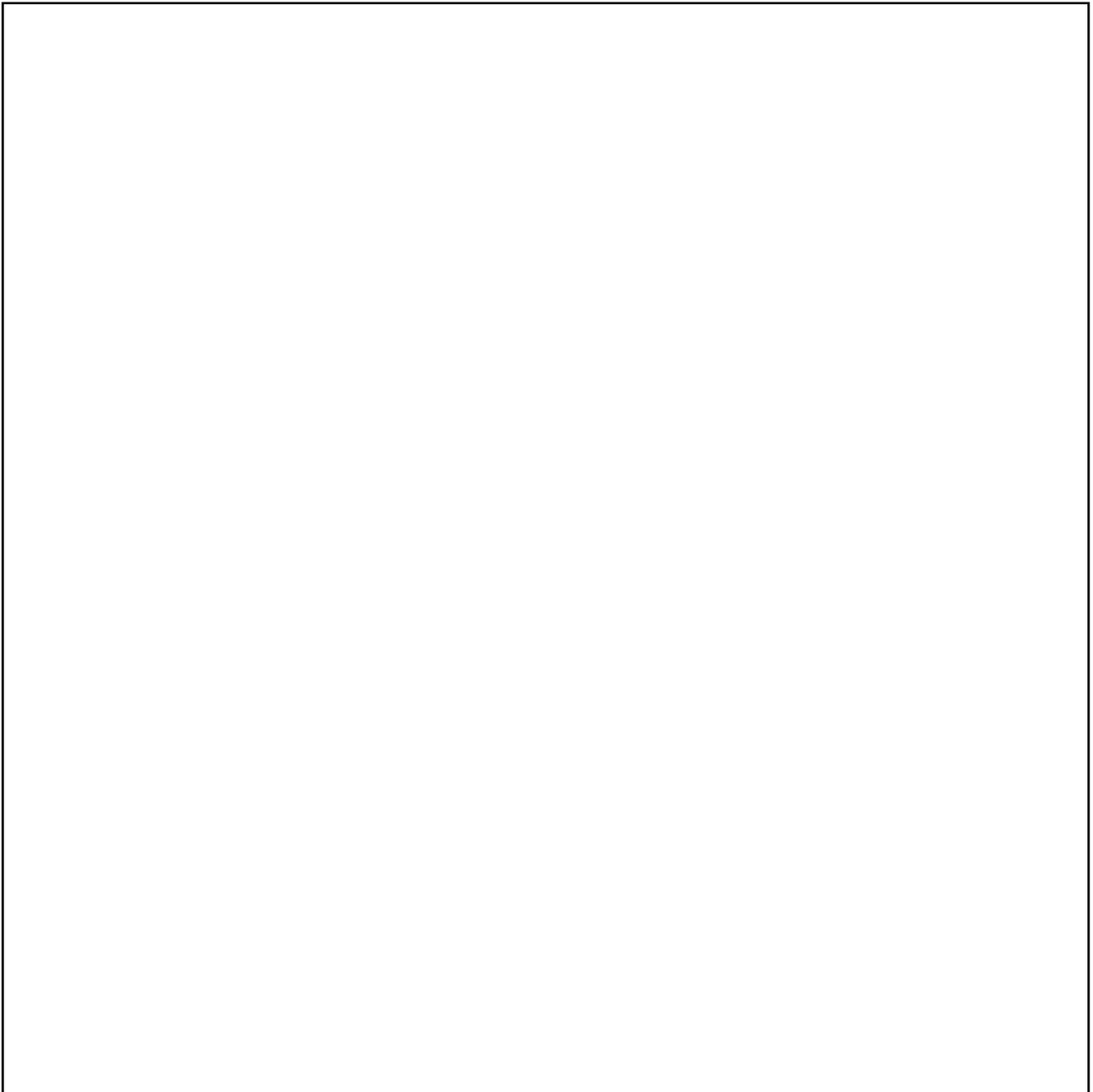
Sustainable Development Goals



# Activity checklist

Does the image on the previous page remind you of ways you can be entrepreneurial towards removing CO<sub>2</sub> from air?

**What activity would that be?**



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Day after day?

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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.**

**Start a recycling program in your neighbourhood. Collect recyclable materials from your neighbours, then recycle them through proper channels.**

**Start a toy lending library, a great way to give children access to a variety of toys without having to buy new ones.**

**I will be entrepreneurial  
towards managing  
waste**



70 Activity Points

**OLD CARDBOARD BOXES  
CAN BECOME NEW  
FURNITURE**

**I WILL BE ENTREPRENEURIAL  
TOWARDS MANAGING WASTE**

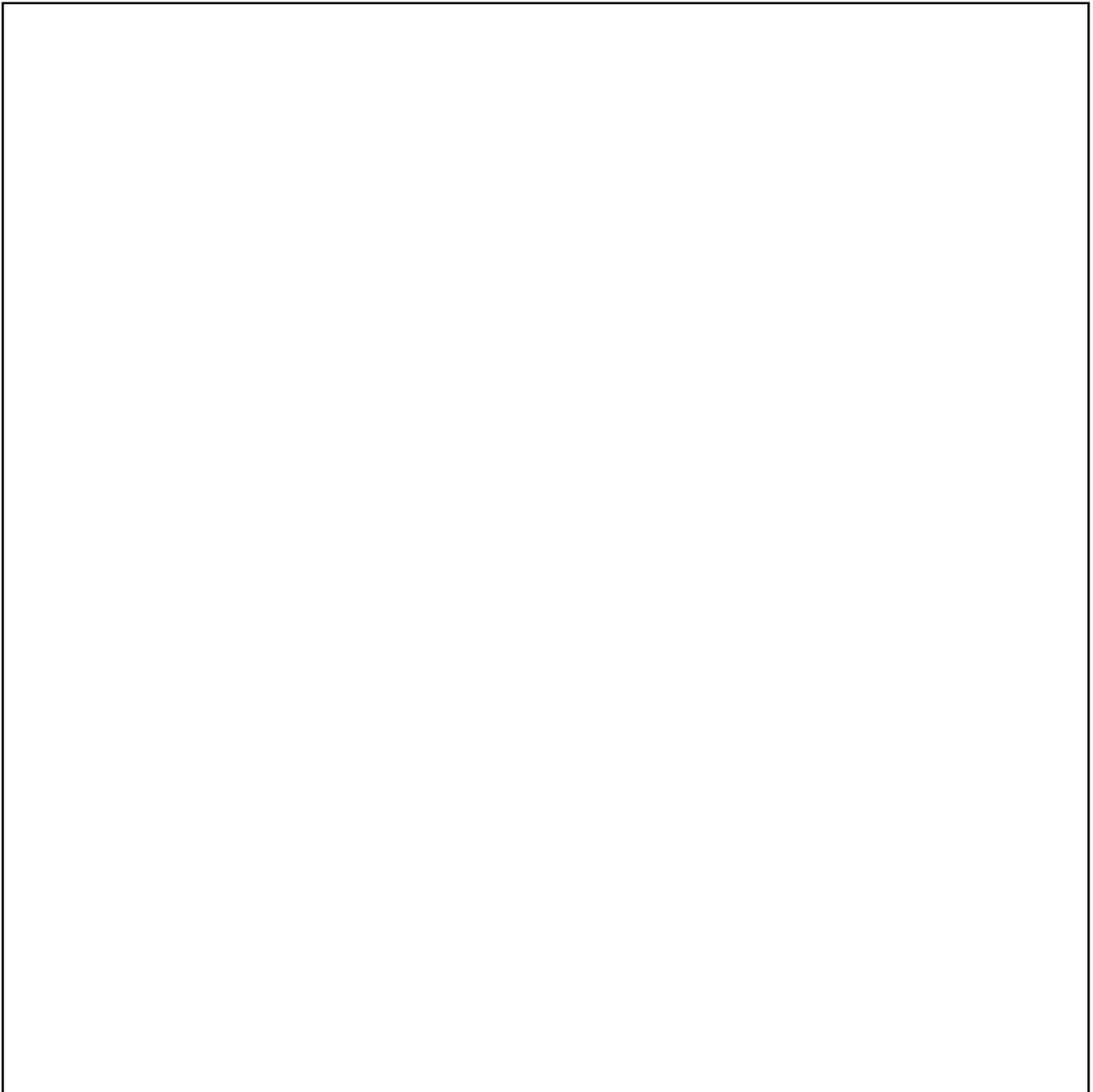
Sustainable Development Goals



# Activity checklist

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

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

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

**Start a recycling centre at home that collects, sorts, and donates items that can be recycled.**

**Create and gift dolls made from old socks and scraps of cloth.**

**I will be entrepreneurial  
towards growing food**



70 Activity Points

**I WILL GIVE THE VEGETABLES  
THAT I GROW IN MY KITCHEN  
GARDEN TO OTHERS!**

**I WILL BE ENTREPRENEURIAL TOWARDS GROWING  
FOOD**

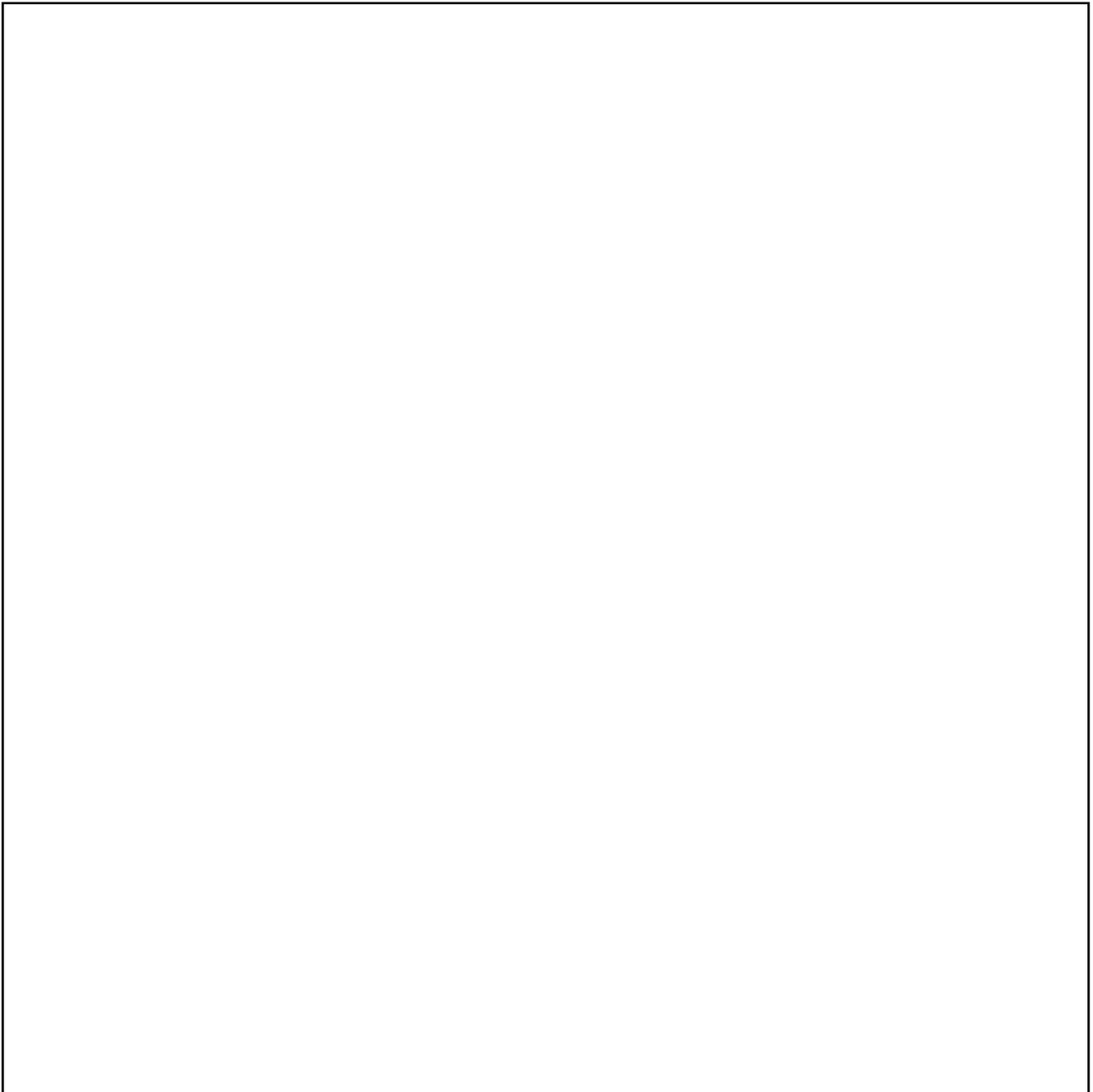
Sustainable Development Goals



# 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 in your neighbourhood to share homegrown herbs and vegetables from your kitchen garden.

Set up a compost box in your community for students to add leftover food and food waste that would otherwise be thrown away. Use the compost for plants in the neighbourhood.

**I will be entrepreneurial  
towards protecting  
biodiversity**

***I WILL SHOW MY  
NEIGHBOURS HOW TO  
CARE FOR STREET  
ANIMALS***

**I WILL BE ENTREPRENEURIAL TOWARDS  
PROTECTING BIODIVERSITY**



**70 Activity Points**

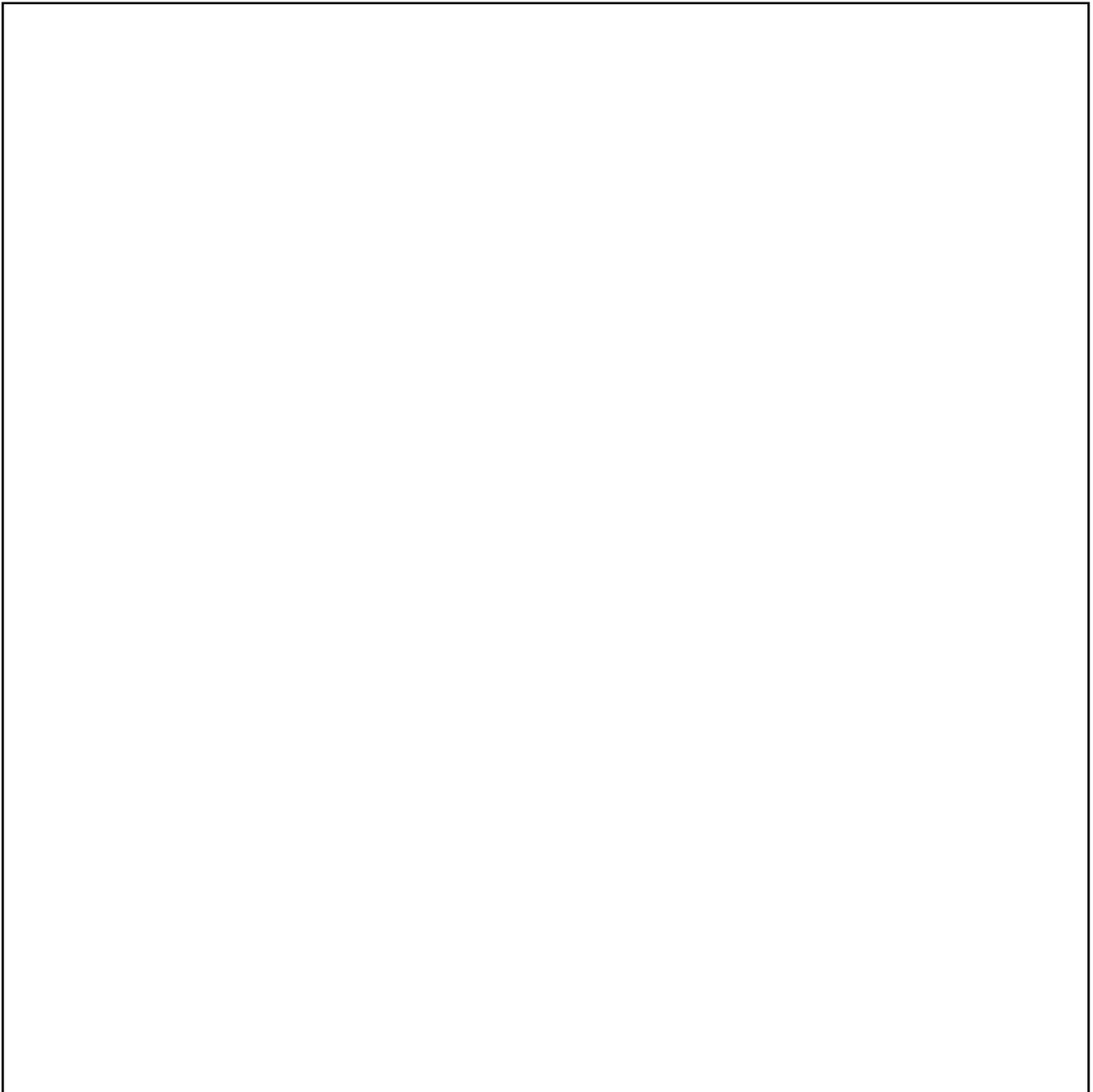
**Sustainable Development Goals**



# Activity checklist

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

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

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

Host events at your home, where friends showcase projects and inventions for kindness towards animals.

Make and gift cloth shopping bags with “grow more trees” written on them.

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

 40 Activity Points

***I WILL TEACH MY  
FRIEND POTTERY***

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

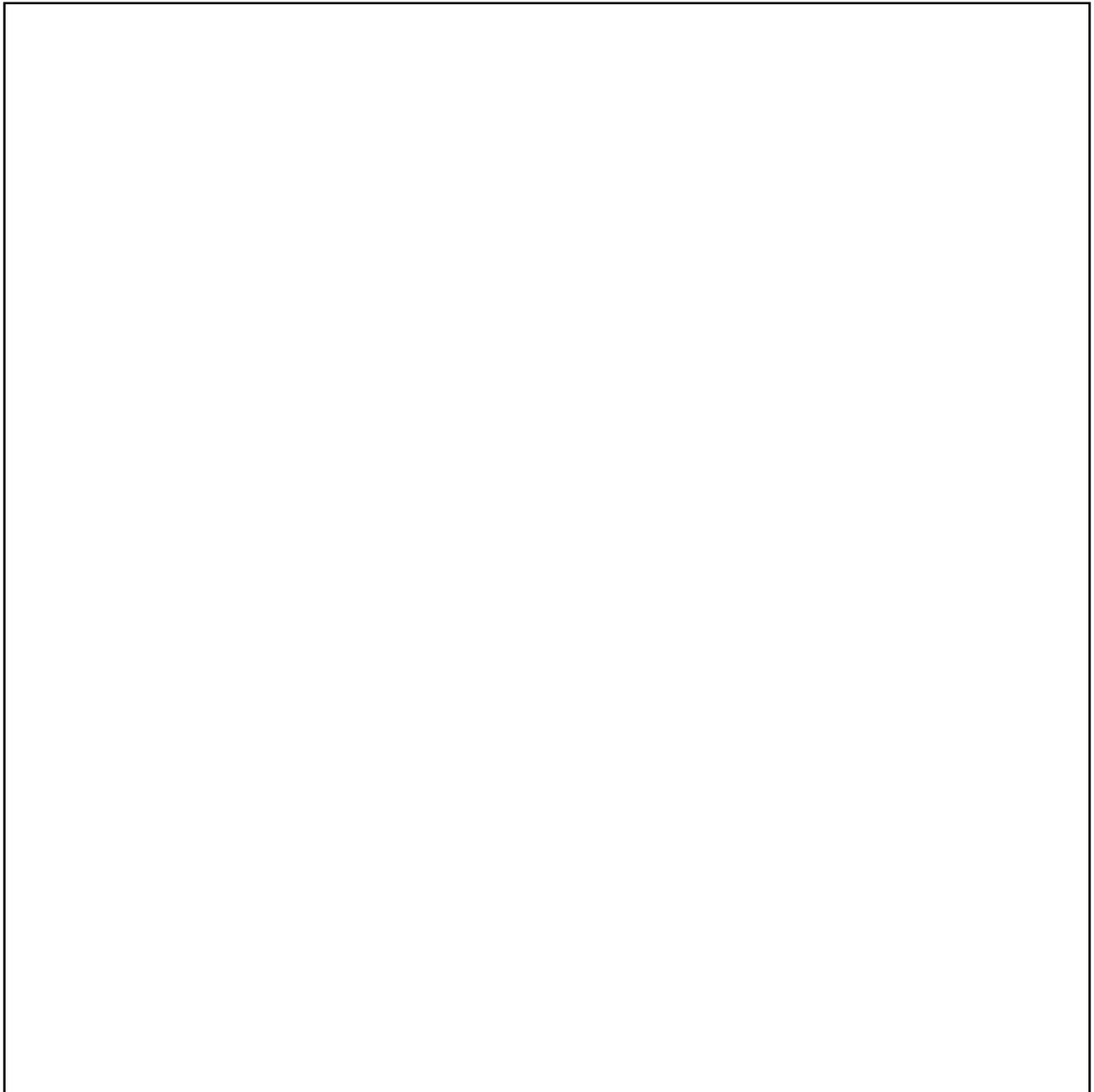
Sustainable Development Goals



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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.**

Create a guitar using an old tissue box, glue, and rubber bands. Share this with your friends and teach them how to make their own guitars too.

Organise dance workshops at home for your neighbourhood friends. Teach your best dance moves and learn from others!

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



40 Activity Points

**SINBAD LOVES TO  
PAINT STORIES ABOUT  
THE OCEAN**

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

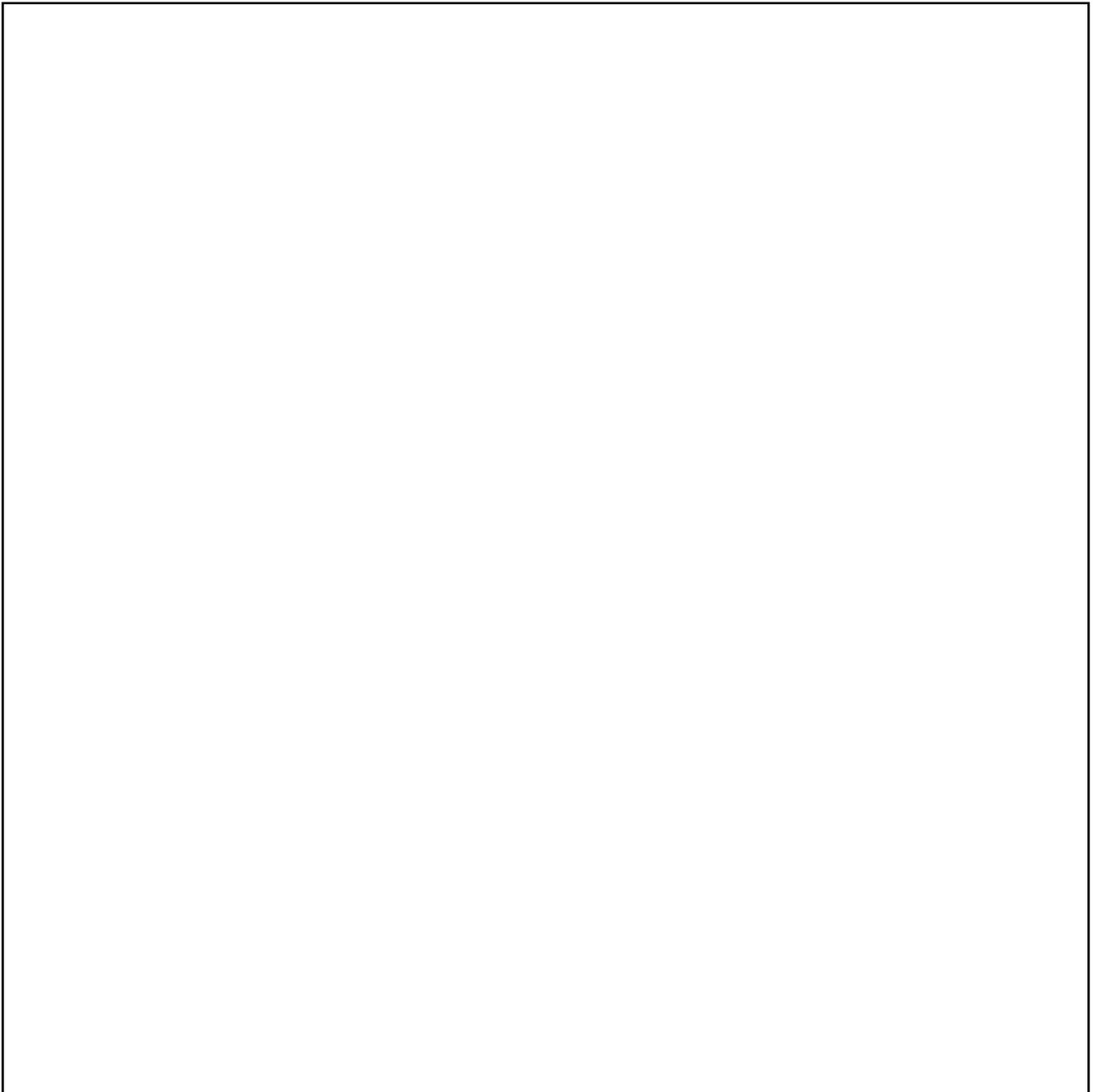
Sustainable Development Goals



# 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 comic strip of all the water conservation activities you did over a week and share it with your classmates.

Create a short film about water conservation practices, and show it to your friends and family.

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



40 Activity Points

# SUSTAINABLE SCHOOL CONCERT

*WE ORGANISED A SUSTAINABLE  
CONCERT IN OUR SCHOOL!*

*I WILL USE CREATIVE ARTS TO USE  
CLEAN ENERGY*

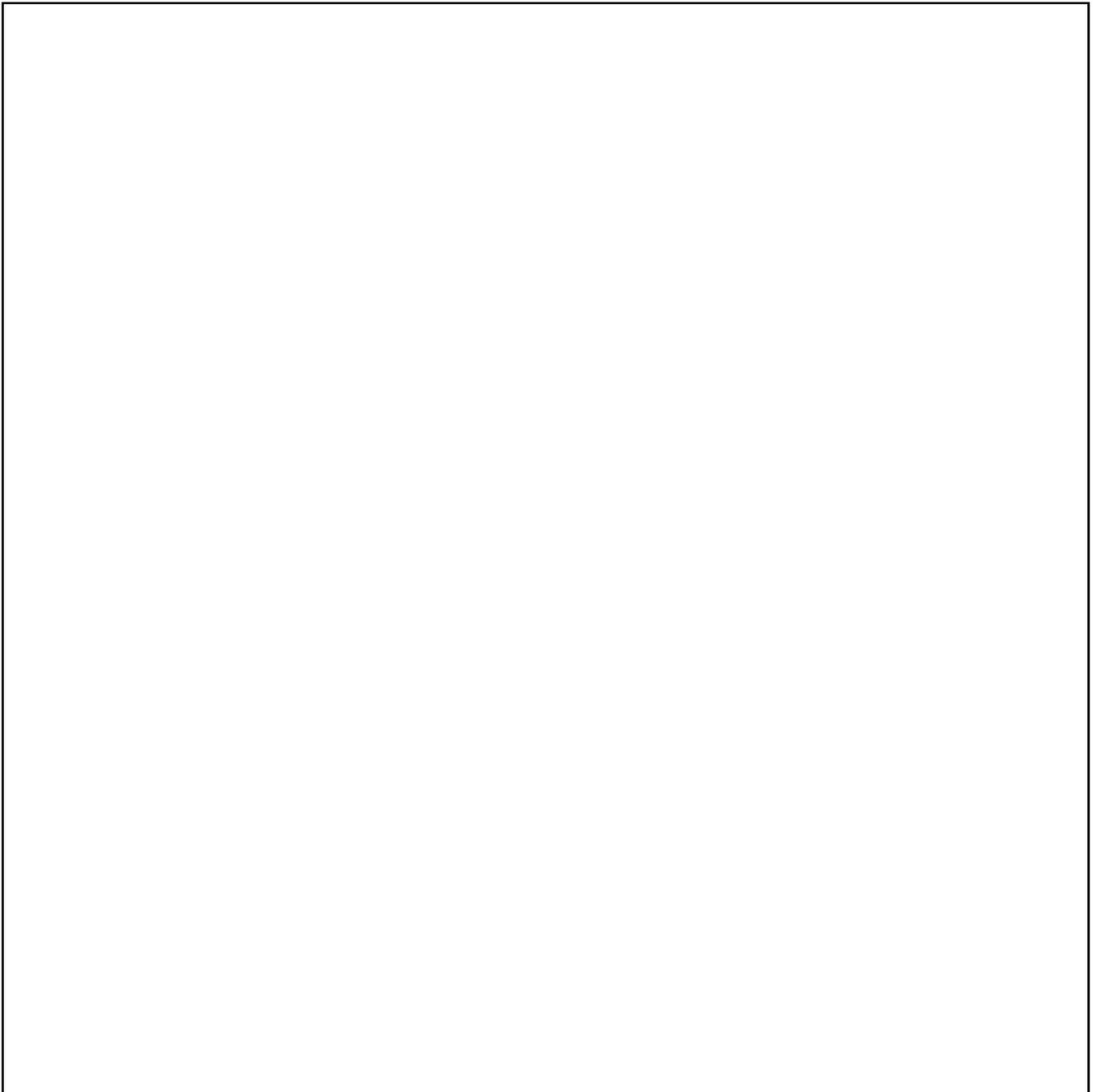
Sustainable Development Goals



# Activity checklist

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

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

Create colourful suncatchers using translucent paper and place them in a sunny window.

Prepare a flowchart on clean energy solutions and circulate it in your community.

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



30 Activity Points

**MY GROCERY BAGS  
ARE MADE OUT OF  
OLD NEWSPAPERS**

**I WILL USE CREATIVE ARTS TO REMOVE  
CO2 FROM AIR**

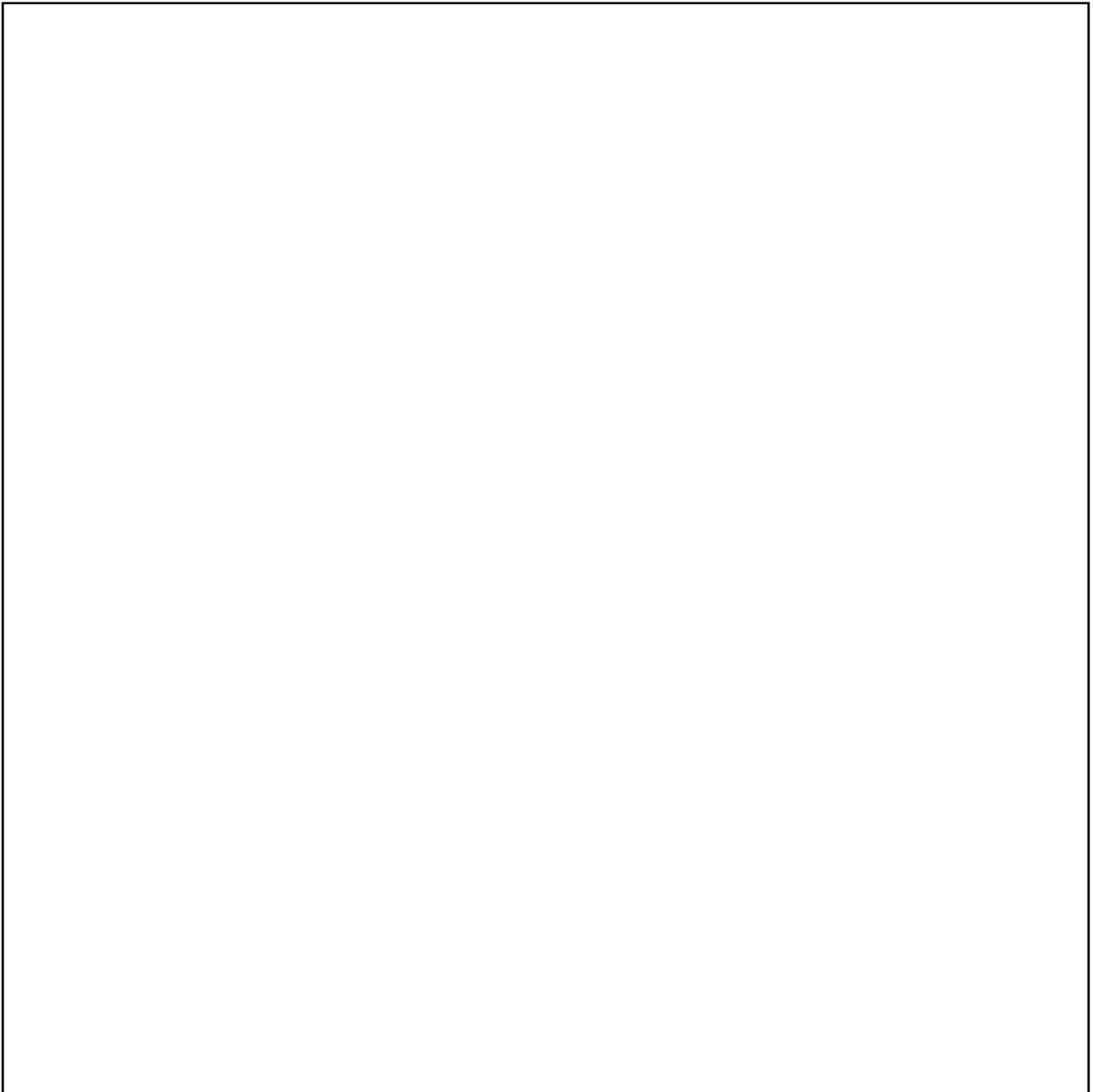
Sustainable Development Goals



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

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

Develop a carbon footprint pledge. List the steps that increase or reduce CO<sub>2</sub> from various activities.

Paint pictures of fruits and vegetables and divide them based on seasonal harvest.

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



60 Activity Points

***I WILL USE RECYCLED  
MATERIALS TO MAKE  
DECORATIONS FOR OUR  
FESTIVALS***

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

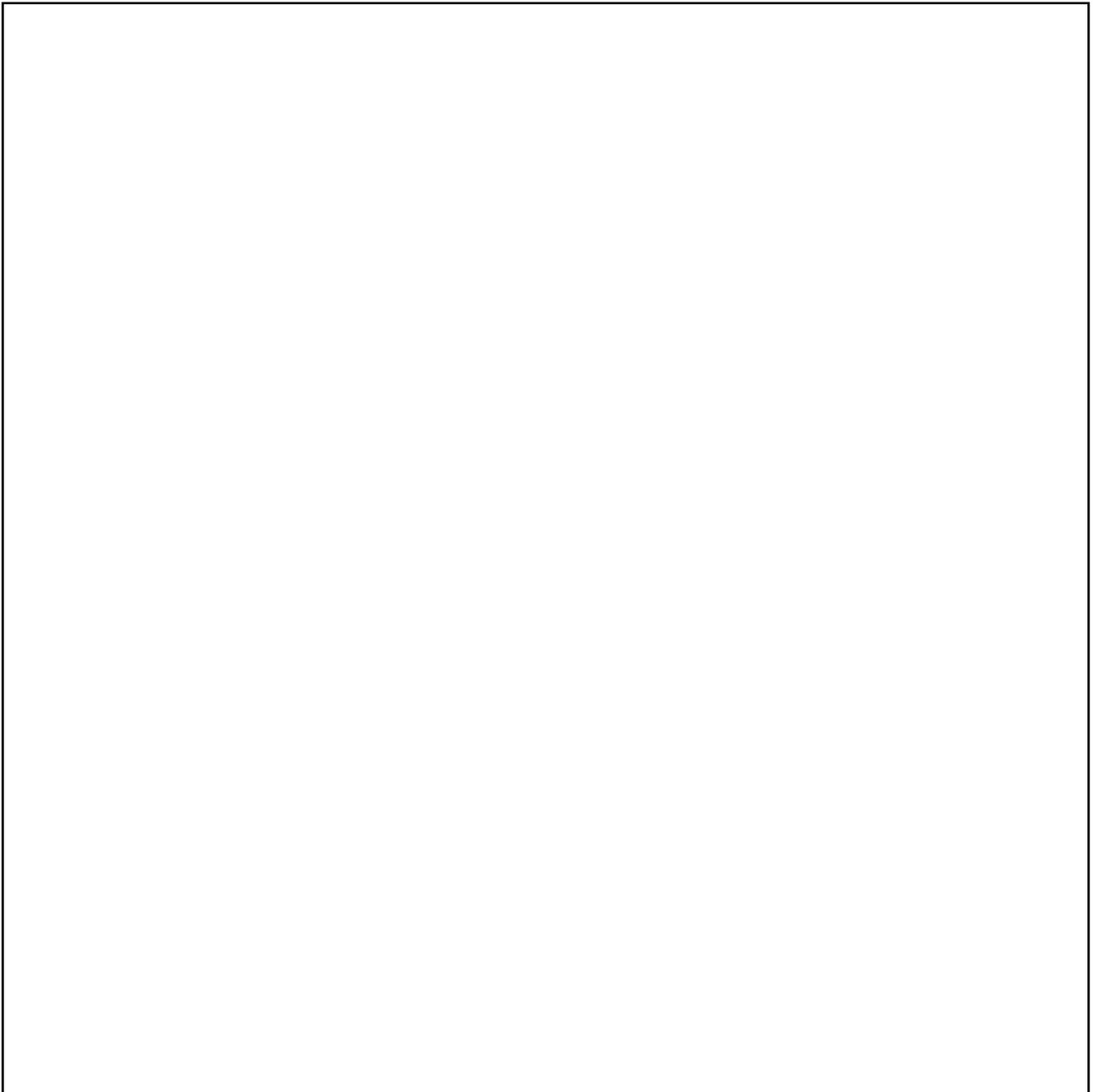
Sustainable Development Goals



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

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

Organise a recycled materials fashion show, where your friends design and model clothing made from repurposed items.

Write a story to raise awareness about waste reduction, and illustrate it like a comic book.

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

 70 Activity Points

**MY DINNER SALADS  
PRESENT A BEAUTIFUL  
ENVIRONMENT FOR MY  
FAMILY**

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

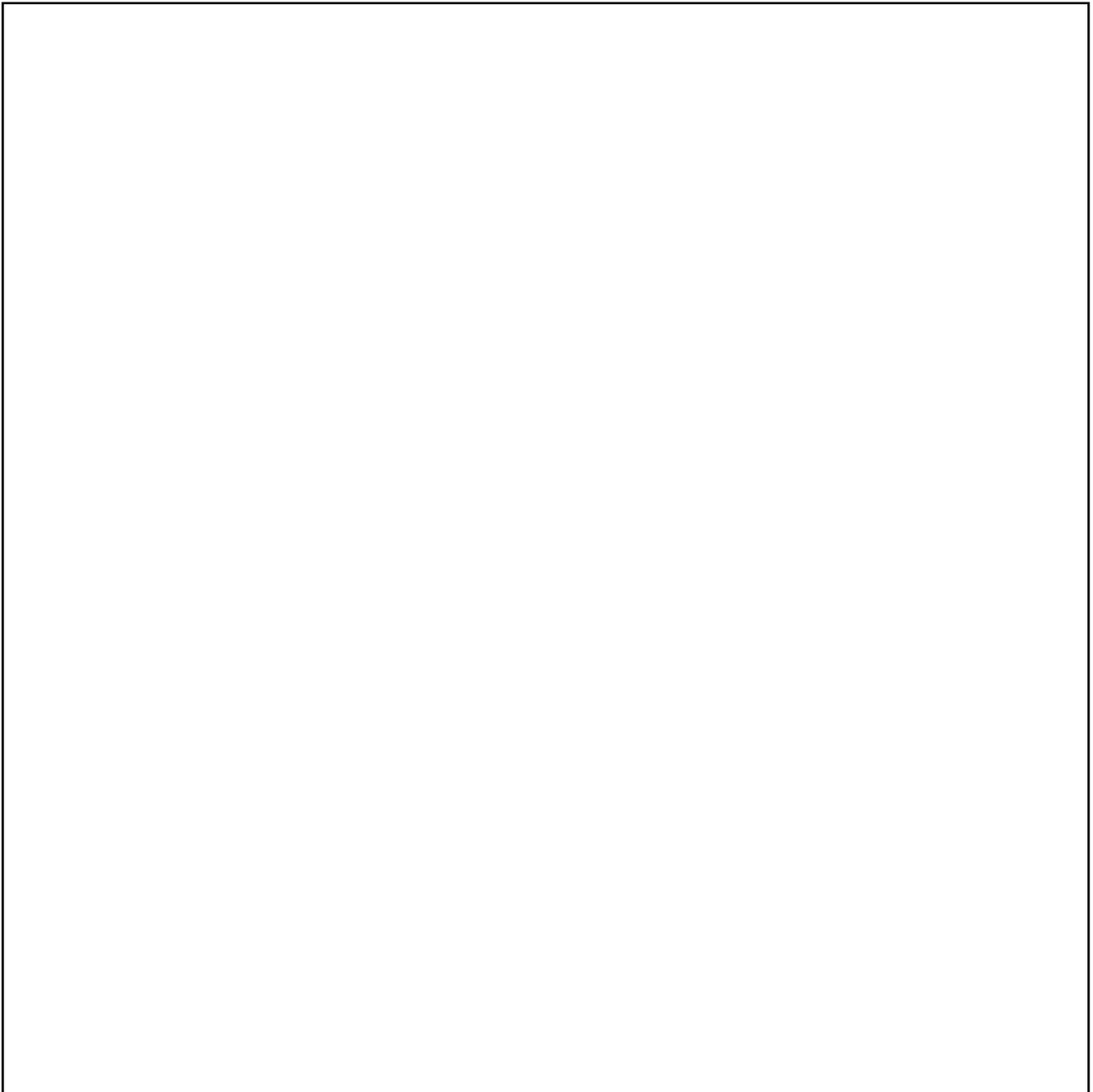
Sustainable Development Goals



# Activity checklist

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

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

Take photographs of a plant in your garden from the stage of planting a seed until it grows fully, and make an album. Show the life journey of the plant to your friends and family and tell them how long it took to grow the plant.

**Make planters with used bottles.**

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



40 Activity Points

*I LOVE SKETCHING THE  
LIFE FORMS I SEE IN  
THE DESERT*

I WILL USE CREATIVE ARTS TO  
PROTECT BIODIVERSITY

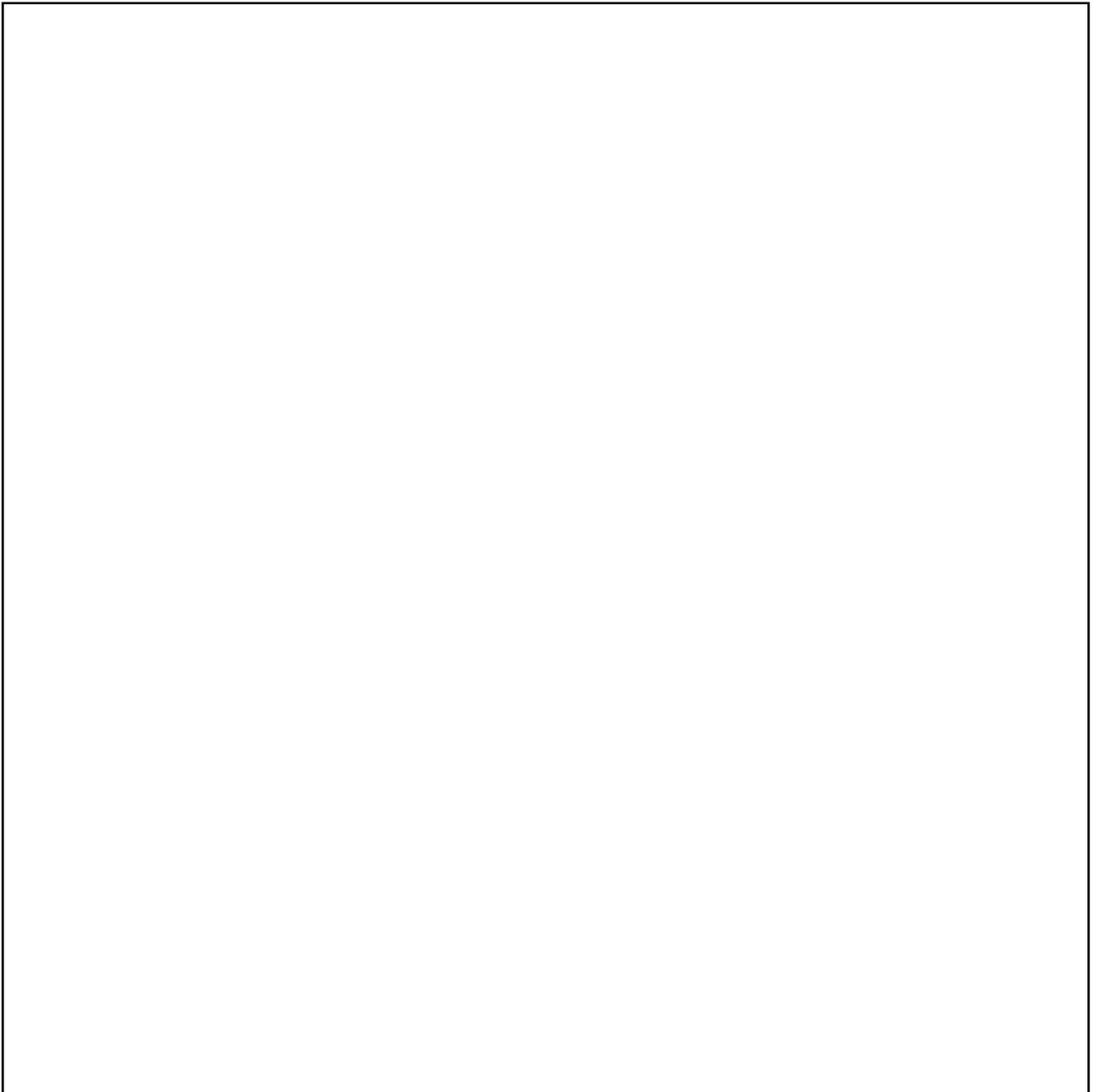
Sustainable Development Goals



# 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.**

Produce a nature-themed podcast or radio show with interviews and stories about the environment.

Create a large-scale mural or sculpture made from recycled materials to raise awareness about the importance of protecting biodiversity.

**I will experiment  
to teach others**



70 Activity Points

*I SHOWED MY FRIENDS  
HOW TO IDENTIFY  
CONSTELLATIONS*

*I WILL EXPERIMENT TO TEACH OTHERS*

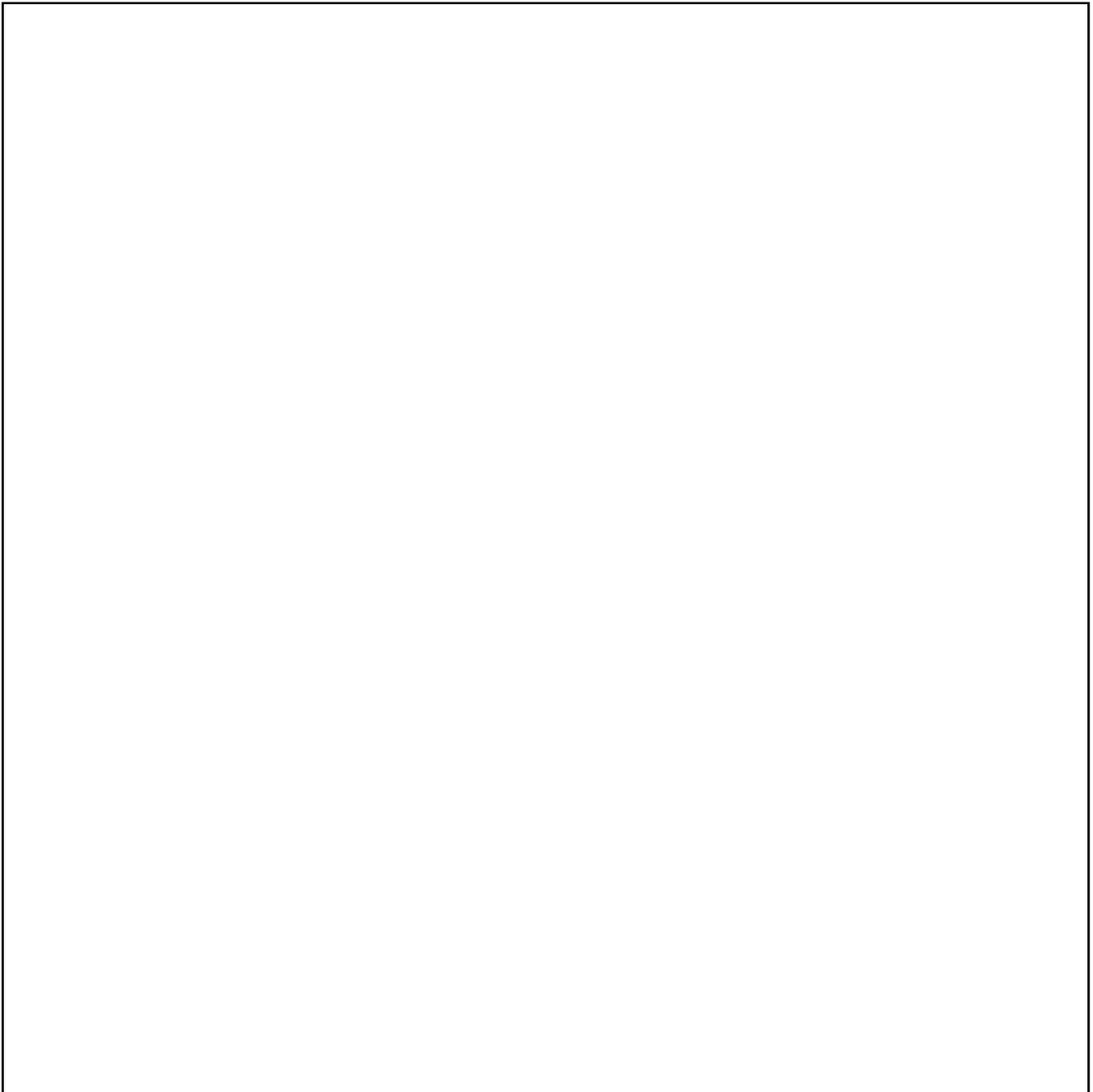
Sustainable Development Goals



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

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

Organise a science day for younger children where they can explore and present their own easy-to-do experiments related to environmental science and sustainability.

Lead a project where students experiment with sustainable gardening practices and teach younger students how to grow their own eco-friendly gardens.

**I will experiment  
to save water**

*I WILL FIND NEW WAYS  
TO EFFICIENTLY WATER  
MY PLANTS*

*I WILL EXPERIMENT TO SAVE WATER*



70 Activity Points

Sustainable Development Goals

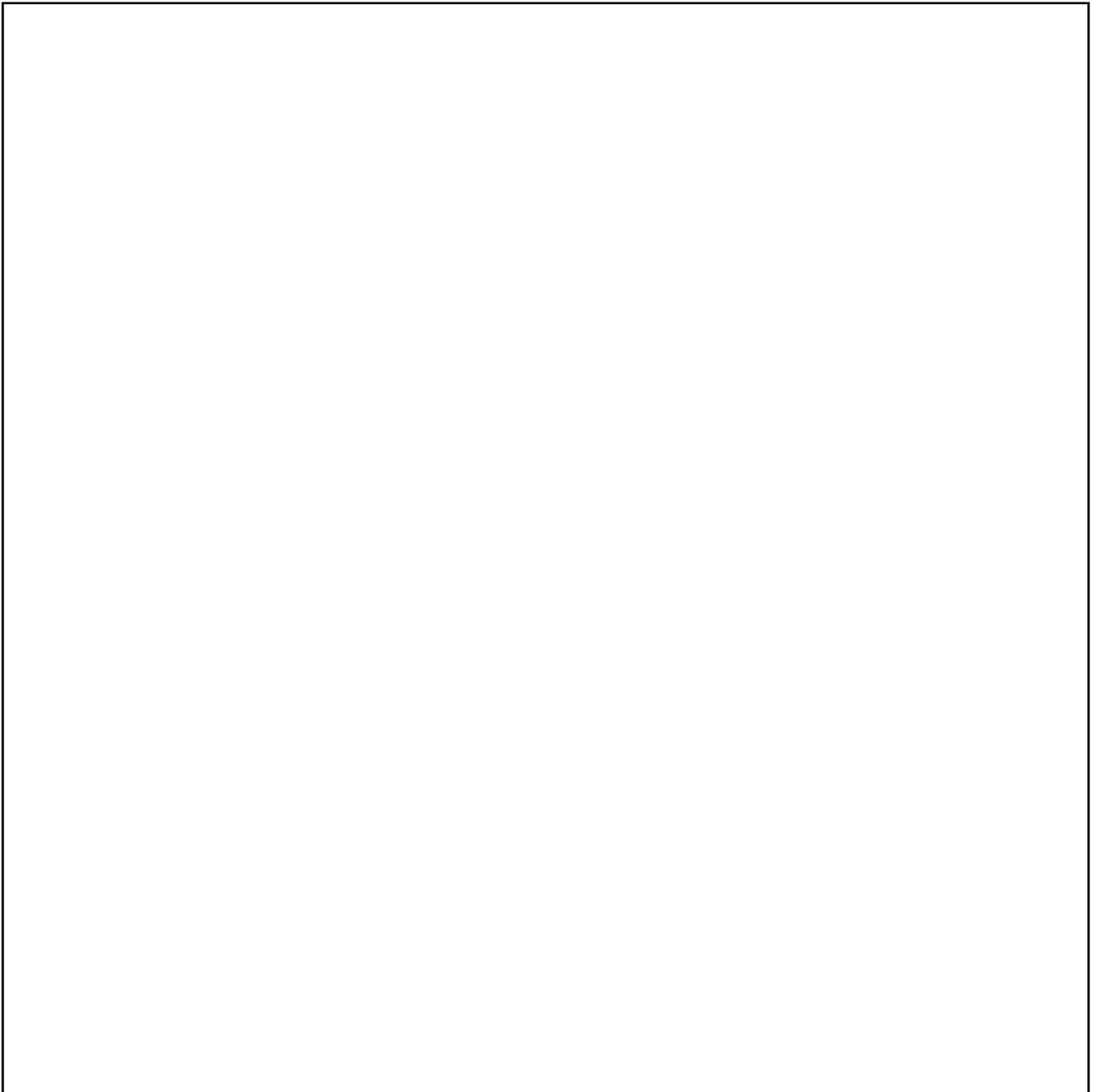
6  
CLEAN WATER  
AND SANITATION



# 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 the student to write down an activity related to saving water.

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

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

**Learn about vertical farming and build a vertical farm model at home.**

**Learn about cloud seeding, and the advantages and disadvantages of doing so.**

**I will experiment to  
use clean energy**

 70 Activity Points

*I USED OLD CARDBOARD  
BOXES TO MAKE A  
WINDMILL*

*I WILL EXPERIMENT TO USE CLEAN ENERGY*

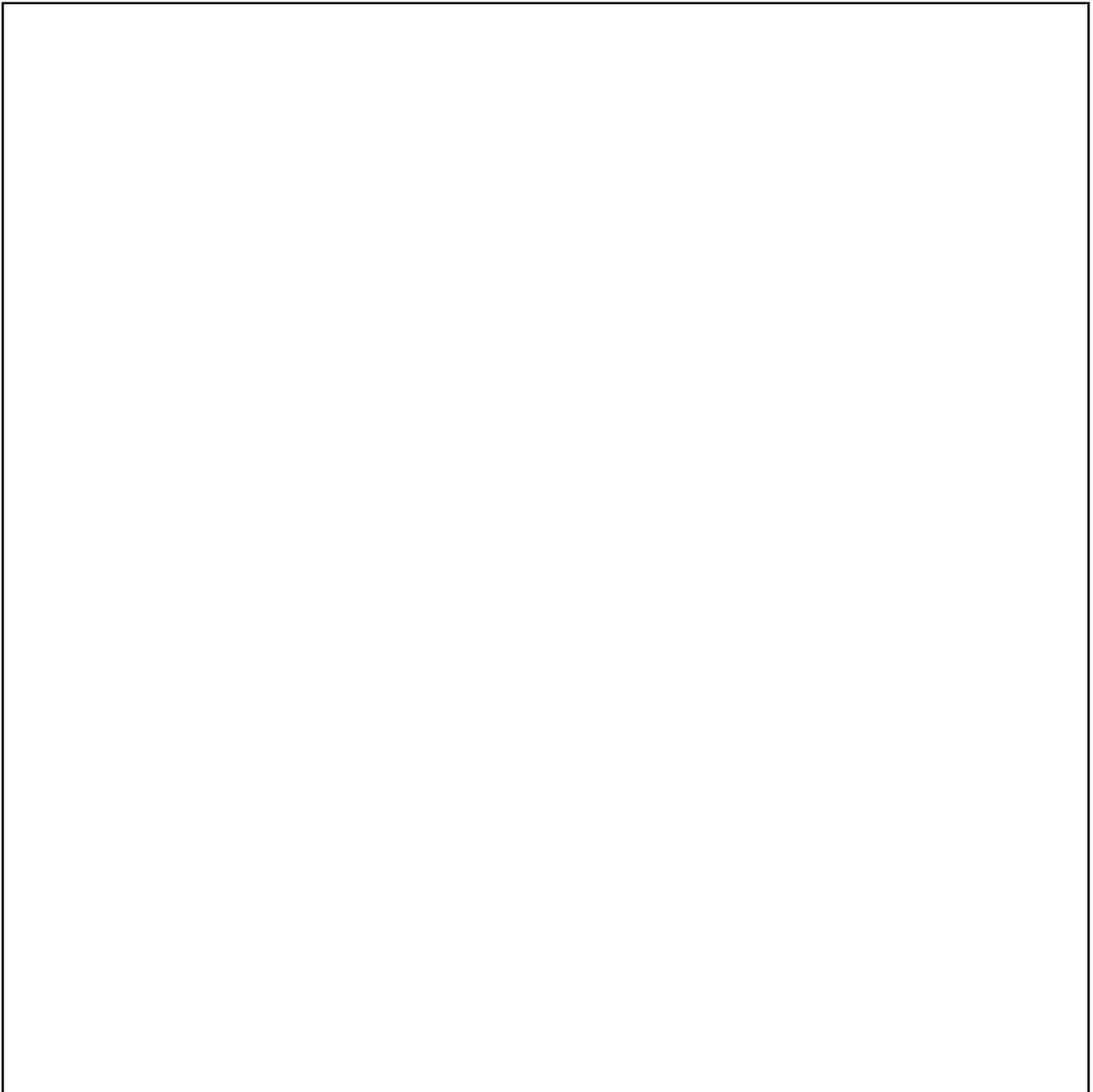
Sustainable Development Goals



# 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.**

**Create a weather station in the classroom with a thermometer, a rain gauge, and a weather chart.**

**Conduct a water conservation experiment using a leaky faucet.**

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



70 Activity Points

***I WILL GROW PLANTS  
THAT PRODUCE MORE  
OXYGEN***

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

Sustainable Development Goals

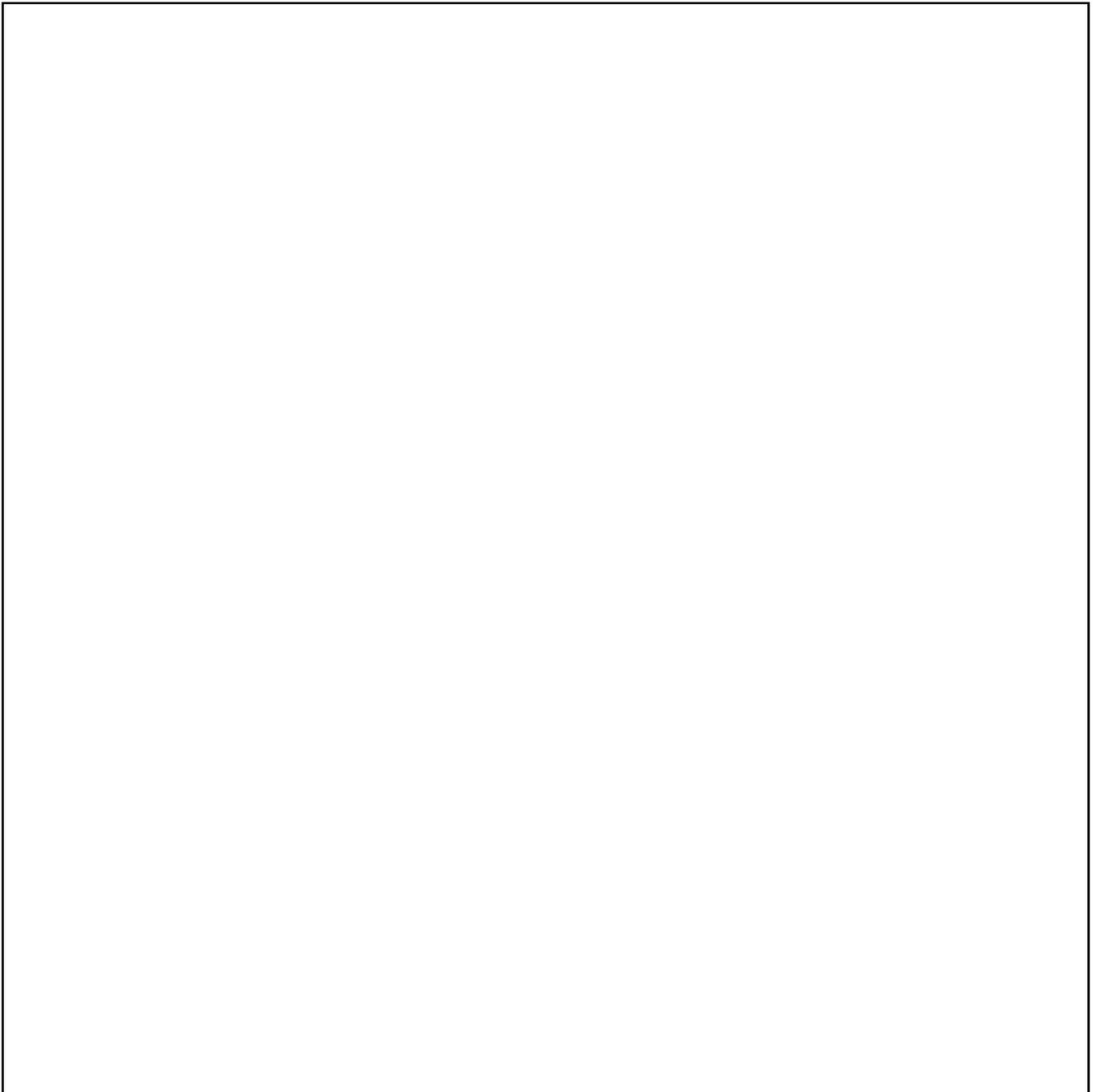
**13** CLIMATE  
ACTION



# Activity checklist

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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 experimenting to remove CO<sub>2</sub> from air!**

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

Place a CO<sub>2</sub> detector and some spider plants in your room. Check the CO<sub>2</sub> count and compare it to the CO<sub>2</sub> count in another room without the spider plant.

Read about peridotite rocks found abundantly in the Middle East region. Collect news clippings about how the peridotite rocks are being used for carbon capture technologies.

**I will experiment  
to manage waste**

 60 Activity Points

***I WILL USE COMPOST TO  
FERTILISE MY PLANTS***

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

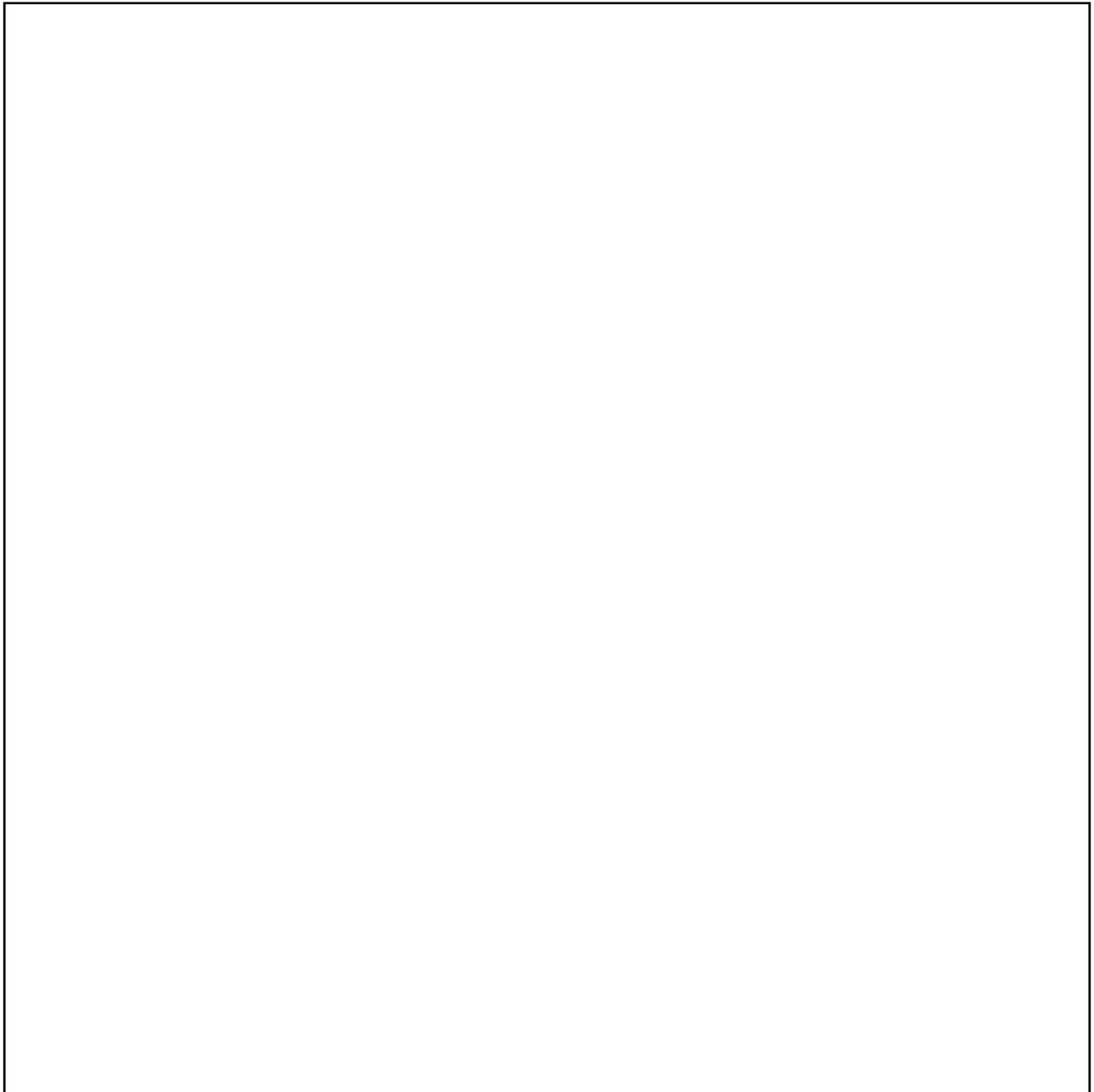
Sustainable Development Goals



# Activity checklist

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

**What activity would that be?**

A large, empty rectangular box with a thin black border, intended for the student to 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 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 experimenting to manage waste!**

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

Conduct a waste audit for your entire neighbourhood, analysing waste streams and proposing strategies for waste reduction.

Take used bottles, cut up the bottom, place some seeds, hang it on the tree, and use it as a bird feeder! Check every day how much of the seeds were eaten. Fill it up again once it is empty.

**I will experiment  
to grow food**



70 Activity Points

**WE SET UP A COMMUNITY  
VEGETABLE GARDEN IN  
OUR NEIGHBOURHOOD**

**I WILL EXPERIMENT TO GROW FOOD**

Sustainable Development Goals

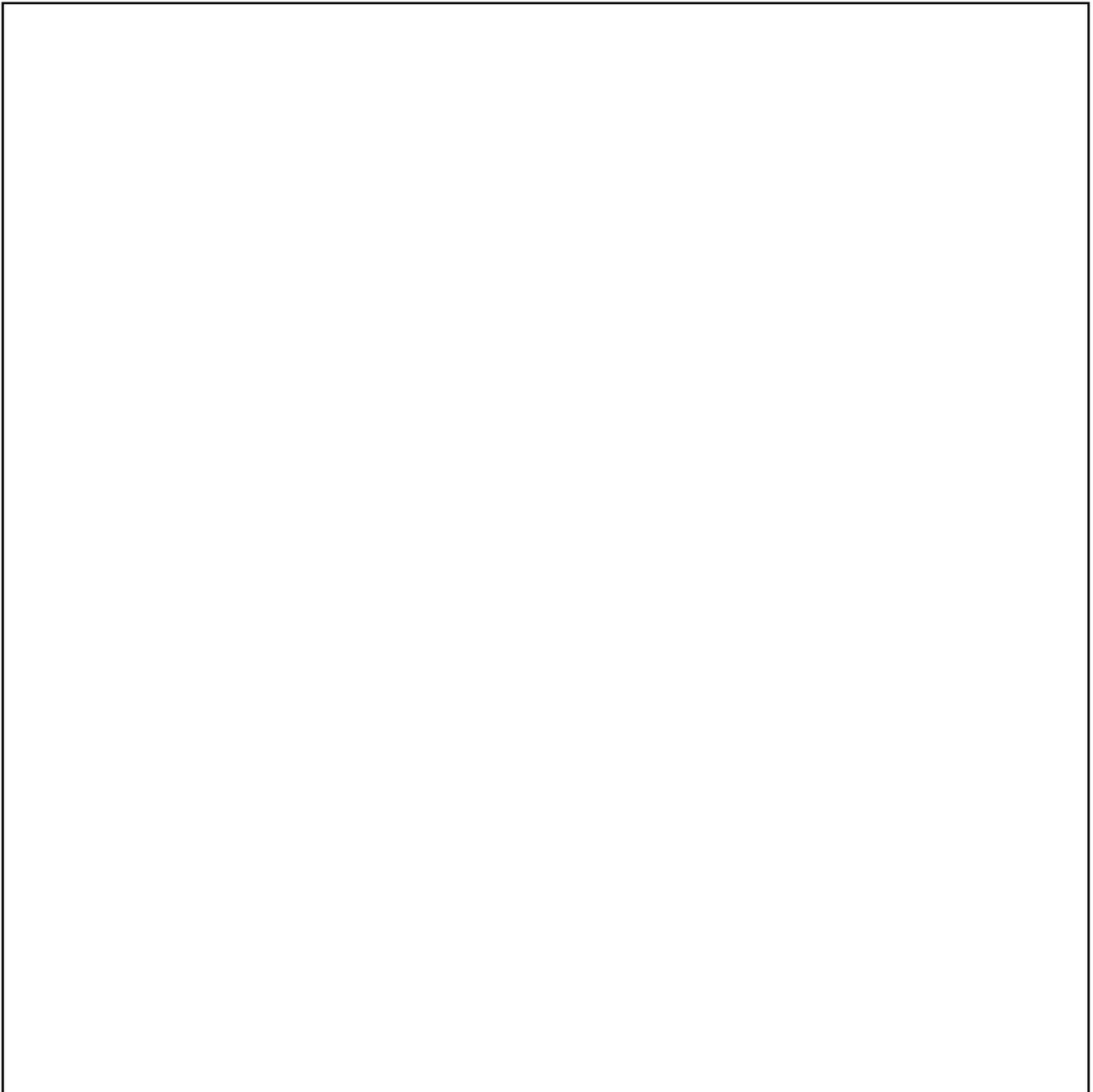
2 ZERO HUNGER



# Activity checklist

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

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 experimenting to grow food!**

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

Grow the same kind of plant in 2 different kinds of soil - 1 with compost and the other without compost. Record with pictures the difference in plant growth and understand the role of compost. Note down your observations in a notebook.

Investigate soil erosion by placing soil in 2 boxes - 1 with just soil, and the other with soil covered by grass. Pour water and observe the results. The soil without grass will undergo faster erosion.

**I will experiment to  
protect biodiversity**



70 Activity Points

***I WILL BUILD A BIRD HOUSE USING  
RECYCLED MATERIALS***

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

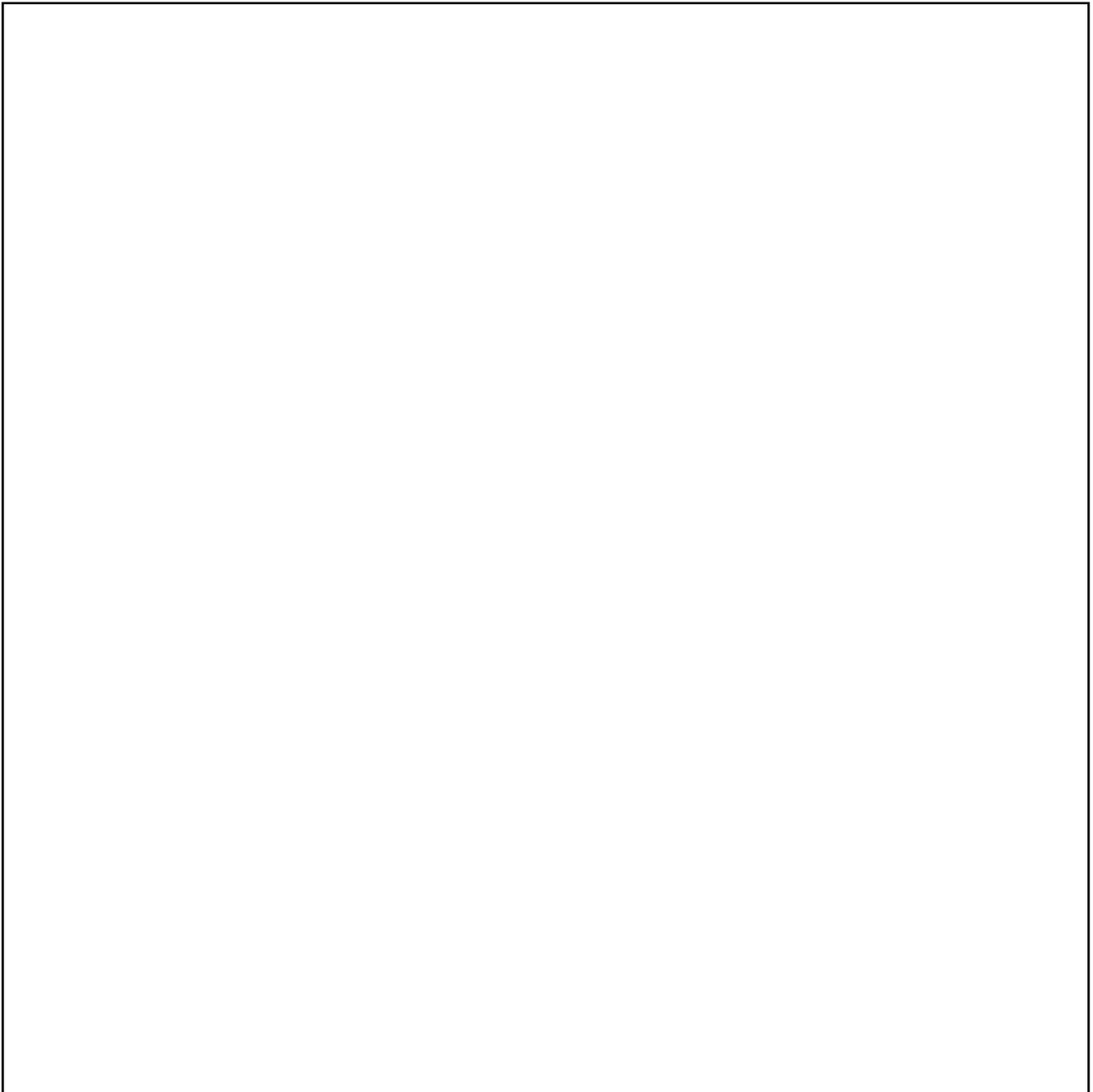
Sustainable Development Goals



# Activity checklist

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

**What activity would that be?**

A large, empty rectangular box with a thin black border, intended for the student to 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 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 experimenting to protect biodiversity!**

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

Conduct a biodiversity survey in your schoolyard or a neighbouring park, recording the different species of plants and animals you observe.

With an adult, investigate the impact of light pollution on local wildlife by observing animal behaviour in different lighting conditions.