



50
YEARS IN INDIA

ONE EARTH ONE HOME

STEP 3 DISCUSS AND DO



CLASSES 3, 4 & 5

ACTIVITY BOOK

Dear Children,

*There is a tiny virus outside, which is not so nice
and we are all staying safe in our houses like little mice.*

*Don't we all wish we had something to do,
a run in the field or a game of peek-a-boo or stapoo.*

*So why just sit in the house and dilly-dally
Let's all gather for an activity with our family.*

*And One Earth - One Home is the best way
To spend your time exploring nature today.*



Hello and Welcome to One Earth-One Home programme!

Did you know that besides you, there are other creatures too that live in your house? You might have seen a few like the ants near a sugar cube or singing of the birds on the nearby tree or even a spider swinging from its web at 180 degrees.

We share our planet - Earth with many plants and animals. And we must respect them whether they are in the jungles or our houses by using our resources carefully

So, let's all begin our journey of fun, with only 3 main steps taken one by one.



STEP 1 - SEEK AND FIND



STEP 2- LOOK AND LEARN



STEP 3- DISCUSS AND DO

*Let's make our homes greener together
for a happier and healthier planet forever.*



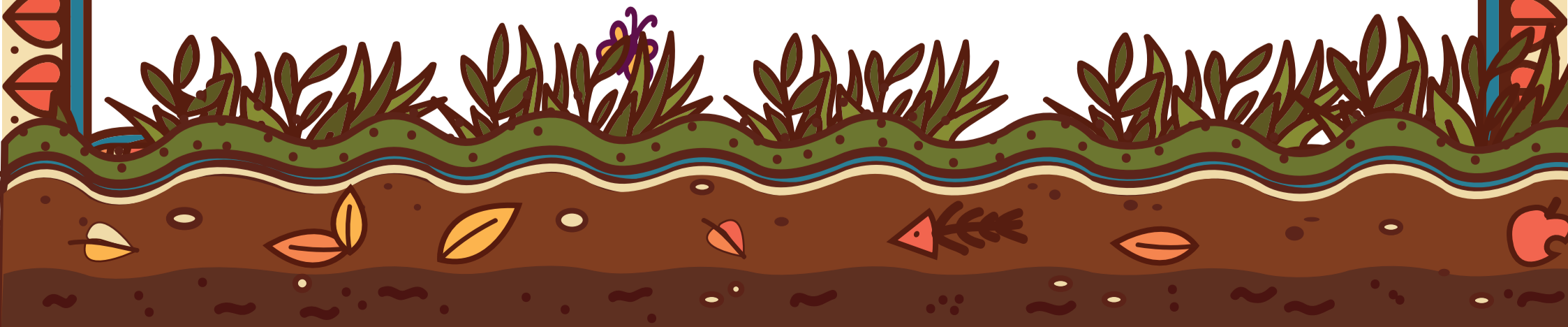
NOTE TO THE PARENTS/GUARDIANS

“

“One Earth- One Home” is a short 10 week programme with only 30 mins of activity time required per week.

- The worksheets can be printed out or can be completed on a blank paper/notebook.
- Accompany and support your child during all the activities. Help them in completing the worksheets.
- Each activity has a short supporting video, which will be sent to the teachers via WhatsApp or can be downloaded from the link provided with each worksheet.
- Always celebrate the small successes and have a fun family time together.







”



STEP 3 DISCUSS AND DO

You are doing well, do not stop. It's time to take the last step of 'One Earth One Home' It will contain 4 worksheets and 3 videos.

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 Video V3A: Sow, Make, Grow! Learn how to grow a plant at home. https://youtu.be/zvg5B7ZJWso	Pg. 1
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 Video V3B: Let's talk rubbish! Learn how to create less waste and become greener. https://youtu.be/hw2VZqtKipA	Pg. 4
 Worksheet W3B: I am Responsible List down different kinds of waste produced in your house. Divide them into Dry Waste and Wet Waste.	Pg. 5
 Video V3C: Nature Recyclers Learn about composting and how you can do it at home. https://youtu.be/h4XWdG64J6E	Pg. 7
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Make a Green Home Symbol!	Sign the Pledge!
Make a symbol from old material and fix it outside your home to showcase that you are now a green home. Pg. 13	Write things you will always continue to do as a family. Sign and display it in your house. Pg. 14

One Earth, One Home also helps in achieving Sustainable Development Goals (SDGs).

STEP 3 IS FOR :



VIDEO V3A

VIDEO TIME

Sow, Make, Grow !

Learn how you can grow simple fruits, vegetables and herbs at your home with the help of this video. <https://youtu.be/zvg5B7ZJWso>



My Little Garden

Good food is important for a healthy family.

When you grow your own food, you help in making our planet healthier.

You can create a kitchen garden anywhere.

You can grow plants in egg shells or coconut shells!

Seasonal fruits & vegetables grow faster and need less care.

Tick mark the steps or write their serial number in your notebook, as you complete them.

1. Pick a spot for your plant. If you have limited space then find a container for your plant. It can be a pot, eggshell or an old jar.



You can grow your plants in:



a. Easily available pots



b. Used plastic bottles



c. Climbers on the roof



d. Seedlings in eggshell



e. Coconut shell



f. Old buckets or any other container

2. Fill this table with the help of a family member.

Season	A plant that I can sow? (Vegetable, Herb)	How much time will it take to grow?
Summer		
Monsoon		
Winter		

3. Prepare your spot and start planting it with your family.



4. Draw how your plant looks after it has fully grown.

VIDEO V3B

VIDEO TIME
Let's talk rubbish!

Learn how to create less waste by watching this video.
<https://youtu.be/hw2VZqtKipA>

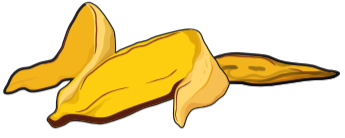


WORKSHEET

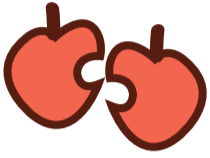
W3B

I am Responsible

Tick or write the serial number of the different kinds of waste produced in your house.



1. Vegetable and Fruit Peels



2. Leftover Food



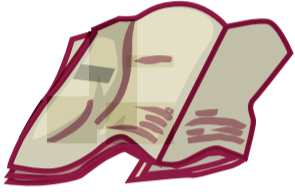
3. Fallen leaves



4. Broken glasses



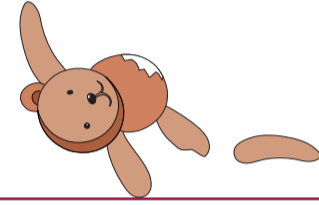
5. Water used for washing clothes



6. Old newspapers



7. Broken furniture



8. Broken toys



9. Spoiled Fruits and Vegetables



10. Plastic bottles



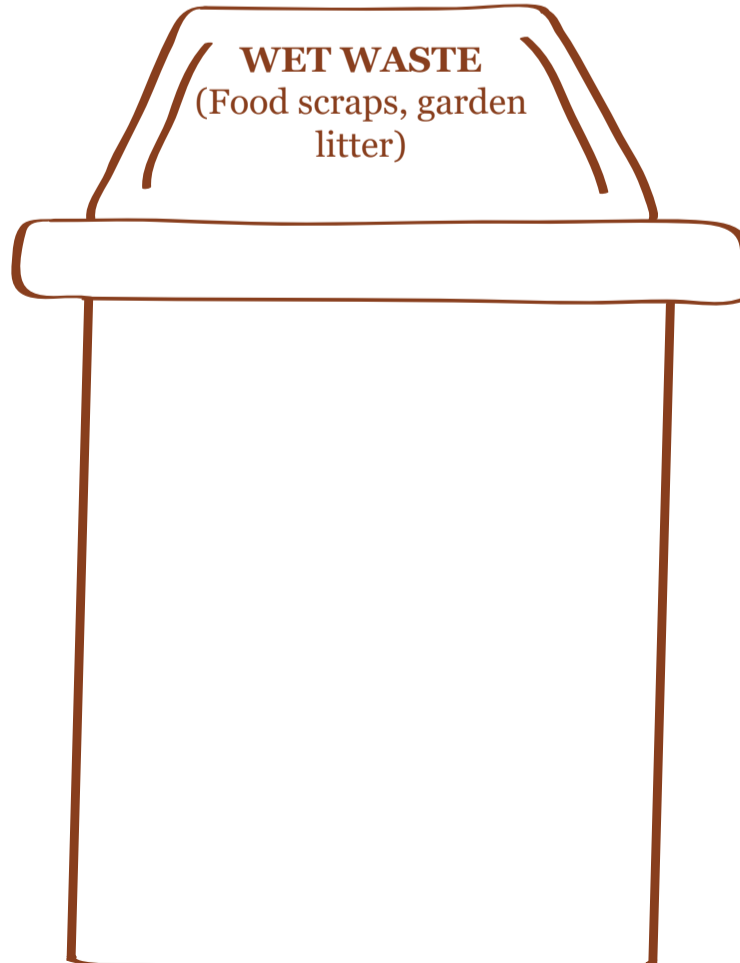
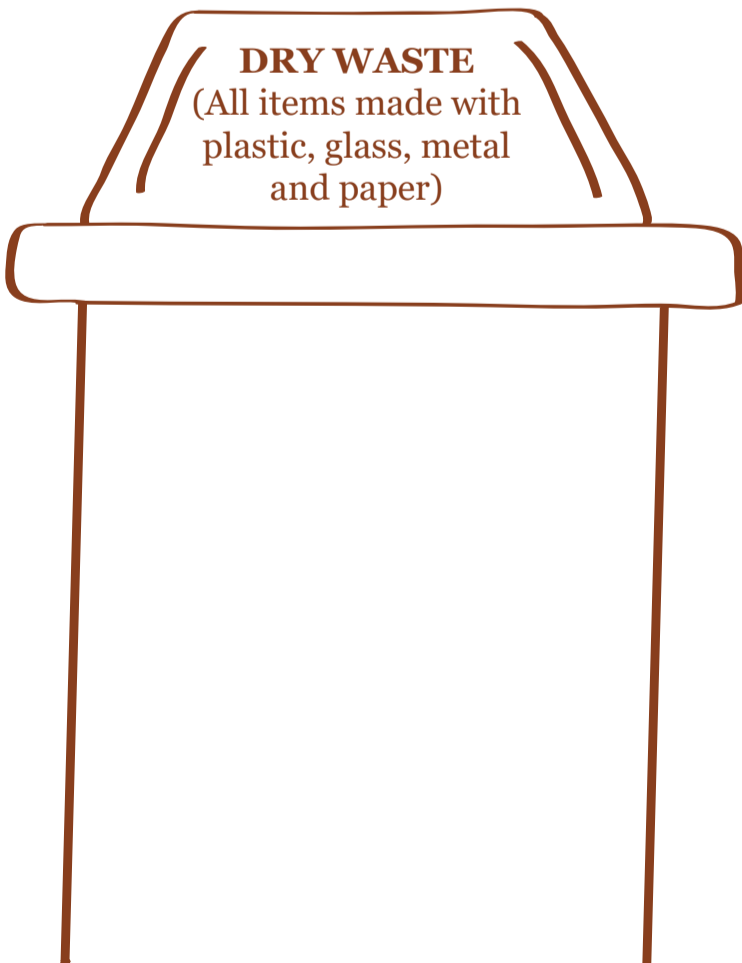
11. Plastic wrappers/bags



12. Used notebooks


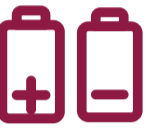







It's time for a small task! Follow the steps given below -

1. Set up two dustbins in the house using old containers. One for dry waste and the other for wet waste.
2. Draw the chart below in your notebook. Divide down the different types of wastes into dry waste and wet waste. Use the above list for reference.



Remember –

- Dry waste can be recycled.
- Wet waste can be used to make nutritious compost for your plants.
- Some of our household waste can be very dangerous. Be aware of:

 Leftover Paint	 Used batteries	 Sanitary waste
 Chemical fertilizer	 Cleaning agents	 Pesticides
 Spoiled electrical devices	 Motor oils	 Expired medicines

- Hazardous waste should not be thrown near a water source.
- Ensure the waste you have segregated is sent to the right people.

VIDEO V3C

VIDEO TIME Nature Recyclers

Learn what is 'Composting' and how you can do it at your house.
<https://youtu.be/h4XWdG64J6E>



Magic in my Backyard!

Make a compost pit at home with the instructions below:

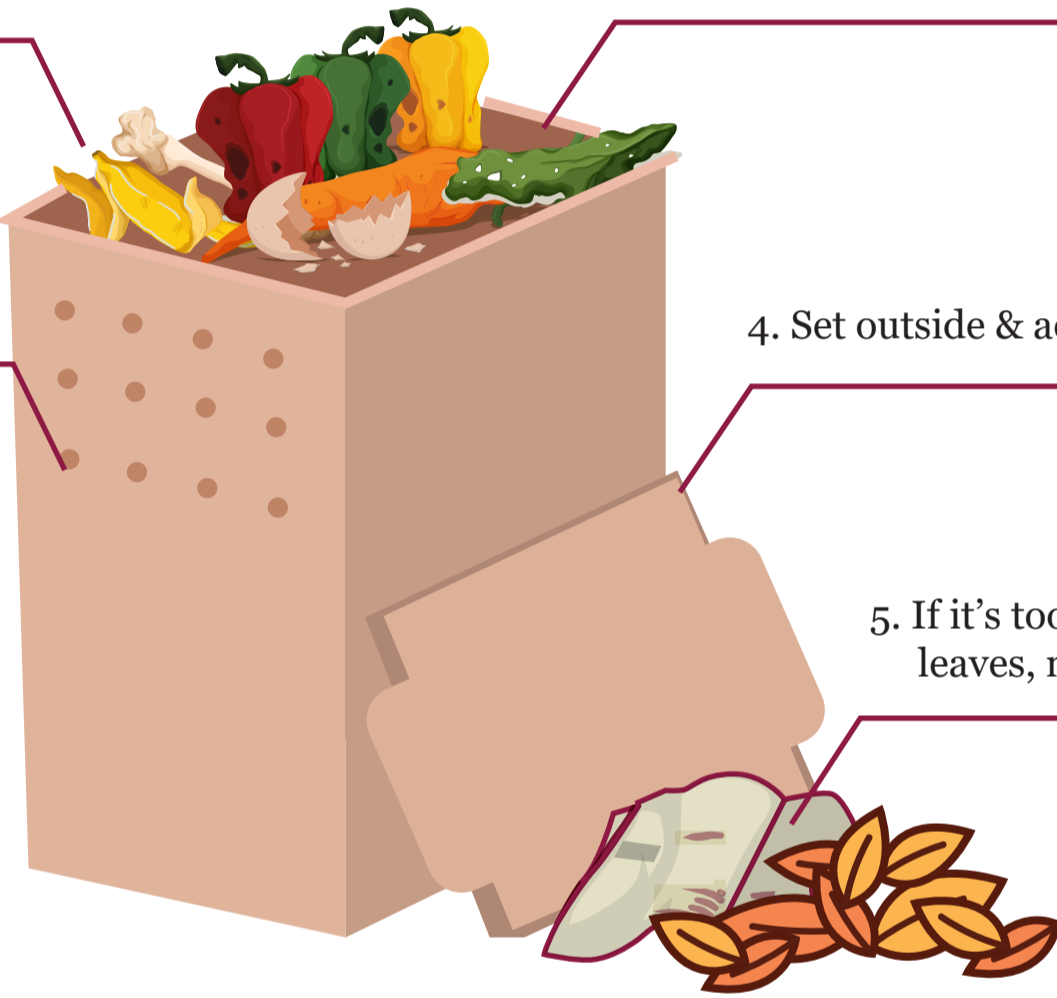
1. Choose a plastic bin that's at least 18 gallons with a lid.

3. Fill with normal compost.

2. Drill holes 1-2 inches apart

4. Set outside & aerate or shake daily.

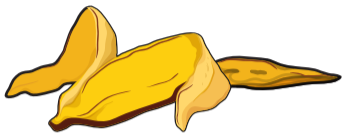
5. If it's too wet add dry leaves, newspaper or sawdust.



Points to remember:

1. It is important to let air pass through it.
2. Do not let your compost get too wet.
3. The container should have holes all around.
4. Turn the compost with a stick or rake once a week.
5. Add newspaper, sawdust or dry leaves if it gets too wet.
6. Do not be scared of the maggots, they help in composting.

WHAT GOES IN THE BIN



Food scraps, tea leaves,



Flowers, Twigs

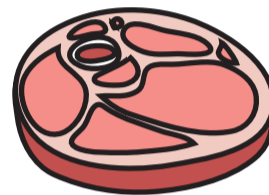


Dry leaves

WHAT STAYS OUT OF THE BIN



Bones,



Meats, animal waste



Diseased plants



WORKSHEET

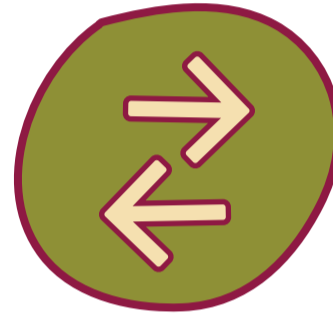
W3D

Let's Make our Home
- A Green Home!

Following green habits are good for our environment. You can do it easily by remembering the 5 R's.



REDUCE



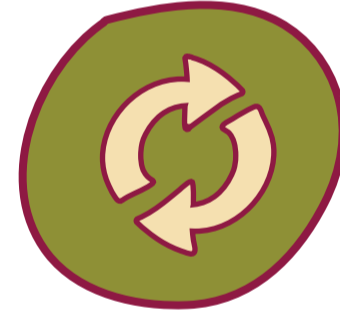
REPLACE



REPAIR



5 R's



REUSE



RECYCLE

Draw the chart given below and have a small meeting with your family.

Ask all your family members to watch their habits for a week. At the end of the week, give each member a star on the chart, if they have practised the habit.

Habits	Week 1	Week 2	Week 3	Week 4
 Avoided packaged food from market.				
 Switched off lights and fans when not in use.				
 Cared for a plant.				
 Observed a tree and an animal.				
 Carried a bag to market.				
 Fixed a leaking tap.				
 Reused water.				
 Grown a vegetable/herb.				
 Did not get any plastic item home.				
 Segregated the waste.				

Discuss the following with your family.

- Is there a box that did not get any stars? Yes/No
- If yes, which one is it?

- Has the number of stars increased or decreased over the week ?

VIDEO V3D

VIDEO TIME OEOH Do it yourself

The three steps of One Earth One Home are done! And now its time to celebrate. Just follow this Do-It-Yourself video and decorate your home with a flag or buntings . <https://youtu.be/jXGKL1XKLog>



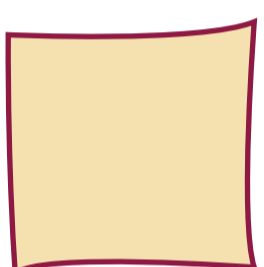
LET'S CELEBRATE!

Make a Green Home Symbol!

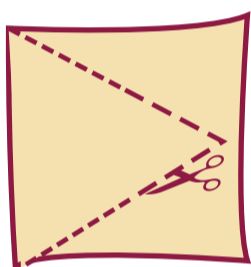
Make any symbol like a flag or bunting, using only old materials and hang it outside your house.

Your symbol should showcase that you are a green home now. For example, a tree, a green handprint or hands holding the Earth.

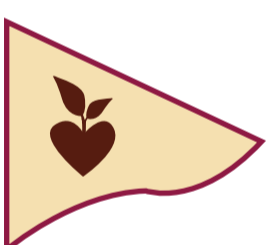
SAMPLE OF A FLAG



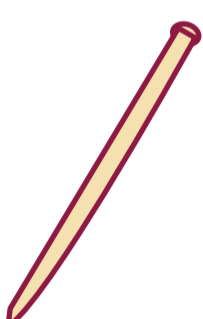
Step 1- Take any old cloth.



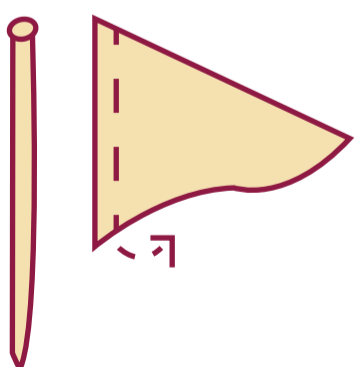
Step 2 - Cut it in a small triangle shape.



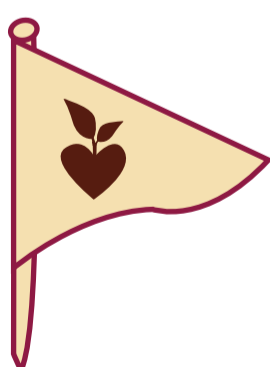
Step 3 - On the triangle shaped cloth paint your symbol by using Fabric paints.



Step 4 - Then, take a stick .

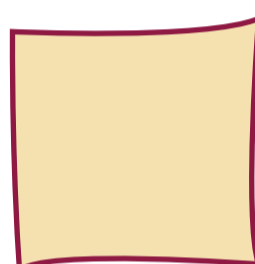


Step 5 - Apply Fabric glue on the folded portion as described above and paste it.

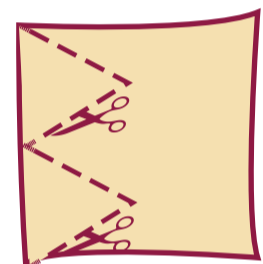


Step 6 - Finally you will get your flag.

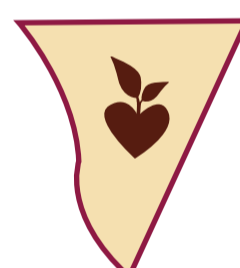
SAMPLE OF A BUNTING



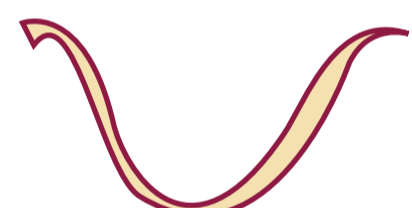
Step 1- Take any old large cloth.



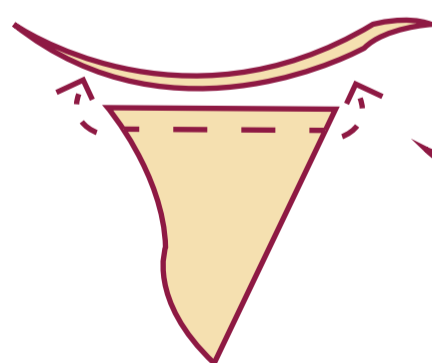
Step 2 - Cut it into 5-6 small triangle shapes.



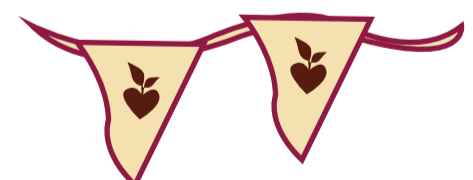
Step 3 - On all the triangle shaped clothes paint your symbol by Fabric paints.



Step 4 - Then, take a long drawstring (nada) or any cloth string.



Step 5 - Apply Fabric glue on the folded portion as described above and paste all your triangles by keeping some distance.



Step 6 - Finally you will get your bunting.


GREEN FAMILY PLEDGE

Congratulations on completing 'One Earth, One Home' activities!

Make your own pledge to continue being a green home and a green family. Write or draw one thing you will always continue to do as a family in each of the areas below and all the family members can sign under with their names. Display it in the house.



We pledge to continue being a green home and a green family by -

 Plant and animals around	
 Water	
 Food	
 Waste	

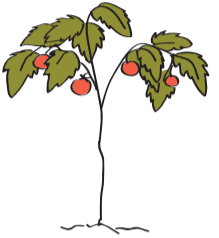
Name	Relationship with the child	Sign/ thumbprint



RECAP AND MORE

Congratulations! You have completed Step 3.

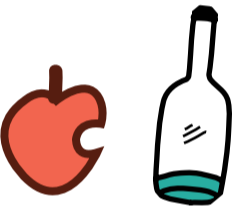
Let's see what we have learnt till now! Tick or write the numbers from the boxes against all the things you know now.



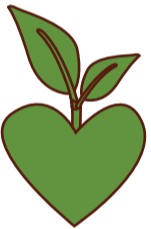
1. I grew my own food.



2. I set up two types of dustbin at home.



3. I segregated wet waste and dry waste.



4. I now know the meaning of eco-friendly.



5. I made a compost bin at home.



6. I now know about different types of R's.

On the completion of **Step 3**, the Panda Bot wants to give you '**One Earth One Home**' Badge. Download the badge from this link now:

https://www.wfindia.org/about_wwf/environmental_education/one_earth_one_home/step_three_badge.cfm

