



ONE EARTH ONE HOME

STEP 3 DISCUSS AND DO



CLASSES 6, 7 & 8

ACTIVITY BOOK



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? Some of them are more visible whereas others become our hidden housemates!

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

Plants, animals and humans must thrive together, for a happier and healthier planet forever.

And it all starts by us taking a few steps to learn about nature, adopt green habits and create eco-friendly homes.

So, we got you the One Earth - One Home programme, the best way to spend your time exploring nature today.

It has three main steps:



STEP 1 - SEEK AND FIND



STEP 2- LOOK AND LEARN



STEP 3- DISCUSS AND DO



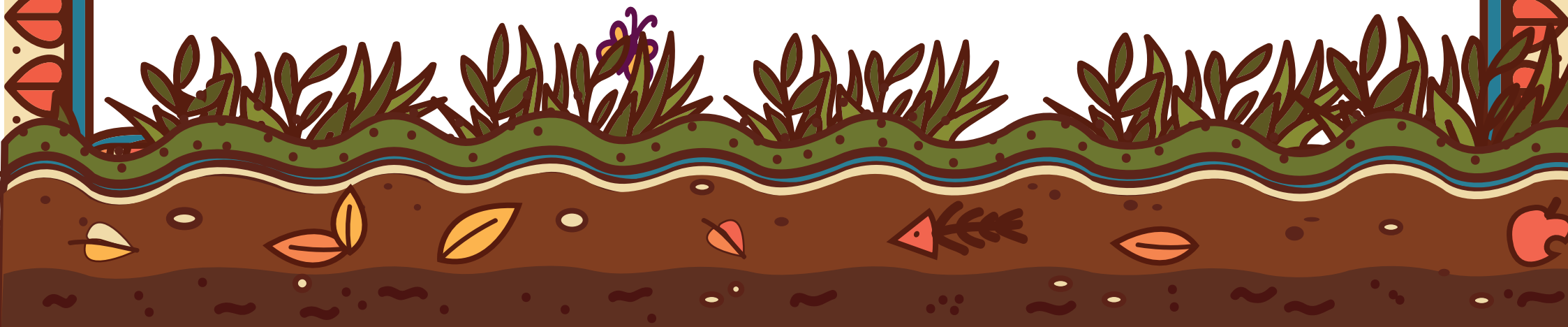
NOTE TO THE PARENTS/GUARDIANS

“

“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 and a DIY project in the end.

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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
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Make a Green Home Symbol!	Sign the Pledge!
<p>Make a symbol from old material and fix it outside your home to showcase that you are now a green home.</p> <p style="text-align: right;">Pg. 16</p>	<p>Write things you will always continue to do as a family. Sign and display it in your house.</p> <p style="text-align: right;">Pg. 17</p>

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. And when you grow it, you help in making the environment healthy.

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. Can you prepare a dish with the plant you have grown? If yes, which one ?

5. 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>

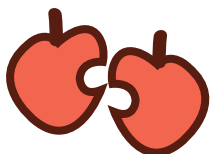


I am Responsible

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



1. Vegetable and Fruit Peels



2. Leftover Food



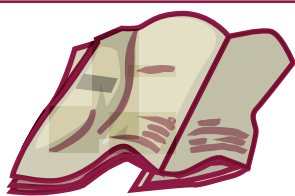
3. Fallen leaves



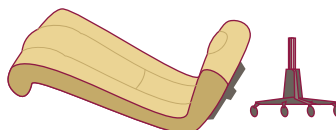
4. Broken glasses



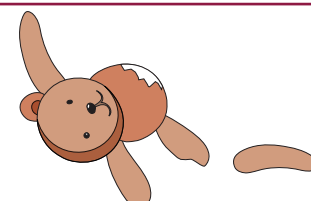
5. Water used for washing clothes



6. Old newspapers



7. Broken furniture



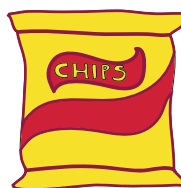
8. Broken toys



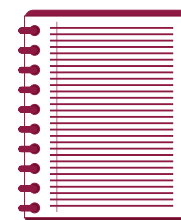
9. Spoiled Fruits and Vegetables



10. Plastic bottles



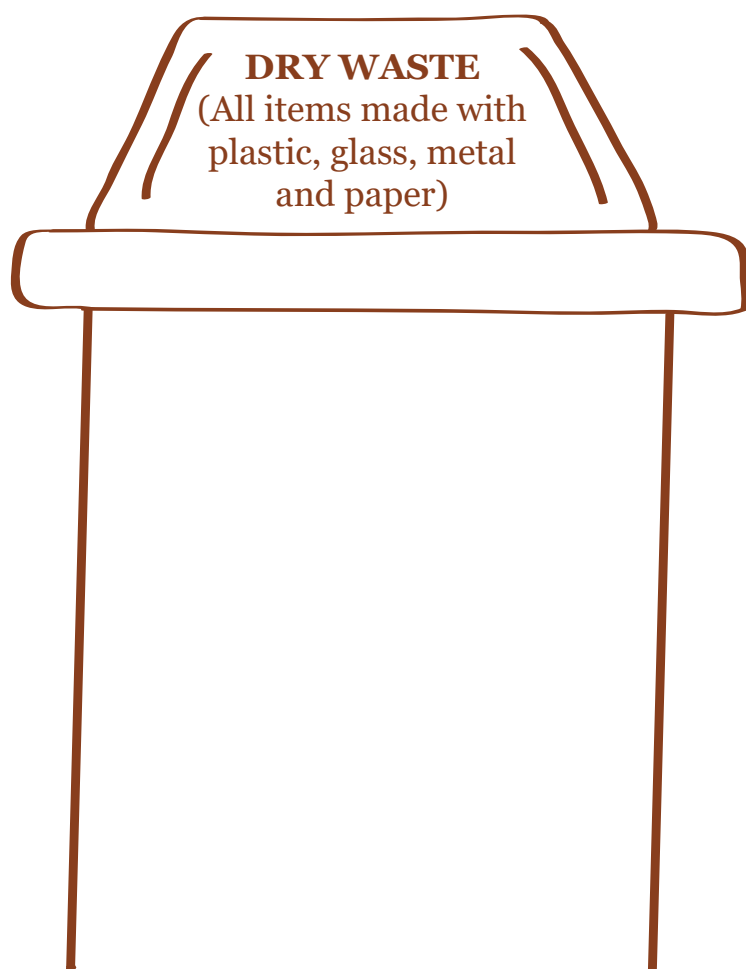
11. Plastic wrappers/bags



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>



Make a compost pit at home with the instructions below:

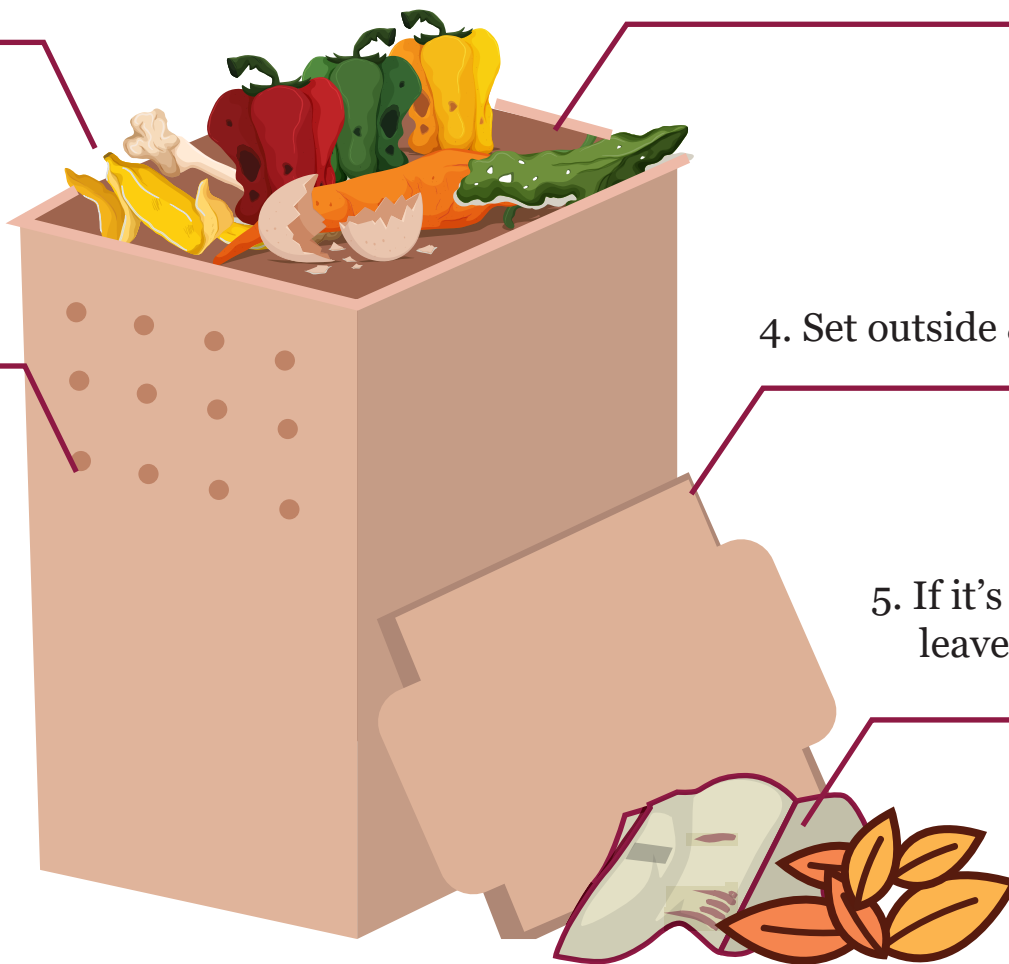
1. Choose a plastic bin that's at least 18 gallons with a lid.

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. For odourless composting at home, do not let it get too wet. You can add newspaper, sawdust or dry leaves if it gets too wet.
2. Do not be scared of the maggots, they help in composting.
3. It's important to let air pass through it. The container should have holes all around. Turn the compost with a stick or rake once a week.

WHAT GOES IN THE BIN



Food scraps, tea leaves,



Flowers, Twigs

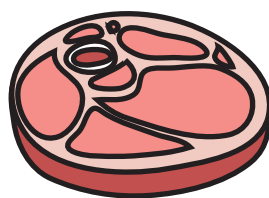


Dry leaves

WHAT STAYS OUT OF THE BIN



Bones,



Meats, animal waste



Diseased plants and any other dry waste

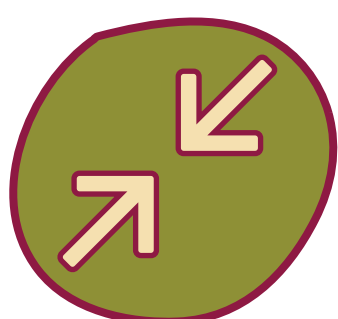


WORKSHEET

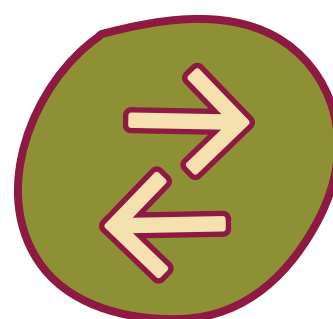
W3D

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



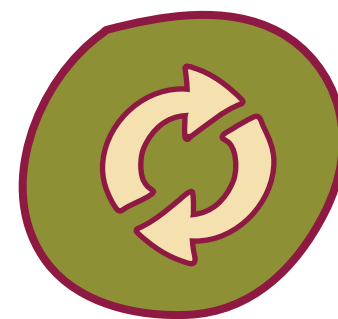
REPLACE



REPAIR



5 R's



REUSE



RECYCLE

i. 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
 Bought packaged food from the 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.				
 Planted 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?

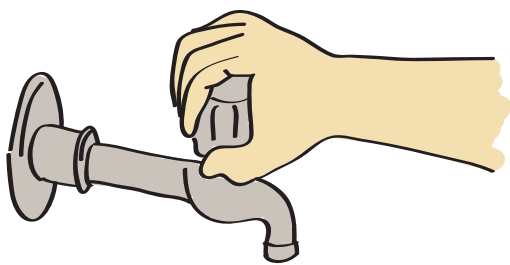
- Has the number of stars increased or decreased over the week ?

ii. Green Home Scale

- After 4 weeks, let's see if your home is now eco-friendly or not.
- Use the Eco-friendly home checklist given in worksheet 2B. Colour or write the serial numbers of the boxes from the table, for all the things that you and your family do at home now.



WATER



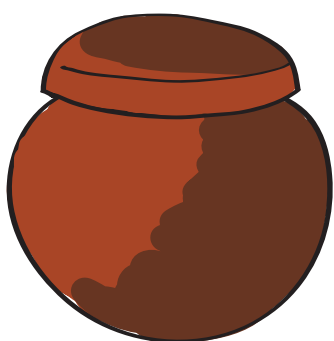
1. We fix Leaky taps within a day.



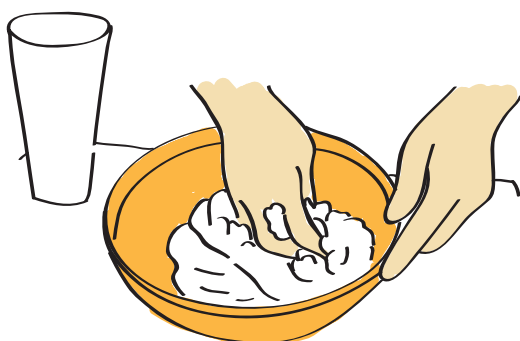
2. We use a Bucket for bathing.



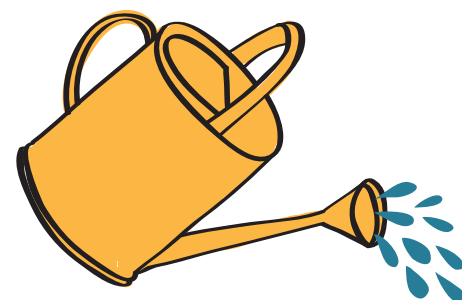
3. We reuse the water used for washing clothes to clean the floor/vehicle.



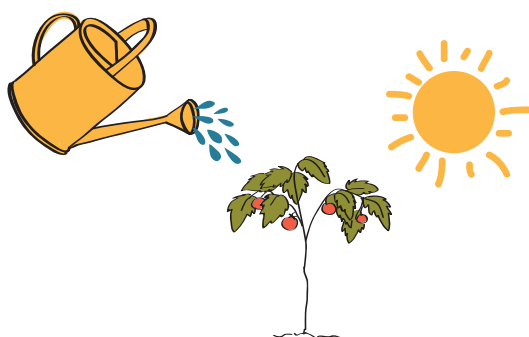
4. We collect rainwater in a covered container for later use.



5. We rinse our vegetables under a running tap.



6. We water our plants only when needed.



7. We water our plants during early morning or evening.



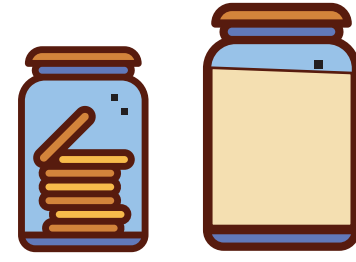
FOOD



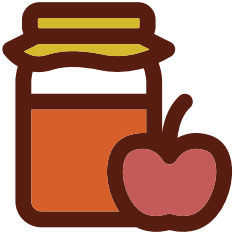
1. We grow some of the food that we eat.



2. We eat the fruits and vegetables that are grown locally.



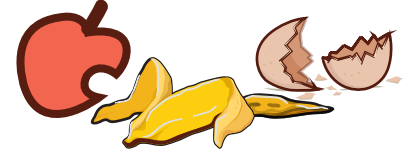
3. We store our food carefully to avoid wastage.



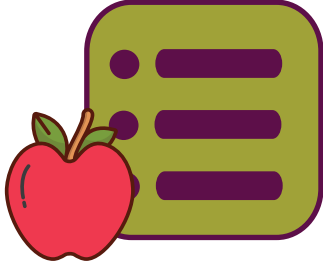
4. We make jams and pickles at home.



5. We cook fresh food and in the required quantity.



6. We use food scraps for composting.



7. We plan our meals – What we want to eat and how much is required.



WASTE



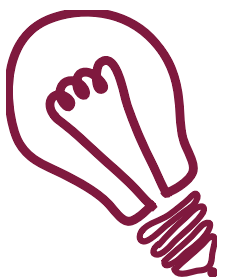
1. We collect wet and dry waste separately.



2. We compost our garden waste.



3. We always carry our bag for shopping.



4. We think before we buy new things for the house.



5. We avoid buying things that come with a lot of plastic.



6. We reuse bottles and containers.



7. We repair our household items.

Let's measure the change you have made in your house to make it a green home. Count how many things you have selected under each of the three groups.

Compare your new score with the score you got in Step 2.

SCORE	WATER	FOOD	WASTE
Old Score as per Worksheet W2B			
New Score as per worksheet W3D			

Has your green scorecard improved? Why?

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>



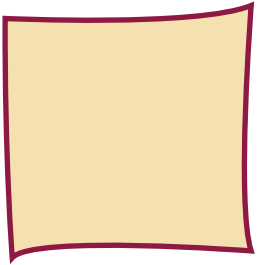
LET'S CELEBRATE!

Make a Green Home Symbol!

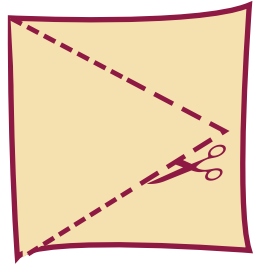
Make any symbol like a flag or bunting, using only old materials and hang it outside your house.

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

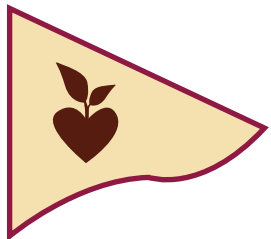
SAMPLE OF A FLAG



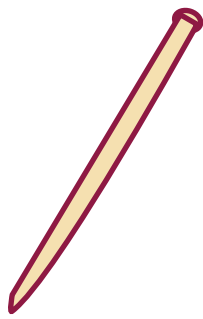
Step 1- Take any old cloth.



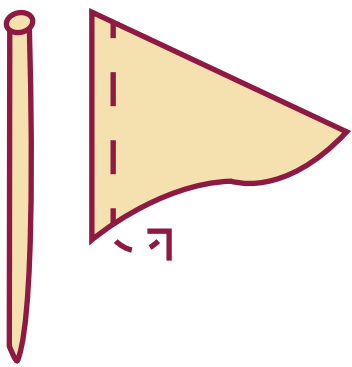
Step 2 - Cut it in a small triangle shape.



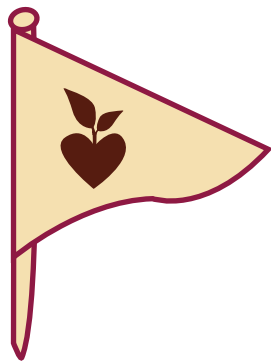
Step 3 - On the triangle shaped cloth paint your symbol by using Fabric paints.



Step 4 - Then, take a stick .

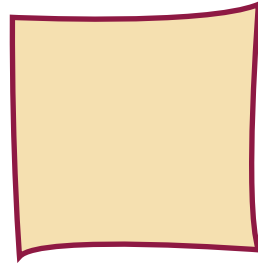


Step 5 - Apply Fabric glue on the folded portion as described above and paste it.

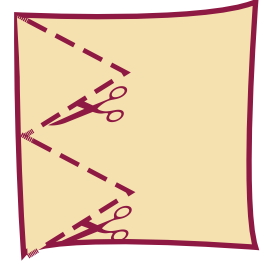


Step 6 - Finally you will get your flag.

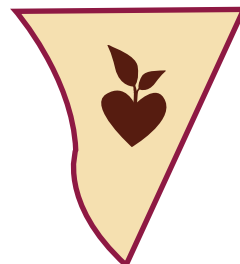
SAMPLE OF A BUNTING



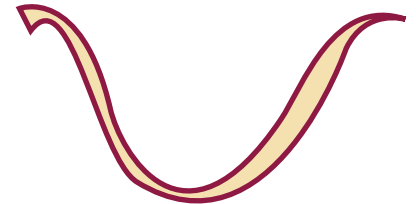
Step 1- Take any old large cloth.



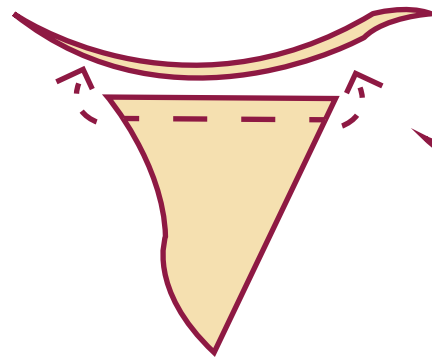
Step 2 - Cut it into 5-6 small triangle shapes.



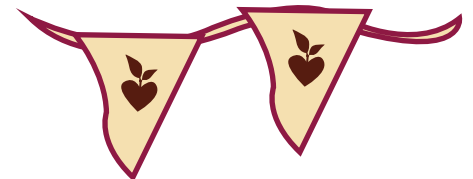
Step 3 - On all the triangle shaped cloth paint your symbol by Fabric paints.



Step 4 - Then, take a long drawstring (nada) or any thick 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 TIME!

Congratulations! You have now completed Step 3
Let's see what we have learnt till now!

1. Things I knew already

2. New Things I learnt

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.wwfindia.org/about_wwf/environmental_education/one_earth_one_home/step_three_badge.cfm

