



# February Toolkit



# Learning Outcomes

The learners will be able to:

- discover the nutritional and agricultural importance of pulses in global food security.
- learn about the ecological importance of wetlands and conservation efforts.
- understand the impact of radio as a powerful tool for communication and education.
- celebrate scientific discoveries and their impact on everyday life.

SDG's Integrated with the Activities :



# Intelligent Consumption : CO<sub>2</sub> saved

This calculator will enable the school to report quantified Intelligent Consumption : CO<sub>2</sub> saved

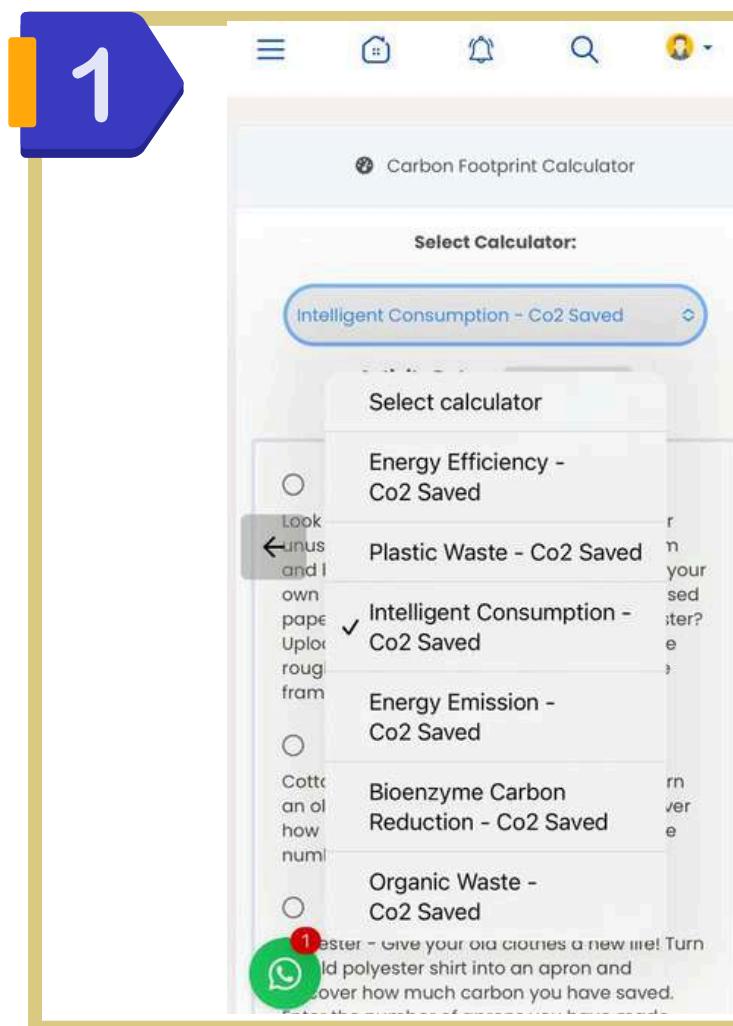
Step 1 : Login to GoSharpener.

Step 3 : Select Intelligent Consumption : CO<sub>2</sub> saved

Step 2 : Click on Impact Calculator

Step 4 : Enter value, upload evidence and submit

1



Carbon Footprint Calculator

Select Calculator:

Intelligent Consumption - Co2 Saved

Select calculator

Energy Efficiency - Co2 Saved

Plastic Waste - Co2 Saved

Intelligent Consumption - Co2 Saved

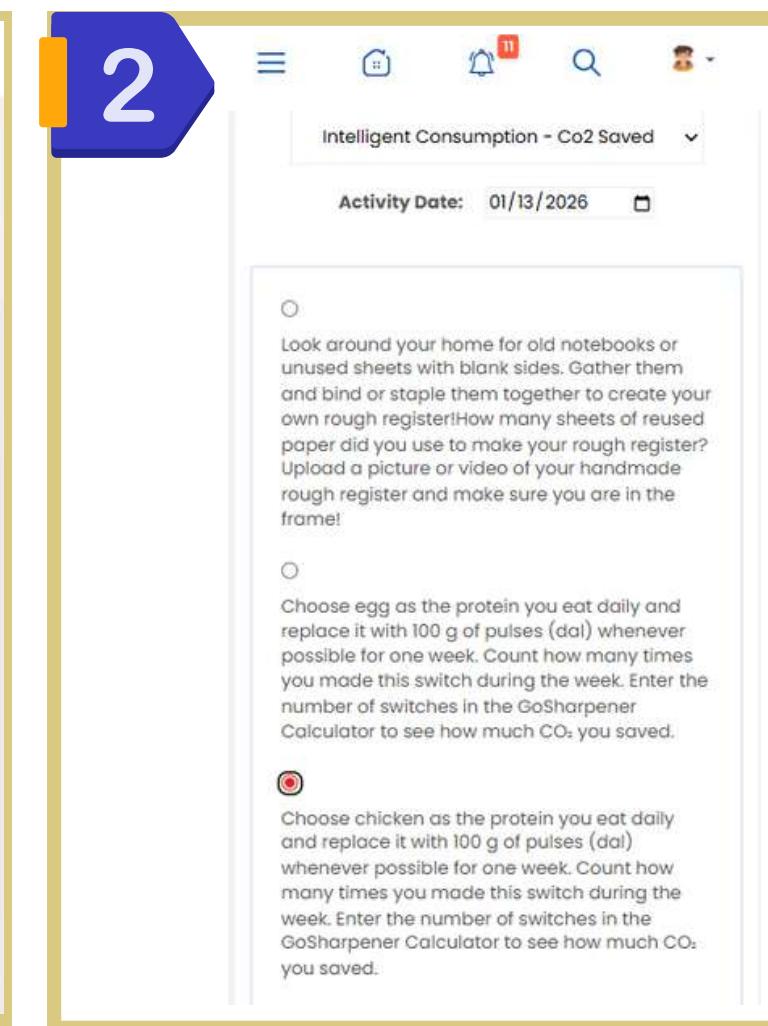
Energy Emission - Co2 Saved

Bioenzyme Carbon Reduction - Co2 Saved

Organic Waste - Co2 Saved

1ester - Give your old clothes a new life! Turn old polyester shirt into an apron and cover how much carbon you have saved.

2



Intelligent Consumption - Co2 Saved

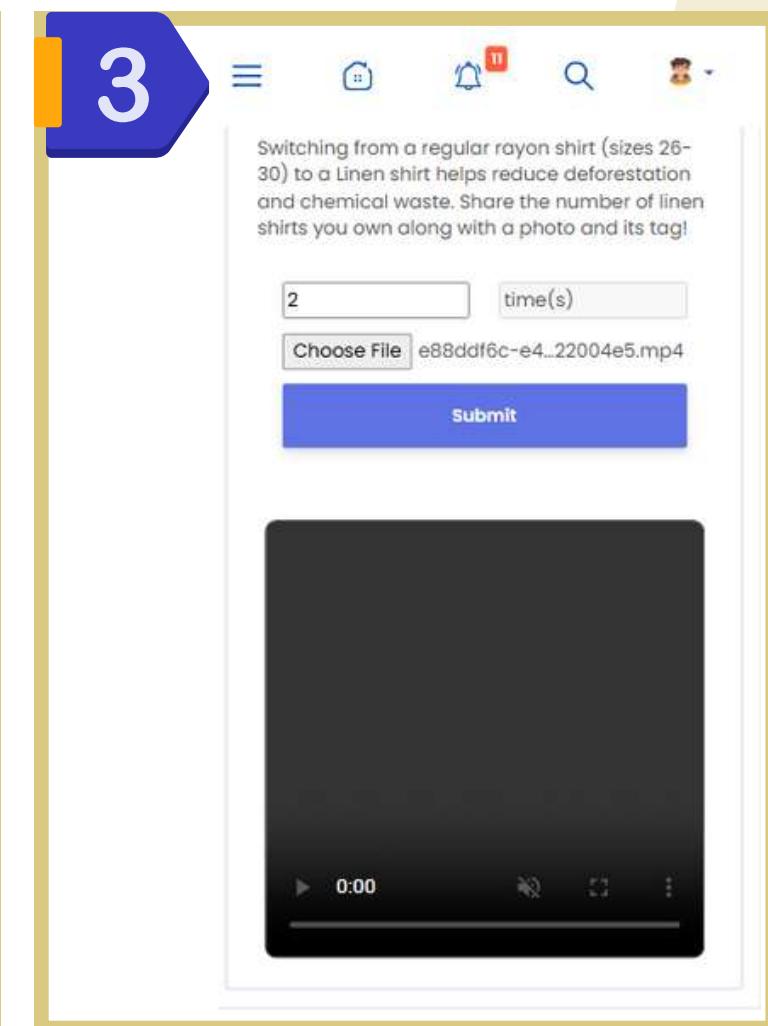
Activity Date: 01/13/2026

Look around your home for old notebooks or unused sheets with blank sides. Gather them and bind or staple them together to create your own rough register! How many sheets of reused paper did you use to make your rough register? Upload a picture or video of your handmade rough register and make sure you are in the frame!

Choose egg as the protein you eat daily and replace it with 100 g of pulses (dal) whenever possible for one week. Count how many times you made this switch during the week. Enter the number of switches in the GoSharpener Calculator to see how much CO<sub>2</sub> you saved.

Choose chicken as the protein you eat daily and replace it with 100 g of pulses (dal) whenever possible for one week. Count how many times you made this switch during the week. Enter the number of switches in the GoSharpener Calculator to see how much CO<sub>2</sub> you saved.

3



Switching from a regular rayon shirt (sizes 26-30) to a Linen shirt helps reduce deforestation and chemical waste. Share the number of linen shirts you own along with a photo and its tag!

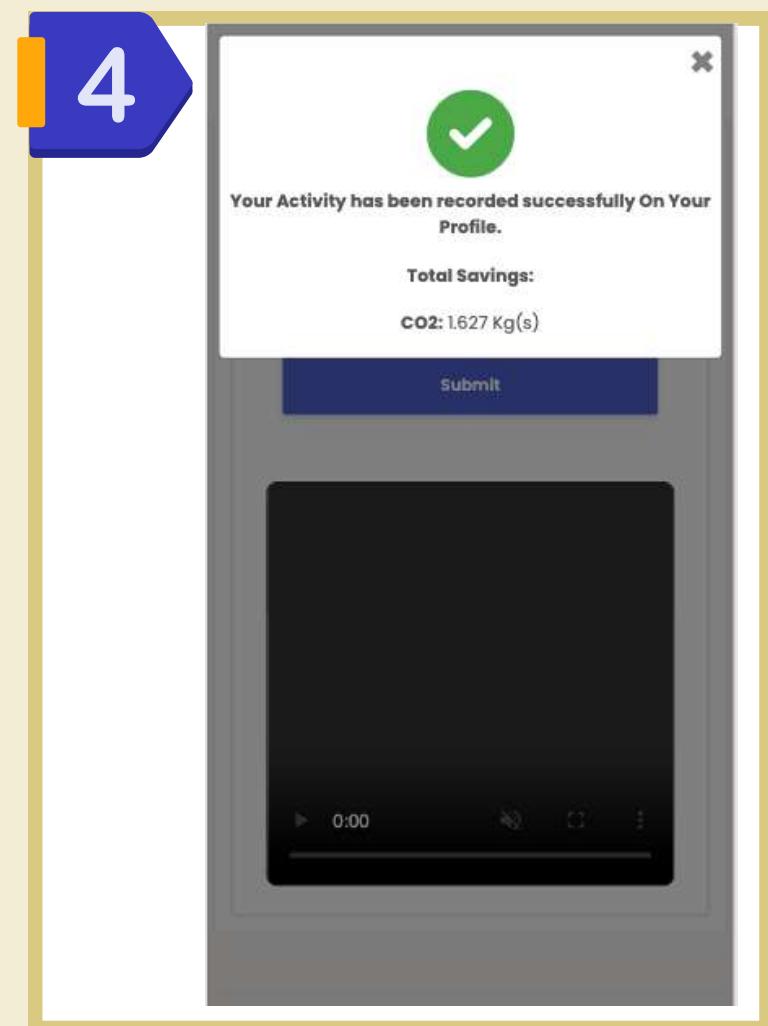
2 time(s)

Choose File e88ddf6c-e4...22004e5.mp4

Submit

0:00

4



Your Activity has been recorded successfully On Your Profile.

Total Savings:

CO2: 1.627 Kg(s)

submit

0:00



15

LIFE  
ON LAND



# SDG 15 : LIFE ON LAND

## INFORMATIONAL VIDEO

Click on the thumbnail to learn more



## ACTIVITY VIDEO

Click on the thumbnail to know more



## DAY OBSERVED

World Wetlands Day - 2<sup>nd</sup> February



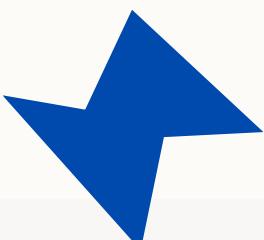
## ACTION ACTIVITY

Refer to the Appendix ACTION ACTIVITY (1) for detailed information.



## WIN REWARDS

- 200 GoSharpener Points



## SHARP ACTION

Post your photo/video doing the activity by 10.02.26 with #WetlandsDay26 to Win Reward Points.

**KNOWLEDGE PARTNER**

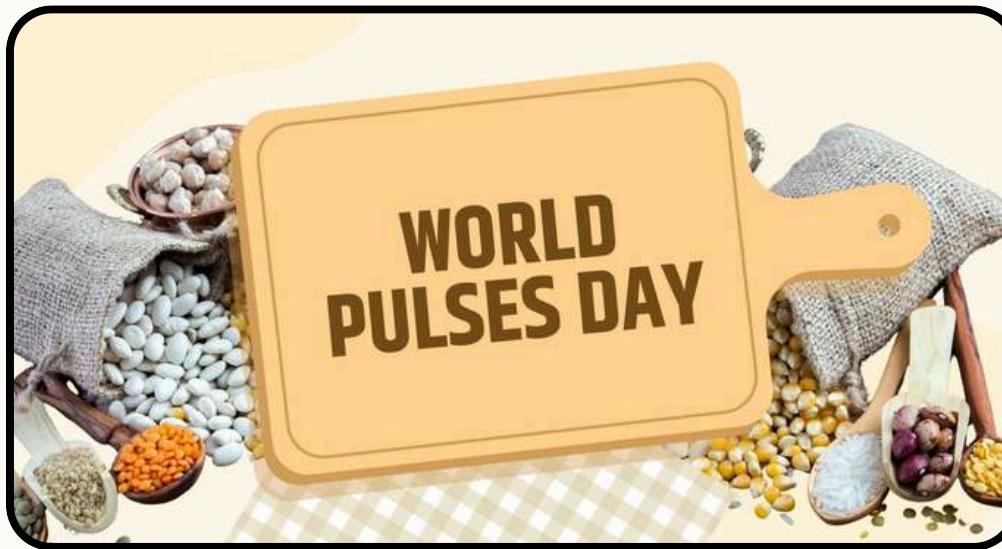
Class 9<sup>th</sup> to 12<sup>th</sup>



# SDG 12 : RESPONSIBLE CONSUMPTION AND PRODUCTION

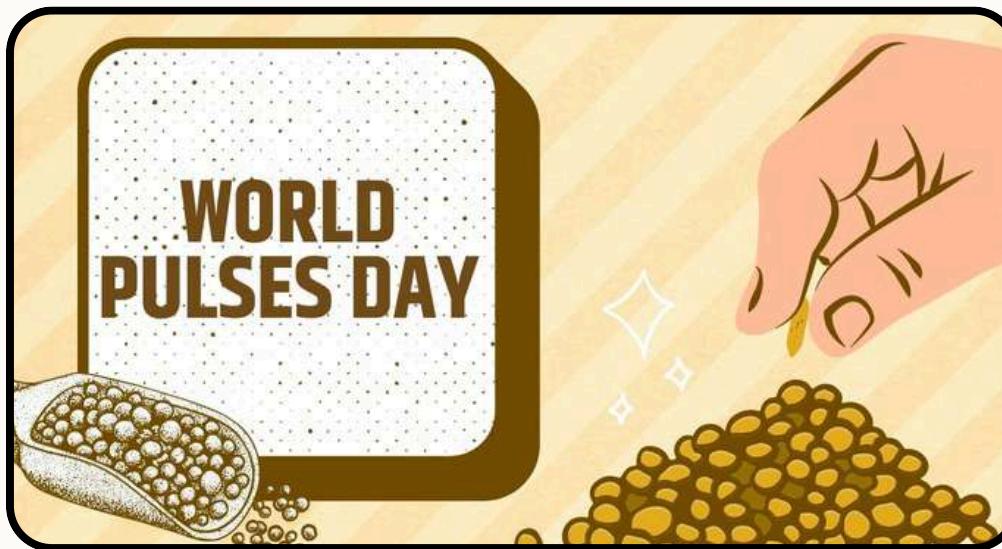
## INFORMATIONAL VIDEO

Click on the thumbnail to learn more



## ACTIVITY VIDEO

Click on the thumbnail to know more



## DAY OBSERVED

World Pulses Day - 10<sup>th</sup> February



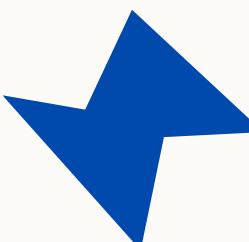
## ACTION ACTIVITY

Refer to the Appendix ACTION ACTIVITY (2) for detailed information.



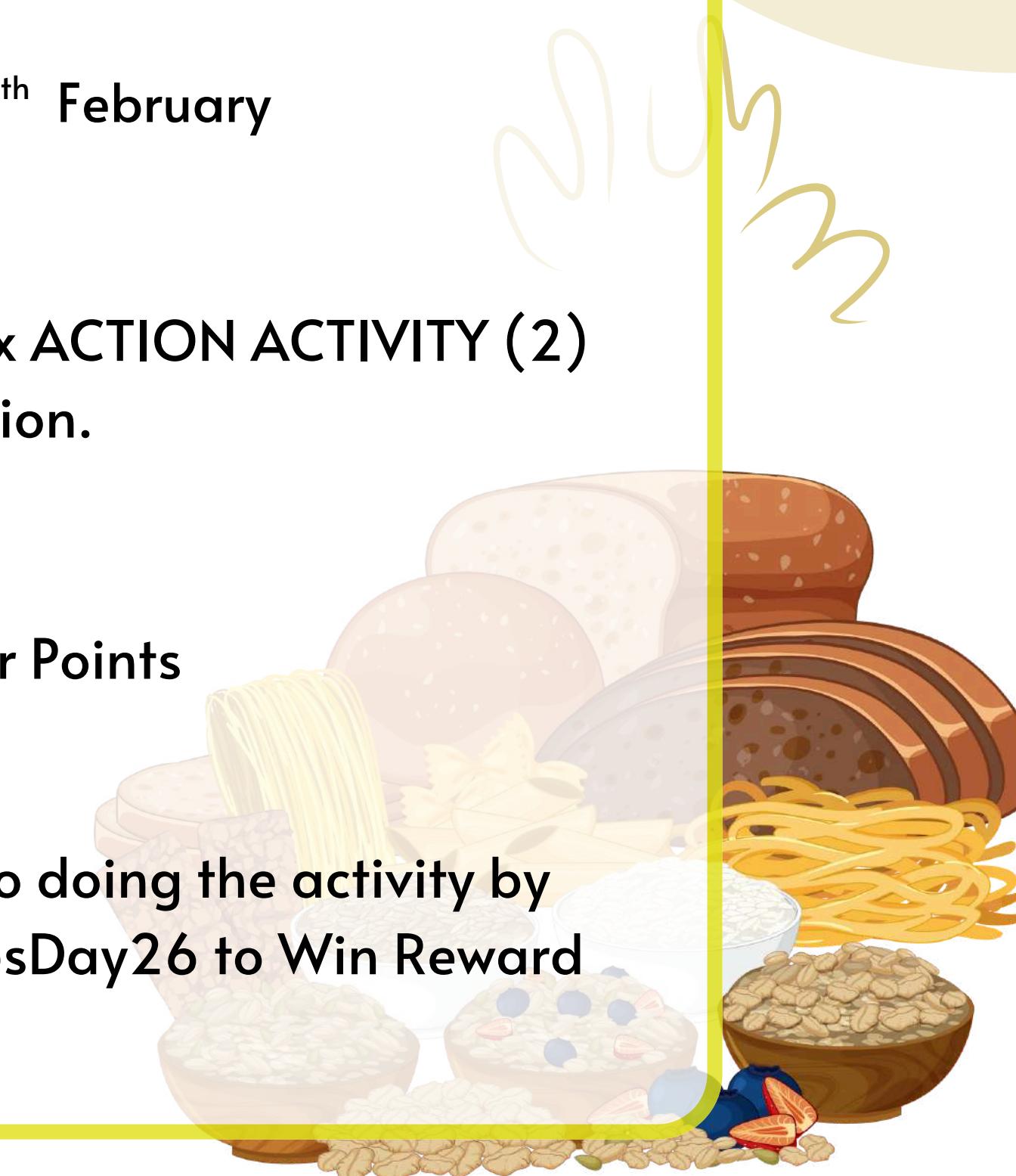
## WIN REWARDS

- 200 GoSharpener Points



## SHARP ACTION

Post your photo/video doing the activity by 17.02.26 with #PulsesDay26 to Win Reward Points.





# SDG 4 : QUALITY EDUCATION

Class 6<sup>th</sup> to 8<sup>th</sup>

## INFORMATIONAL VIDEO

Click on the thumbnail to learn more



## ACTIVITY VIDEO

Click on the thumbnail to know more



## DAY OBSERVED

World Radio Day - 13<sup>th</sup> February



## ACTION ACTIVITY

Refer to the Appendix ACTION ACTIVITY (3) for detailed information.



## WIN REWARDS

- 200 GoSharpener Points



## SHARP ACTION

Post your photo/video doing the activity by 20.02.26 with #RadioDay26 to Win Reward Points.





# ALL SUSTAINABLE DEVELOPMENT GOALS

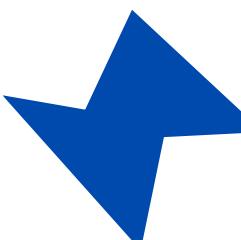
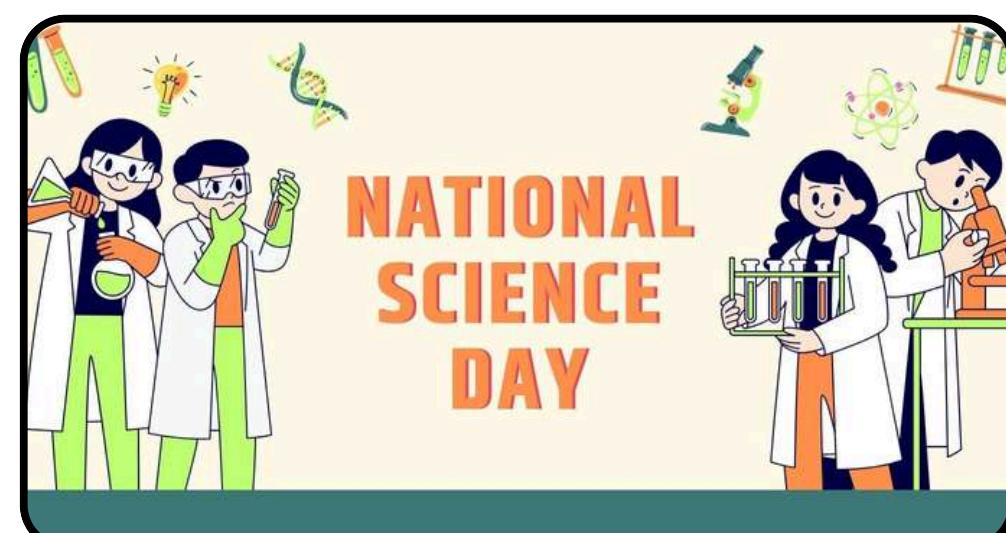
## INFORMATIONAL VIDEO

Click on the thumbnail to learn more



## ACTIVITY VIDEO

Click on the thumbnail to know more



## DAY OBSERVED

National Science Day - 28<sup>th</sup> February

## ACTION ACTIVITY

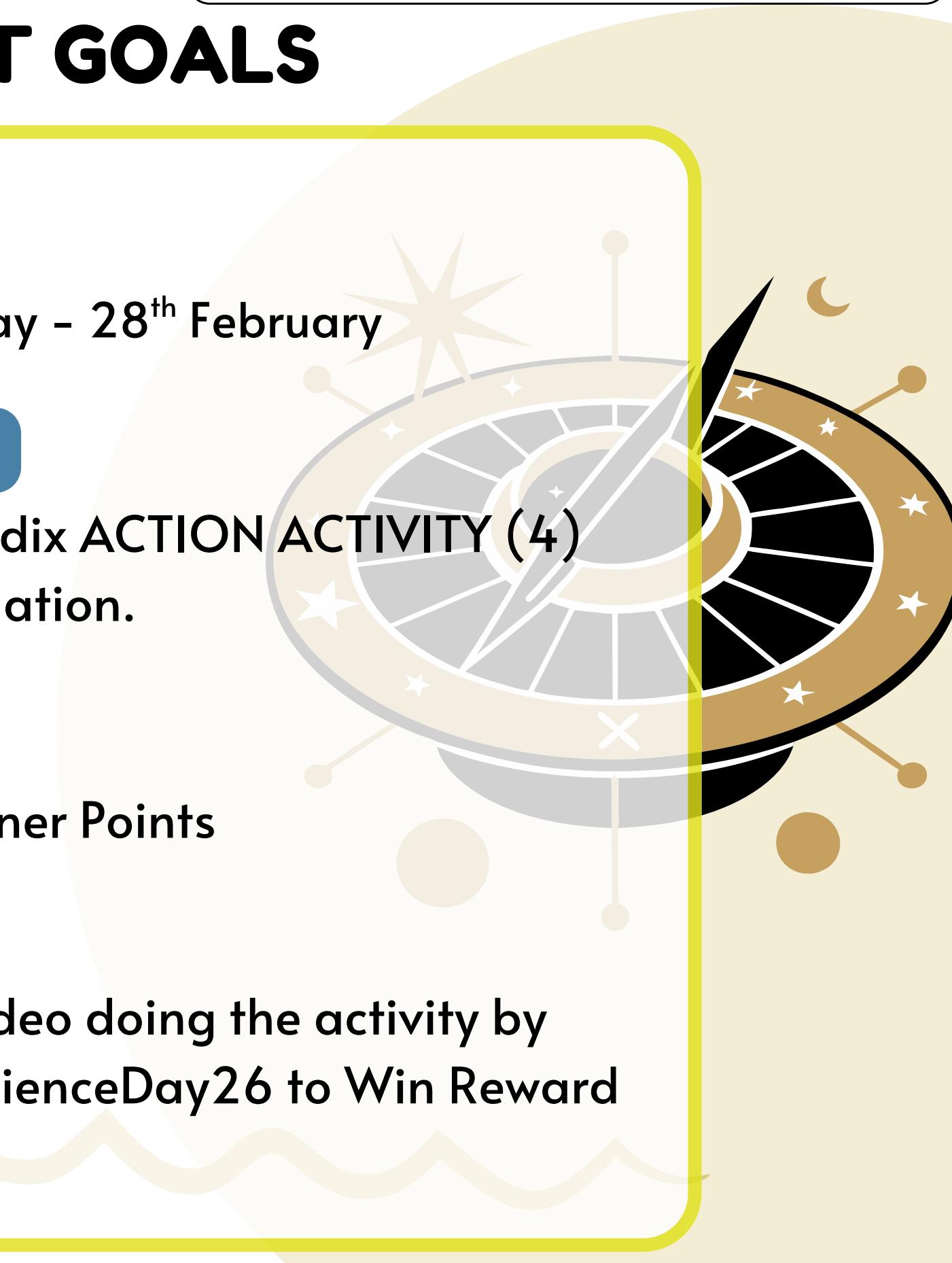
Refer to the Appendix ACTION ACTIVITY (4) for detailed information.

## WIN REWARDS

- 200 GoSharpener Points

## SHARP ACTION

Post your photo/video doing the activity by 07.03.26 with #ScienceDay26 to Win Reward Points.





# APPENDIX



# WORLD WETLANDS DAY

## ACTION ACTIVITY (1)



### Water Hyacinth Cup Coaster

What if a plant that clogs rivers and harms ecosystems could become something useful in your daily life?

Today, you will transform water hyacinth, an invasive weed, into a beautiful, eco-friendly cup coaster that replaces plastic and tells a story of sustainability.

#### Materials Needed

- Dried water hyacinth stems
- Scissors
- Needle and thread or strong glue
- Jute cloth for backing (optional)

**Step 1:** Ensure the water hyacinth stems are fully dried and clean. Trim them to even lengths using scissors.

**Step 2:** Take three stems and braid them tightly to form a rope approximately 1 meter long. This braided rope will form the base of your coaster.

**Step 3:** Starting from one end, gently roll the braid into a flat spiral.

Aim for a circular shape of about 10 cm diameter, similar to a standard coaster.

**Step 4:** As you coil, stitch or glue the layers together to maintain the shape and strength of the coaster.

**Step 5:** Stick a piece of jute cloth underneath the coaster to prevent slipping and add durability. (Optional)

**Step 6:** Place the coaster under a heavy book or weight for 24 hours to flatten and set it properly.

# WORLD WETLANDS DAY ACTION ACTIVITY (1)



Now let's carry out Porter's Five Forces Analysis for our product!

**Competitive Rivalry:** Unlike plastic or wooden coasters, this one carries a powerful eco-story and handmade value.

**Threat of New Entrants:** Anyone can make coasters, but not everyone can turn an invasive weed into a solution.

**Threat of Substitutes:** Bamboo or cork exist, but none solve an environmental problem while being this accessible.

**Bargaining Power of Suppliers:** Water hyacinth is free and abundant, no supplier dependency.

**Bargaining Power of Buyers:** Eco-conscious buyers want impact, not just products. This coaster delivers both.

You didn't just make a coaster, you made a statement.

By turning a harmful weed into a useful product, you proved that sustainability is not about sacrifice, but smart creativity. Small ideas, when rooted in purpose, can protect ecosystems and inspire change.

# WORLD PULSES DAY ACTION ACTIVITY (2)

## Protein for the Planet

Learn how the protein foods you eat every day affect the environment and how small changes, like choosing pulses, can reduce CO<sub>2</sub> emissions and water use.

### Important Note / Disclaimer:

This activity does not ask you to make any permanent dietary changes or avoid any food. It focuses on adopting greener processes and awareness-based choices. The “switch” suggested here can be done for one week as a learning experience to understand environmental impact. For example, as a family, you may consume 100 grams of pulses per switch to observe how this small choice influences carbon emissions and water usage.

**Step 1:** Select one or more protein foods you eat daily, such as eggs, chicken or other protein sources.

**Step 2:** Try replacing some of your protein with pulses to lower your environmental impact. This switch can be done over one week as a learning experience.

**Step 3:** Upload the number of times you made the switch in one week using the GoSharpener Calculator (assuming one switch equals preparing 100 grams of dal).

**Step 4:** Take a picture of your switch and learn how much CO<sub>2</sub> you saved. Encourage others to make eco-friendly choices too!

You didn't just change a meal, you changed an outcome.

When you choose pulses, you choose lower emissions, saved water and a healthier planet.

Because sustainability isn't about giving up what you love, it's about choosing smarter!



# WORLD RADIO DAY ACTION ACTIVITY (3)

## Design a Radio Station Jingle

Every radio station has a sound that makes people stop, listen and remember.

Today, you will use your creativity and voice to design a jingle that spreads a powerful message through sound. Let's start!

**Step 1:** Decide what your radio station stands for. It could be about:

Environment and sustainability

Education and learning

Youth voices and positivity

Health, safety or community awareness

Give your station a name that matches the theme (for example: Green Wave FM or Bright Minds Radio).

**Step 2:** Think about what you want listeners to feel or learn when they hear your station.

Ask yourself:

Is the station informative, fun, calm or energetic?

What one idea should stay in the listener's mind?

Write this idea in one simple line.

**Step 3:** Now, compose a short and catchy jingle (10–20 seconds) or a powerful tagline.

You can use:



# WORLD RADIO DAY ACTION ACTIVITY (3)

- Rhyming words
- A simple tune or beat
- Claps, desk taps or humming
- Group voices or solo narration
- Make sure the words clearly connect to your theme.

**Step 4:** Present your jingle in the form of a short reel and post it on the GoSharpener Platform.

- Speak clearly, show confidence and match your tone to your station's personality. A jingle is more than just music, it's a message packed into seconds.
- By creating one, you learned how the media shapes ideas, emotions and awareness.
- When young voices learn to communicate responsibly and creatively,
- they don't just make noise... they make an impact.

# NATIONAL SCIENCE DAY

## ACTION ACTIVITY (4)



### Build a Simple Sundial – Time Powered by the Sun

Long before clocks, watches and mobile phones existed, people used the Sun to tell time. Today, you will rediscover this ancient science and learn how sunlight can become your natural clock.

#### Materials Needed:

- Recycled paper plate or any round flat waste cardboard
- Pencil or stick
- Marker or pen
- Clock or watch (for reference)

#### Step-by-Step

**Step 1:** Push the pencil or stick upright through the centre of the paper plate.

This upright stick is called the gnomon, it will cast the shadow.

**Step 2:** Take your sundial outside and place it in a sunny, open area where sunlight falls throughout the day. Make sure the plate stays still and flat on the ground.

**Step 3:** At a specific time (for example, 9 a.m.), observe where the tip of the shadow falls on the plate.

Mark that spot and write the time next to it. Repeat this every hour (10 a.m., 11 a.m., 12 noon and so on).

**Step 4:** Watch how the shadow slowly shifts as the Sun moves across the sky. By the end of the day, your plate will show a full time pattern created only by sunlight.

# NATIONAL SCIENCE DAY

## ACTION ACTIVITY (4)



You didn't just build a sundial, you stepped into history. This simple activity shows us that nature has always been our greatest teacher. When we learn to observe the Sun, the wind and the shadows, we realise that time itself can be measured sustainably.

Sometimes, the smartest technology... is the one that already shines above us.



# THANK YOU

