

My Sustainable Living

Category-2 Guidebook

For students from grades 4 to 7



Green Homeland
Pakistan

www.greenhomelandpakistan.pk

About the Guidebooks

Environmental sustainability has become a crucial concern in the 21st century. Since the industrial revolution began, troubling trends of environmental decline have emerged. The primary challenge facing today's world is to establish societal, systemic, and commercial frameworks that reverse these trends by acknowledging and nurturing the intricate connections between the natural and human environments. Educators, entrepreneurs, chemists, journalists, psychologists, and analysts must all grasp how our economic, natural, and social systems interrelate to sustain human civilization collectively.

Our inclusive (value-based) educational programme offers students opportunities to delve deep into the concept of "sustainability." The 'My Sustainable Living' guidebooks aim to familiarize Green Ambassadors and their families with a wide array of issues, ranging from conserving natural landscapes to fostering sustainable communities. Your practical efforts will complement the exploration of these topics. Studying the guidebooks and putting their lessons into practice will empower students and faculty alike to tackle real-world challenges within our campus and community.

These foundational experiences will equip participants with a solid foundation for thriving in the future green economy. Learning to calculate carbon footprints, understanding triple bottom line accounting, and connecting social, environmental, and economic systems will be invaluable skills in the coming decades.

The 'My Sustainable Living' guidebooks are designed to bring an awareness of a variety of environmental concerns to create a pro-environmental attitude and a behavioural pattern in society that is based on creating sustainable lifestyles. It is recommended that school administrations keep these guides available to students even after the 'My Sustainable Living' activity to incorporate the subjects into their curricular studies to make it an inclusive education.

Establishing a comprehensive project 'My Sustainable Living' for the Green Ambassadors and their families had been a real challenge with its capacity to facilitate all Green Ambassadors in their different educational grades, having diverse subjects and studying in varied educational institutes. There were many aspects to make this happen however, GHP's technical team, our global partners and volunteer associates have nicely contributed in successfully accomplishing the task.

And implementation of this project was never possible without active participation by the dedicated managements of our Green Partner Schools, their Campuses, Green Ambassadors and the Parents. We thank you and believe in your valuable association in making a new sustainable and dynamic society protected from the environmental dangers.

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This guidebook has been established under the 'Green Studies' approach, without using the booklet or any of its part as printed material.



Green Homeland Pakistan

Chapter 1: Introduction to Sustainability

What is Sustainability?



Welcome to the exciting world of sustainability! But first, what does "sustainability" really mean? Imagine you have a beautiful garden with colourful flowers, tasty vegetables, and lively birds and butterflies. To keep your garden looking wonderful, you need to take care of it every day. You water the plants, make sure they get enough

sunlight, and protect them from pests.

Sustainability is a bit like taking care of your garden, but for our whole homeland and planet! It's all about using resources—like water, energy, and materials—responsibly so that we don't use them up too quickly. We also want to make sure that our actions today don't harm the environment or make life harder for future generations. In simpler terms, sustainability means living in a way that helps our homeland and planet stay healthy and happy for a long time. It's like making a promise to take care of our beloved homeland Pakistan, just like we would take care of your favourite garden!

Why is it Important?



Now that you know what sustainability is, you might wonder why it's so important. Imagine if you never watered your garden or if you threw trash everywhere. Soon, the garden would be full of weeds, the plants would wilt, and it would be a sad place to visit. Our beloved homeland is like that garden, and we need to care for it to keep it thriving.

Here are a few reasons why sustainability is super important:

1. **Protecting Nature:** The Earth is home to millions of plants and animals. If we don't take care of our environment, we risk losing these amazing creatures and the natural beauty around us.
2. **Conserving Resources:** We use resources like water, energy, and materials every day. If we waste them or use them too quickly, they might run out. By being mindful and using these resources wisely, we ensure they're available for the future.
3. **Healthy Living:** When we keep the environment clean and green, we help make sure our air, water, and food are safe and healthy. This means we can all stay healthy and enjoy life to the fullest.
4. **A Better Future:** By learning about and practicing sustainability now, we help create a better world for ourselves and for future generations. It's



like planting seeds today for a beautiful and healthy world tomorrow. In summary, sustainability is all about making smart choices and taking actions that help our homeland and planet stay in great shape. Just like taking care of a garden ensures it continues to grow and flourish, our efforts to live sustainably help ensure our beloved homeland and Earth

remains a wonderful place for everyone to enjoy.

Chapter 2 - Understanding the Environment

What Makes Up Our Environment?

Welcome back to our journey into sustainability! To help take care of our homeland and planet, it's important to understand what makes up our environment. Think of the environment as everything around us that helps us live and grow. Let's break it down into a few key parts:

1. **Air:** We breathe in air every day, and it's filled with oxygen that our bodies need to stay alive. Clean air is super important for us and all living things.
2. **Water:** We need water to drink, bathe, and grow our food. Water can be found in rivers, lakes, oceans, and even in the rain.
3. **Land:** The land is where we live, play, and grow our food. It includes mountains, forests, deserts, and even the soil in our gardens.
4. **Living Things:** This includes plants, animals, and even tiny insects. They all play a role in keeping our environment balanced and healthy.



5. **Sunlight:** The sun gives us light and warmth, which helps plants grow and keeps our planet at a nice temperature. All these parts work together to create a balanced environment where life can thrive. Just like a recipe needs the right ingredients to taste good, our environment needs all these elements to stay healthy and balanced.

Different Ecosystems and Habitats

Now let's explore the different types of ecosystems and habitats. An ecosystem is a community of living things interacting with each other and their environment. Each ecosystem has its own special set of plants, animals, and climate. Here are a few examples:

1. **Forests:** Forests are filled with tall trees, shrubs, and a variety of animals like birds, squirrels, and insects. They help clean the air and provide homes for many creatures.
2. **Deserts:** Deserts are dry and sandy with very little rain. Plants like cacti and animals like lizards and camels have special adaptations to survive in the heat and dryness.
3. **Oceans:** Oceans cover most of our planet and are home to a wide variety of life, from tiny plankton to giant whales. They also play a big role in controlling the climate and weather.
4. **Grasslands:** Grasslands, like prairies and savannas, are covered mostly by grasses. They are home to animals like bison, zebras, and many types of insects.

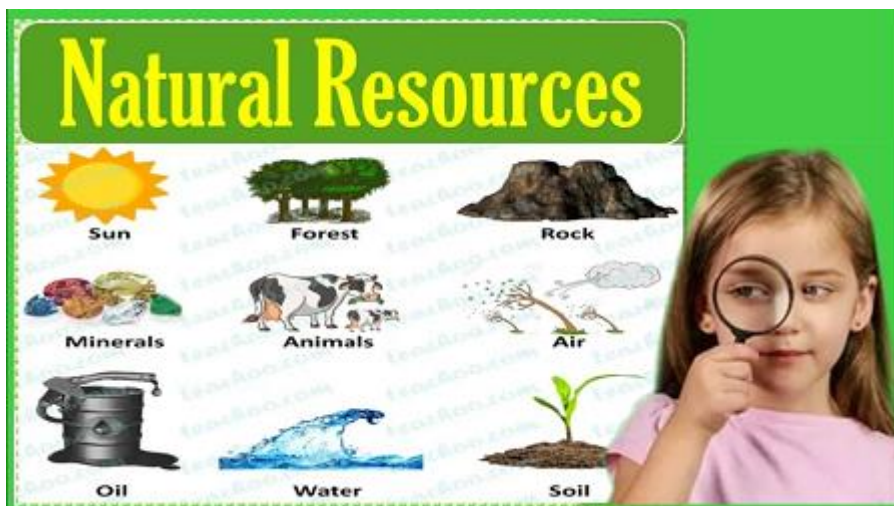
5. **Wetlands:** Wetlands include swamps, marshes, and bogs. They have lots of water and are important for birds, frogs, and plants. They also help filter water and protect against floods.
6. **Tundras:** Tundras are cold and have very little vegetation. They are home to animals like polar bears and arctic foxes that can survive in the freezing temperatures.



Each habitat provides everything its inhabitants need to live and thrive. Understanding these different ecosystems helps us see why it's important to protect each one. When we take care of one part of the environment, we help keep the whole planet healthy.

That's it for Chapter 2! By learning about the different parts of our environment and the various ecosystems, you're getting a better idea of how everything connects. Remember, every part of our environment is important, and by protecting it, we help make sure that all living things can enjoy a happy and healthy life.

Chapter 3 - What Are Natural Resources?



Great job on learning about the environment! Now, let's dive into natural resources. Natural resources are things that come from the Earth and are used by people,

plants, and animals to live and grow. They are really important for our daily lives, and there are different types:

1. **Water:** This is one of the most important resources we use every day. We drink it, use it to cook, and need it for cleaning. It also helps plants and animals live.
2. **Air:** We need clean air to breathe. Trees and plants help provide us with fresh air by taking in carbon dioxide and giving out oxygen.
3. **Land:** Land provides space for homes, parks, and farms. It's also where we find minerals and metals that are used to make things like cars and computers.
4. **Fossil Fuels:** These are resources like coal, oil, and natural gas that come from the Earth and are used for energy. However, they can be harmful to the environment, so it's important to use them wisely.
5. **Renewable Resources:** These are resources that can be replaced naturally over time, like sunlight, wind, and water. They are great for the environment because they don't run out.
6. **Non-renewable Resources:** These are resources that take a long time to form and can run out if we use them too quickly. Examples include coal, oil, and certain minerals.

It's important to use natural resources wisely because they help keep our planet healthy and support all life.

How to Save Water and Energy



Saving water and energy is a big part of taking care of our natural resources. Here are some simple and fun ways you can help:

Saving Water:

1. **Turn Off the Tap:** When you're brushing your teeth or washing your hands, turn off the tap while you're scrubbing. This saves a lot of water!
2. **Take Shorter Showers:** Try to take quick showers instead of long ones. Even a few minutes less can save gallons of water.
3. **Fix Leaks:** If you notice a dripping faucet or toilet, tell an adult. Fixing leaks helps prevent water waste.

4. **Water Plants Wisely:** Water your garden in the early morning or late evening to reduce evaporation. Use a watering can instead of a hose for smaller gardens.
5. **Use a Broom:** Instead of hosing down driveways or sidewalks, use a broom to clean up leaves and dirt.
6. **Saving Energy:**



1. **Turn Off Lights:** When you leave a room, remember to turn off the lights. It's a simple way to save energy.

2. **Unplug Devices:** When you're not using electronics like chargers, tablets, or TV, unplug them. They still use energy even when turned off.

3. **Use Energy-Efficient Appliances:** If you have a choice, use appliances that are energy-efficient. They use less power and help save energy.

4. **Dress for the Weather:** Instead of cranking up the heat or air conditioning, dress warmly in winter or wear lighter clothes in summer.
5. **Open Curtains:** Let sunlight in during the day to naturally warm your home, reducing the need for artificial heating.

By saving water and energy, you help protect natural resources and make sure there's enough for everyone now and in the future.

Chapter 4 - What Can Be Recycled?

What is recycling ?



Welcome to Chapter 4!
Today, we're going to learn about recycling and how to manage waste. Recycling is like giving old things a new life, and it helps keep our planet clean and green. Here's

what you can usually recycle:

1. **Paper:** Paper products like newspapers, magazines, and cardboard can be recycled. Make sure they are clean and dry before putting them in the recycling bin.
2. **Plastics:** Many plastic items, like water bottles, milk jugs, and containers, can be recycled. Check for the recycling symbol on the bottom to confirm.



3. **Glass:** Glass bottles and jars can be recycled over and over without losing quality. Just rinse them out before recycling.
4. **Metals:** Cans from food and drinks, like soda cans and tin cans, are recyclable. Be sure to clean them before recycling.
5. **Electronics:** Some electronics, like old phones or computers, can be recycled too. Many places have special programmes to handle these items safely.

Remember: Not everything can be recycled, so it's important to check with your local recycling programme to know what can and can't be recycled in your area.

The 3 R's: Reduce, Reuse, Recycle



To help manage waste and take care of the planet, we use the 3 R's: Reduce, Reuse, and Recycle. Let's see what each of these means:

1. **Reduce:**

- **Use Less:** Try to use less of things like paper, plastic bags, and packaging. For example, bring a reusable bag when shopping instead of using plastic ones.

- **Buy in Bulk:** Buying products in

larger quantities can reduce packaging waste. Just make sure to store the items properly so they don't spoil.

2. Reuse:

- **Repurpose Items:** Before throwing something away, think about how it could be used again. For example, glass jars can become storage containers or flower vases.
- **Fix and Mend:** Instead of discarding broken toys or clothes, see if they can be repaired. Sometimes a little fix can give them a new life.

3. Recycle:

- **Separate Waste:** Keep recyclables separate from trash. Use different bins for paper, plastics, glass, and metals if your recycling program requires it.
- **Learn the Rules:** Find out the recycling rules in the previous chapter. Sometimes recycling programmes have specific guidelines on how to prepare items for recycling.

Bonus Tip: Composting is another way to help the environment! Composting turns food scraps and yard waste into rich soil that helps plants grow. Ask an adult (your supporter) if composting is an option for your home.

And that's the end of Chapter 4! By understanding what can be recycled and practicing the 3 R's, you're helping reduce waste and make a big difference for the planet. Every little effort count, and together, we can create a cleaner, greener world for everyone.

Chapter 5: Conservation and Protection



Why Protect Wildlife and Plants?

Welcome to Chapter 5! Here, we're going to talk about why it's important to protect wildlife and plants and how you can help care for our local environment.

1. **Biodiversity:** Wildlife and plants are part of the amazing diversity of life on Earth. Each species has a unique role, and when one is missing, it can affect the whole ecosystem. For example, bees pollinate flowers, which helps plants grow and produce food.
2. **Healthy Ecosystems:** Plants and animals work together to create healthy ecosystems. Trees, for instance, clean the air and provide homes for animals, while animals help spread seeds and keep plant populations balanced.
3. **Food and Medicine:** Many of the foods we eat and medicines we use come from plants and animals. By protecting them, we ensure that we can continue to enjoy these benefits.
4. **Climate Regulation:** Plants like trees absorb carbon dioxide and help fight climate change. They also provide shade, reduce soil erosion, and help regulate temperatures.
5. **Inspiration and Enjoyment:** Nature provides beauty and inspiration. Visiting parks, forests, and gardens can be relaxing and educational. Protecting these areas ensures that future generations can enjoy them too.

How to Care for Our Local Environment



Taking care of our local environment is something everyone can do. Here are some simple ways you can make a difference:

1. **Pick Up Litter:** If you see trash on the ground, pick it up and put it in the right bin. Keeping our parks and streets clean helps protect wildlife and keeps the environment beautiful.

2. **Plant Trees and Gardens:** Planting trees and gardens helps provide food and homes for wildlife.

Plus, plants improve air quality and make our surroundings more pleasant.

3. **Support Local Wildlife:** Create habitats for local wildlife by setting up bird feeders, bat houses, or bee hotels in your yard. Also, avoid using harmful pesticides that can harm insects and other animals.

4. **Participate in Clean-Up Events:** Join local clean-up events or community projects to help keep parks, rivers, and beaches clean. It's a great way to meet new people and make a positive impact.
5. **Conserve Water:** Use water wisely by turning off the tap while brushing your teeth and fixing leaks. Conserving water helps protect local habitats and wildlife that rely on clean water sources.
6. **Educate Others:** Share what you've learned about conservation with your friends and family. The more people know about the importance of protecting wildlife and plants, the more we can all do to help.
7. **Follow Local Rules:** Respect the rules and regulations about wildlife and natural areas. These rules are often designed to protect the environment and ensure that everyone can enjoy it.

That wraps up Chapter 5! By understanding why it's important to protect wildlife and plants and taking steps to care for our local environment, you're making a big difference. Every action, no matter how small, helps create a healthier and more vibrant world for everyone.

Chapter 6: Sustainable Living at Home



Simple Changes for a Greener Home

Welcome to Chapter 6! In this chapter, we're going to explore how you can make your home more eco-friendly and start growing your own plants and vegetables. Making small changes at home can have a big impact on the environment!

1. **Save Energy:**
 - **Turn Off Lights:** Switch off

lights when you leave a room. Use natural light during the day by opening curtains or blinds.

- **Unplug Devices:** Unplug electronics when they're not in use. Devices like chargers and TVs still use energy even when turned off.
- **Energy-Efficient Bulbs:** Use LED or CFL bulbs, which use less energy and last longer than regular incandescent bulbs.

2. Conserve Water:

- **Shorten Showers:** Try to take quicker showers to save water. Every minute counts!
- **Fix Leaks:** Report any leaking faucets or toilets to an adult. Fixing leaks prevents water waste.
- **Use a Watering Can:** When watering plants, use a watering can instead of a hose to save water.

3. Reduce Waste:

- **Recycling:** Separate recyclable materials like paper, plastic, and glass from your regular trash. Make sure to follow the recycling guidelines.
- **Reusable Items:** Use reusable shopping bags, water bottles, and containers. This reduces the amount of single-use plastic waste.

4. Eco-Friendly Cleaning:

- **Natural Cleaners:** Choose cleaning products that are environmentally friendly or make your own with ingredients like vinegar and baking soda.
- **Reusable Cloths:** Use cloth towels or rags instead of disposable paper towels for cleaning.

5. Choose Eco-Friendly Products:

- **Sustainable Materials:** Opt for products made from recycled or sustainable materials, such as bamboo or recycled paper.
- **Buy in Bulk:** Purchase items in bulk to reduce packaging waste and save money.



Growing Your Own Plants and Vegetables



Now let's dive into the fun and rewarding activity of growing your own plants and vegetables! Not only is it good for the

environment, but it also gives you fresh, healthy food right at home.

How to Grow Your Own Plants and Vegetables

- **Start Small: Choose Easy Plants:** Start with easy-to-grow plants like lettuce, radishes, or herbs (e.g., basil or mint). These are perfect for beginners and can be grown in pots or small garden beds.

2. Prepare Your Space:

- **Container Gardening:** If you don't have a lot of space, use pots or containers. Make sure they have good drainage and are placed where they can get enough sunlight.
- **Garden Bed:** If you have a garden, prepare a small plot of soil by removing weeds and mixing in some compost to enrich it.

3. Planting:

- **Seeds or Seedlings:** You can plant seeds directly in the soil or start with seedlings from a garden centre. Follow the instructions on the seed packet or plant label for planting depth and spacing.



Follow the instructions on the seed packet or plant label for planting depth and spacing.

- **Watering:** Keep the soil moist but not soggy. Water your plants regularly, especially during dry periods.

4. Care and Maintenance:

- **Weeding:** Remove weeds that compete with your plants for nutrients and water.

- **Pests:** Watch out for pests and insects. You can use natural methods to keep them away, like introducing ladybugs or using homemade remedies.

5. Harvesting:

- **Pick When Ready:** Harvest your vegetables when they are ripe. For example, pick tomatoes when they are fully coloured, and greens when they are big enough to eat.

6. Enjoy Your Produce:

- **Eat Fresh:** Use your home-grown vegetables in your meals. Fresh produce from your garden often tastes better and is healthier!

And that's a wrap for Chapter 6! By making simple changes at home and growing your own plants and vegetables, you're taking important steps toward living more

sustainably. Every little action helps make your home greener and more eco-friendly, and it's a great way to connect with nature. Happy gardening!

Chapter 7: Healthy Eating and Sustainable Food

What is a Sustainable Diet?



Welcome to Chapter 7! Here, we're going to learn about how the food we eat can be both healthy for us and kind to the environment. Let's start with understanding what a sustainable diet is.

1. **Definition:** A sustainable diet is a way of eating that benefits our health and the environment. It focuses on consuming foods that are produced in ways that are good for the environment and that help conserve resources.
2. **Balanced Choices:** A sustainable diet includes a variety of foods that provide all the nutrients your body needs while minimizing environmental impact. This means eating a mix of fruits, vegetables, whole grains, legumes, nuts, and lean proteins.
3. **Local and Seasonal Foods:** Eating foods that are grown locally and in season reduces the carbon footprint of transporting food over long distances. It also supports local farmers and can be fresher and tastier!
4. **Reducing Meat Consumption:** Eating less meat and more plant-based foods can help reduce the environmental impact. Meat production, especially beef, has a higher carbon footprint compared to many plant-based foods.
5. **Reducing Food Waste:** A sustainable diet also means minimizing food waste. Use leftovers creatively and store food properly to reduce spoilage.

How to Choose Healthy and Eco-Friendly Foods



Now let's look at how to make choices that are both good for your health and the environment.

1. Eat More Plants:

- **Fruits and Vegetables:** Aim to fill half your plate with fruits and vegetables. They are packed with vitamins, minerals, and fibre, and they have a lower environmental impact compared to animal products.

- **Legumes:** Beans, lentils, and chickpeas are excellent sources of protein and can be used in many dishes. They are also environmentally friendly.

2. Look for Eco-Friendly Labels:

- **Organic:** Organic foods are grown without synthetic pesticides and fertilizers, which is better for the soil and water. Look for organic labels when shopping.
- **Fair Trade:** Fair Trade products ensure that farmers are paid fairly and work under safe conditions. It's a great way to support ethical practices.

3. Choose Whole Foods:

- **Minimize Processed Foods:** Processed foods often come with excess packaging and can have a larger carbon footprint. Focus on whole, unprocessed foods for a healthier diet and less waste.

4. Plan Your Meals:

- **Meal Planning:** Plan your meals ahead of time to reduce food waste. Make a shopping list based on your meal plan and stick to it to avoid buying too much.

5. Store Food Properly:

- **Keep It Fresh:** Store fruits, vegetables, and leftovers in the right conditions to keep them fresh longer. Use reusable containers and avoid single-use plastics.

6. **Grow Your Own:**

- **Home Gardening:** If you have space, growing your own herbs, fruits, and vegetables can be fun and rewarding. It also cuts down on packaging waste and transportation emissions.

7. **Support Pakistani Farmers:**

- **Farmers' Markets:** Buy from Pakistani farmers' markets or farm stands. Local produce often has less packaging and supports our national economy.

8. **Reduce Packaging:**

- **Reusable Bags and Containers:** Use reusable bags for shopping and store food in reusable containers to reduce waste. Avoid products with excessive packaging.



And that's the end of Chapter 7! By choosing a sustainable diet and making eco-friendly food choices, you're helping both your health and the planet. Remember, every small action count, and together, we can make a big difference for our environment and well-being. Enjoy making delicious and sustainable meals!

Top 21 Healthy Foods For Kids And Tips To Make Them Eat

Chapter 8: Fun Activities and Projects

DIY Recycling Crafts

Welcome to Chapter 8! In this chapter, we're going to have fun with some creative projects that help the environment. We'll start with DIY recycling crafts—making cool things from items you might otherwise throw away. Let's get crafting!



1. Bottle Cap Magnets:

- **Materials:** Bottle caps, small pictures or artwork, glue, magnets, and scissors.
- **Instructions:** Cut out small pictures or artwork to fit inside the bottle caps. Glue the pictures inside the caps and let dry. Attach a magnet to the back of each bottle cap with glue. Now you have unique magnets for your fridge!

2. Toilet Paper Roll Organizers:

- **Materials:** Empty toilet paper rolls, decorative paper or paint, glue, and scissors.
- **Instructions:** Decorate the toilet paper rolls with paper or paint. Once dry, you can use them to organize pencils, pens, or craft supplies. They can also be used to create a fun and colourful display for small items.

3. Egg Carton Planters:



- **Materials:** Empty egg cartons, soil, seeds or small plants, and scissors.
- **Instructions:** Cut apart the sections of the egg carton and fill each cup with soil. Plant seeds or small plants in each cup. Water and place in a sunny spot. You now have mini planters that are great for starting seedlings!

4. Tin Can Lanterns:

- **Materials:** Empty tin cans, water, a hammer, nails, paint, and a candle or LED light.

- **Instructions:** Fill the tin can with water and freeze it until the water is solid. Once frozen, remove the can from the freezer and carefully use a hammer and nail to punch holes in the can to create a design. Once done, remove the ice and paint the can if you like. Place a candle or LED light inside for a beautiful lantern.

5. CD and DVD Coasters:



- **Materials:** Old CDs or DVDs, markers or paint, and a protective coating spray (optional).

- **Instructions:** Decorate the surface of the CD or DVD with markers or paint. Once dry, you can use them as

coasters for drinks. For extra durability, you can spray a protective coating over your design.

Creating a Mini Garden



Gardening is a fantastic way to connect with nature and grow your own plants. Let's create a mini garden that you can enjoy at home!

1. Choose Your Container:

- **Materials:** Pots, containers, or even repurposed items like old jars or cups.
- **Instructions:** Select a container with drainage holes. If using a repurposed item, make sure to add some small holes in the bottom for water drainage.

2. Prepare the Soil:

- **Materials:** Potting soil or compost.
- **Instructions:** Fill your container with potting soil or compost. Make sure it's loose and well-drained. You can mix in some compost to provide extra nutrients for your plants.

3. Select Your Plants:



- **Materials:** Seeds or small seedlings (herbs, flowers, or vegetables).
- **Instructions:** Choose plants that will grow well in your container and match the amount of sunlight your garden will receive. Herbs like basil or mint, flowers like marigolds,

or veggies like cherry tomatoes are great choices.

4. Plant Your Seeds or Seedlings:

- **Materials:** Seeds or seedlings, soil.
- **Instructions:** Plant seeds according to the instructions on the packet. If using seedlings, gently remove them from their nursery containers and place them in the soil. Water them gently after planting.



5. Water and Care:

- **Materials:** Watering can.
- **Instructions:** Water your mini garden regularly, making sure the soil stays moist but not waterlogged. Place your garden in a sunny spot or under grow lights if needed. Check for pests and remove any weeds.

6. Enjoy and Harvest:

- **Materials:** Harvesting tools (optional).
- **Instructions:** As your plants grow, enjoy watching them thrive. For herbs and veggies, you can start harvesting once they are ready. For flowers, enjoy their beauty and share them with friends and family!

And that's the end of Chapter 8 and the Category-2 Guidebook! By doing these fun DIY recycling crafts and creating your own mini garden, you're not only having a great time but also helping the environment. These projects are a wonderful way to reuse materials and grow plants, making a positive impact on the world around you. Enjoy your creative adventures and happy gardening!



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