



Green Quill  
ACTIVITY BOOK



BY NIRANJAN SINGH



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# About the Project

In the contemporary global landscape, characterized by heightened social, political, and environmental complexities, the provision of platforms for the youth to engage in discussions regarding these paramount issues must assume profound significance. The youth, unburdened by entrenched ideologies, must be trusted to be equipped with fresh perspectives and effective ideas that can help this world that they will eventually inherit. More importantly, the present state of affairs necessitates a more nuanced understanding of society and how we can help it evolve - a conversation that directly impacts younger generations and will decide what their lives will look like in the decades to come. Thus, facilitating spaces that enable the expression of their views is not merely an act of encouragement, but an imperative course of action. The Green Quill is one such space; a platform that seeks to enrich teenagers with other teenagers' voices, introducing them to new ideas and perspectives. By offering avenues for the youth to articulate their thoughts, passions, and novel insights, about important issues such as climate change, protests, and international politics, we invite an unfiltered outpouring of energy, idealism, and criticism from those who will one day be at the forefront of these very issues.

# Message from the Author

This activity book has been designed to give students a deeper insight into the fantastically nuanced world we live in, into its many issues of social existence, political positions, and environmental complexities. Through it, I've sought to give readers a peek into new ways in which they can interact with the world around them, and utilize what they learn to find a sense of compassion and empathy for the natural world and their fellow human beings. I truly believe that it is only through engagement with these ideas and sparking conversations that we can build a world that is sustainable and harmonious. I truly hope that you will enjoy these activities, and find them as fun as you find them accessible!

- Niranjan Singh

# My Goals for the World

Our world today faces many pressing challenges that adversely affect the quality of people's lives, inflicting on them different kinds of violence that nobody deserves to face, in turn making their lives miserable and painful. These problems require structural changes that address the root causes of these problems and thus need comprehensive policies and collaborative efforts to tackle them. However, this does not mean that individuals cannot have any impact whatsoever. On the contrary, individual action too has the potential to make a positive difference which matters tremendously, even though the action might be a simple, small step. These individual steps also inspire other people known by the individual to follow the same steps, and this creates a chain of positive actions on a larger scale that results in magnified impacts. Individual action thus inspires a gradual collaborative engagement between local communities, which trickles outwards to higher levels.

Read the following list that enumerates several social issues and explores why they continue to be a major cause of concern for us as responsible citizens of the world:

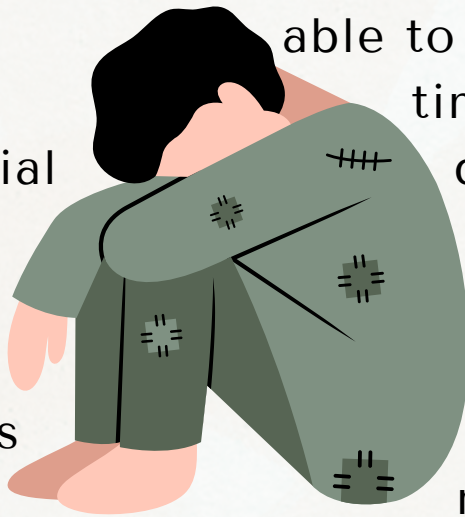
## 1. Climate Change

Climate change refers to a prolonged change in the climate conditions of our planet owing to global warming because of the continuous emission of greenhouse gasses. Climate change is a severe problem that causes multiple disastrous consequences such as rising sea levels that would eventually result in the submerging of land, along with changes in weather and rainfall patterns that harm the production of food and causes food shortages.



## 2. Hunger

Hunger is defined as the condition that results in people not being able to access food over a long period of financial and social difficulties. Starvation is a feeling that no human deserves to experience as it is directly linked to basic human dignity. As such, food should be a fundamental right. Prolonged hunger also results in severe health issues such as malnutrition and other chronic diseases.



## 3. Water

Water is a basic human need as we depend on it for

survival. Despite this, millions across the world do not have adequate access to clean drinking water. This is because of acute water shortages owing to climate change or because of pollution that causes the water bodies to become contaminated and therefore unfit for drinking.

#### 4. Pollution

Pollution refers to the degradation of our ecosystem because of the introduction of harmful substances into our natural resources such as air, water, and soil, which results in their contamination. Pollution causes severe health hazards to people, resulting in the reduction of lifespan, along with severely impacting biodiversity by negatively affecting plant and animal life.



#### 5. Gender and Sexual Equality

We live in a patriarchal world that puts women and people of other genders and sexualities at a comparative disadvantage. Such discrimination is rooted in the very fabric of our society, as we are taught to believe that straight men are superior to every other gender and sexual identity. This results in severe issues such as female foeticide, sexual

violence, domestic abuse, lack of education opportunities, and public discrimination and harassment that women including trans women and other gender minorities like trans men and queer people face.

## 6. Education

Education is a basic life skill that is essential for success in our world. Despite this importance, a surprisingly tremendous number of people in our world do not have decent education opportunities. This causes them to remain stuck in cycles of poverty because they cannot find employment in the absence of education.



Therefore, we need to recognize education as a basic human right and try to make it as accessible as possible.

## 7. Poverty

Economic inequality in our world is a major concern as the rich get richer, while the poor struggle to get access to the basic amenities of food, shelter, and clothing. Poverty is a painful experience as it makes every aspect of our daily lives an unnecessary struggle. This strips them of their dignity, a prized characteristic of our humanity.



## 8. Violence and Conflict

Violence is a global issue that threatens the lives of common people. Because of existing violent conflicts, people are forced to live deeply dangerous lives without being able to feel safe in their own homes. As areas across the world find themselves plagued with conflict because of wars, occupation, geopolitical tensions, terrorism, or ethnic rivalries, people are killed by the thousands, while others are left homeless and displaced from their native areas.

## 9. Refugee Crises

Owing to these violent realities, our world is currently facing several refugee crises as people are forced to flee from dangerous areas towards safer havens. And yet, our world is increasingly hesitant to give shelter to these vulnerable people, as governments send fleeing refugees back to dangerous zones. Even those who are allowed to stay are forced to live in terrible conditions and face daily discrimination by the common people.



## 10. Global Health

Another important issue in our world is the lack of accessible health opportunities for people. In the absence of publicly funded healthcare, people are

forced to suffer from easily preventable and treatable diseases. This thus causes unnecessary misery in the lives of their families. Health should be treated as a basic human right and efforts should be undertaken to boost health initiatives across the world to improve the standards of living of the people.

Now that you have read about these social issues, pick any 5 issues from the above that you feel passionate about. These can be your goals for our world! Then answer the following questions:

Social Issue 1: \_\_\_\_\_

- Why do you feel passionate about this issue?

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- List two ways in which you create change about these issues on a small scale in your individual capacity.

1. \_\_\_\_\_

2. \_\_\_\_\_

Social Issue 2: \_\_\_\_\_

- Why do you feel passionate about this issue?

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- List two ways in which you create change about these issues on a small scale in your individual capacity.

1. \_\_\_\_\_  
  
2. \_\_\_\_\_

Social Issue 3: \_\_\_\_\_

- Why do you feel passionate about this issue?

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- List two ways in which you create change about these issues on a small scale in your individual capacity.

1. \_\_\_\_\_

2. \_\_\_\_\_

Social Issue 4: \_\_\_\_\_

- Why do you feel passionate about this issue?

\_\_\_\_\_  
\_\_\_\_\_  
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- List two ways in which you create change about these issues on a small scale in your individual capacity.

1. \_\_\_\_\_

2. \_\_\_\_\_

Social Issue 5: \_\_\_\_\_

- Why do you feel passionate about this issue?

\_\_\_\_\_  
\_\_\_\_\_  
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- List two ways in which you create change about these issues on a small scale in your individual

capacity.

1. \_\_\_\_\_

2. \_\_\_\_\_

Here, the words of Mahatma Gandhi could prove immensely fruitful: "Be the change you wish to see in the world." These words then remind us of the power of individual action, whether it is through volunteering in our neighborhood, distributing old clothes, teaching kids from underserved communities, not throwing litter on the roads, or even helping our mothers in their daily tasks, individual action is a powerful tool for social change. Hence, we should not underestimate it.

# Sustainable Living

The ramifications of the global climate crisis on our planet – its inhabitants and ecosystems – are familiar to all people by now. If working against climate change isn't considered the biggest need of the hour, the repercussions will be severe as, by the end of the decade, the perils of climate change will become irreversible. Despite the alarming state of the situation, it is visible that most individuals and communities overlook the gravity of the crisis.

Perhaps, a substantial fraction of the population across the globe is yet to be aware of the imperative to immediately move towards sustainable practices and strategies in everyday life. Sustainable living is rooted in changing the way we conventionally function and this could often involve rigorous habitual changes to move away from unhealthy habits to achieve more eco-friendly and environment-conscious ways of living.

How badly can our everyday habits and practices govern the way our world functions and influence climate change? To understand that better, let us go through a list of habits that are crucial to how we go about the world on a regular basis.

Read the following list that enumerates several social issues and explores why they continue to be a major cause of concern for us as responsible citizens of the world:

- Turning off the water while not in use when you are brushing your teeth, taking a shower, washing your dishes, or gardening
- Keeping electronic equipment plugged in when not in use
- Driving your private vehicle both short and not-so-short distances when public transport options are available
- Using metal or reusable straws instead of plastic straws
- Leaving leftover food in the waste and eventually landfills
- Buying second-hand clothing and household items and prioritizing biodegradable options while doing the same
- Excessive use of paper and carelessly throwing away used and unused paper
- Not properly disposing of items such as batteries and electronic gadgets
- Carrying environment-friendly tote bags instead of plastic bags while shopping
- Practicing effective waste management and ensuring recyclable materials are actively recycled



- Online shopping when offline shopping options are feasible and accessible
- Setting up a garden at home and practicing composting
- Reducing the proportion of meat products in your diet, if your diet is heavily based on the same
- Running small loads in the washing machine
- Printing single side documents when it isn't a necessity
- Planting at least one tree in the space around
- Purchasing fast fashion frequently
- Using steel bottles over plastic bottles



The above list involves multiple habits and activities that are a part of most of our everyday lives. However, all the habits on the list are not healthy for our planet. Some of them – though they might seem trivial and inconsequential – can have severe consequences on Mother Earth, further adding to the global climate crisis.

Here's a task that you can help me and our planet out with. From the above list, pick out the habits and practices that are healthy and sustainable and those that are not, and list them in the table below! The first row is completed, and think through your



everyday habits and practices to complete the remaining rows. Here's a hint: the number of entries in both columns should be the same once you're done with the activity!

Beneficial and Healthy Habits	Detrimental Habits and Practices
Using metal or reusable straws instead of plastic straws	Running small loads in the washing machine

After actively thinking through your daily habits and some meaningful realizations, you have been able to successfully complete the table! Imagine how much of an impact can work against the habits with detrimental consequences we make on the planet.

About 10% of greenhouse gas emissions come from the food we throw away in the bin. Similar concerning insights will open up while examining all the habits that are grouped on the right side of the table. To understand the importance of changing the habits that adversely affect the planet and developing more sustainable practices, think through the below questions and answer them in no more than 100 words:

1. What makes the list of activities grouped together as practices that are beneficial to the planet healthy and sustainable? How many of them do you actively practice in your life and what changes are you ready to make to incorporate more healthy habits?

Ans: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

1. What are the characteristics that make the habits and practices that are grouped together as detrimental to our planet unhealthy and not friendly to our environment? How many of them are, consciously or unconsciously, a part of your everyday life? What changes are you ready to to eliminate these unhealthy habits?

Ans: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The task to ensure that the adverse effects of human activities on the environment are ameliorated is a difficult one. All individuals, communities, organizations, and institutions must be ready to make changes to make the planet a better and healthier place for the generations ahead. As Greta Thunberg poignantly said, "I have learned you are never too small to make a difference." The best we can do as inhabitants of this planet is to change and raise our voices before it gets too late.

Sources:

1. <https://ecobnb.com/blog/2018/11/10-green-habits-save-planet/>
2. <https://poosh.com/21-daily-habits-to-help-protect-mother-earth/>
3. <https://www.insider.com/daily-habits-impact-the-environment-2018-10>
4. <https://bestlifeonline.com/bad-for-environment/>
5. <https://www.conserve-energy-future.com/daily-habits-human-beings-that-killing-environment.php>
6. <https://www.edf.org/climate/why-fighting-climate-change-so-urgent>
7. <https://press.un.org/en/2019/ga12131.doc.htm>
8. <https://updates.panda.org/driven-to-waste-report>

# Diversity Drawings

As the world becomes more globalized, it's essential to acknowledge the importance of respect and tolerance for those who look or think differently than us. In our daily lives, we might be surrounded by people of the same ethnicity, family, or friends who speak the same language and have grown up in similar cultural contexts. Or, growing up in a country like India, where each state has its own language and distinct culture, we might already be aware of the concept of diversity in a community - that is, a scenario where people of different social groups, ideas, and practices happily coexist and learn from each other.

Let's do a fun activity to explore the idea of diversity and what it can mean!



Here we have a picture of five children going to school. Your job is to color this black and white picture in - but there's a catch! Each student in the image must be colored with a different color, and no color can be repeated across the entire picture.

It might sound challenging, but you'll soon realize that creativity knows no bounds - and in fact, the best way to be creative and learn something new is to work within restrictions. Shall we begin? Grab your favorite coloring tools, and let your imagination run wild!

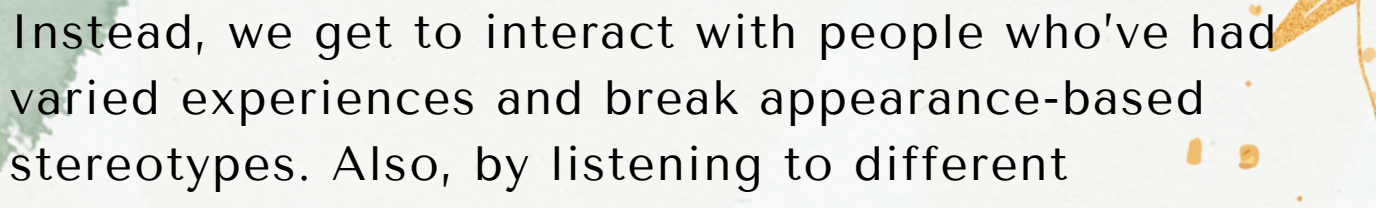
After you're done coloring in all these children, take a moment to reflect upon what you see. Then, you can consider the following questions and write down your thoughts about the experience in a concise answer - not more than 150 words!

1. How did you decide which colors to use for each child? Did it feel challenging to not repeat colors?
2. What does this picture represent to you? In what way does it represent diversity and the uniqueness of each person?
3. Why do you think diversity is important? How can we create an inclusive and harmonious world by embracing our differences?

Just like a rainbow with different colors, our world is filled with people from various backgrounds, races! This makes our fascinating interesting. Imagine if everyone looked and acted the same - life would be boring!

from various cultures, and diversity world and

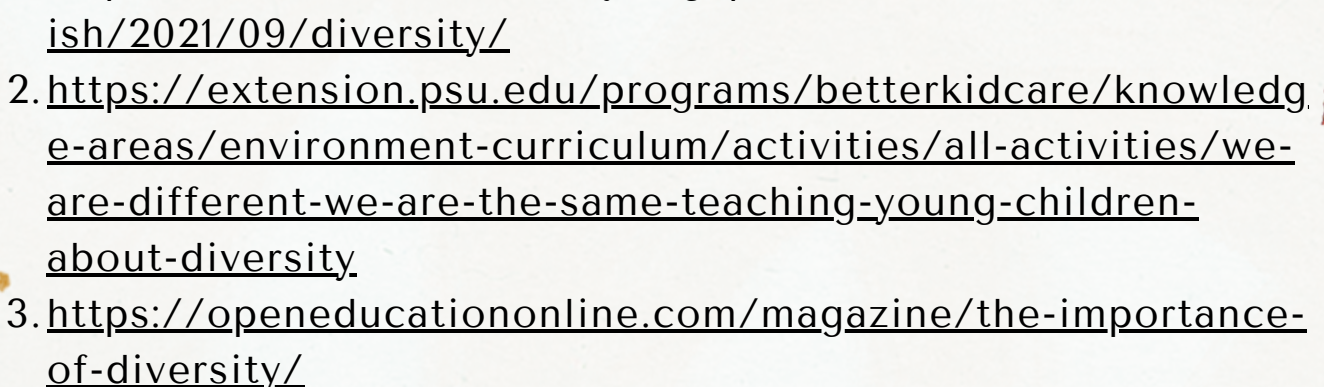




Instead, we get to interact with people who've had varied experiences and break appearance-based stereotypes. Also, by listening to different perspectives and stories, we realize that everyone has their own challenges, dreams, and emotions - which might help us treat them with more empathy, rather than immediately judging them for their differences. In the process, we learn to treat everyone with kindness and respect.

In fact, diversity - not just of ethnicity, but also of thought - offers us so many learning opportunities. We realize that there isn't always one right answer or one right way to do something and open up our minds to various new possibilities. This coloring exercise was a small way to demonstrate and explore this beautiful idea! The foundation of an inclusive world is the idea that we are all equal despite our differences, and if we learn to see diversity as a strength, we can band together to accomplish amazing things - like solving crucial societal problems.

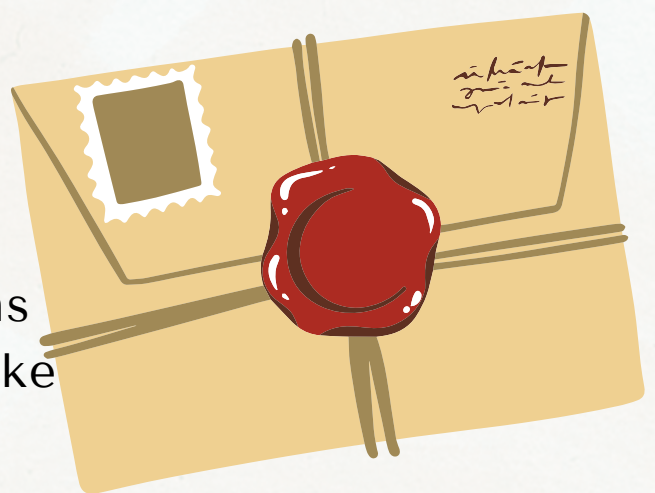
Sources:

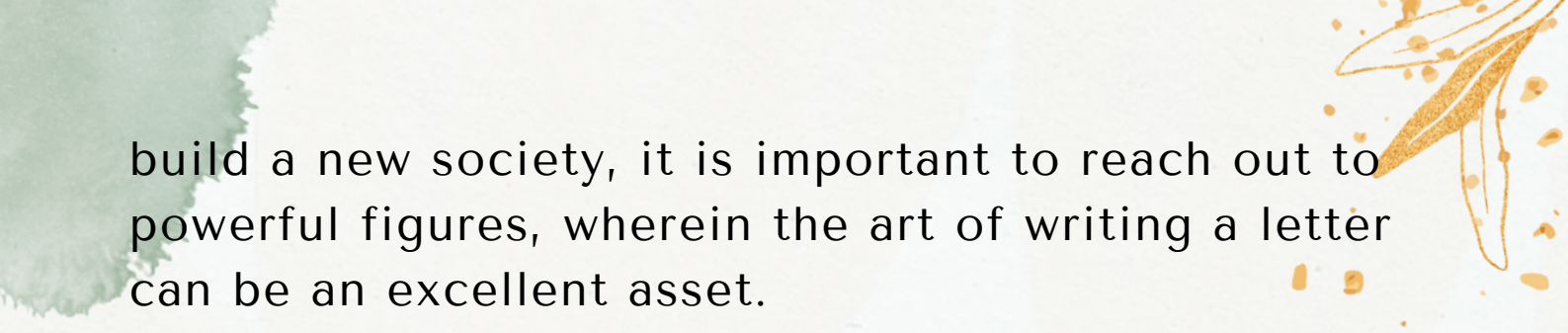
1. <https://www.childrensmercy.org/parent-ish/2021/09/diversity/>
  2. <https://extension.psu.edu/programs/betterkidcare/knowledge-areas/environment-curriculum/activities/all-activities/we-are-different-we-are-the-same-teaching-young-children-about-diversity>
  3. <https://openeducationonline.com/magazine/the-importance-of-diversity/>
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# Write a Letter

Education is a gift with the extraordinary power to revolutionize lives, entire communities, and indeed our whole world simply by equipping us with knowledge, important skills, and innumerable opportunities to explore and shape our destinies. Every child, no matter what their background is, deserves the chance to grow through quality education. It is only such a world where all students can truly thrive and compete, where all professional work is driven by forces of skill and creativity, and where more households can achieve prosperity and stability. By granting every child the opportunity to be able to learn, we can unlock their boundless potential, and help them dream of brighter and more just futures.

One of the most important things education can teach us is to express ourselves, to understand that our ideas are power and can truly make a difference if we put them out there into the world. A brilliant way to do this is by writing letters, which helps us articulate the way we feel while also presenting compelling arguments. When we aspire to





build a new society, it is important to reach out to powerful figures, wherein the art of writing a letter can be an excellent asset.

For this activity, let us compose a letter to write to the Prime Minister and request them to look into ensuring that each and every child in the country receives access to quality education and appropriate resources for the same. This can be your opportunity to voice your dreams and hopes for the country, and to inspire action that is transformative! So, let's tap into our imaginations, get creative, and embark on a journey of equal opportunities and positivity!

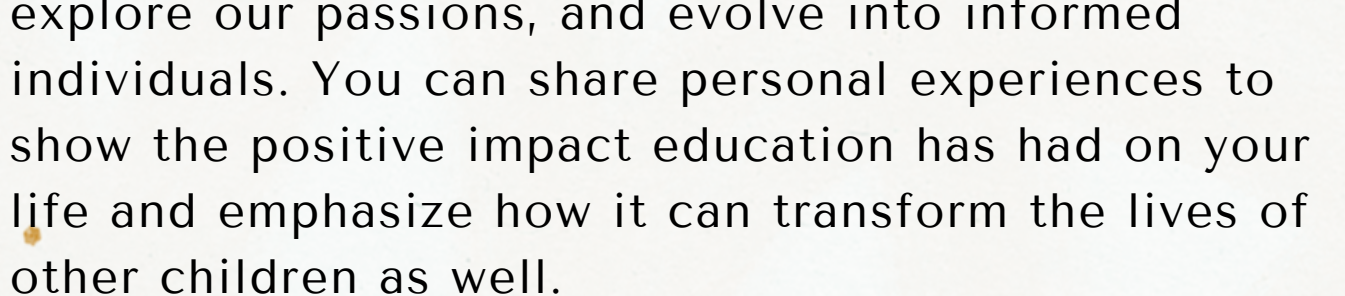
Here's a helpful outline for your letter:

Begin with a greeting or salutation - make sure it's polite! (e.g., Honorable Prime Minister,).

The main body of your letter can be divided into three distinct sections:

### Section 1: The Importance of Education

In this section, talk about why education is essential. Reflect on how it enables us to acquire knowledge, explore our passions, and evolve into informed individuals. You can share personal experiences to show the positive impact education has had on your life and emphasize how it can transform the lives of other children as well.





## Section 2: Enhancing Access to Education

Dedicate this section to exploring methods for improving access to education. Discuss the significance of constructing more schools, providing resources like books and computers, and ensuring the availability of qualified teachers for every child. Be imaginative in proposing solutions that address barriers to education, such as scholarships or mobile learning platforms.

## Section 3: Individual Actions for Change

In the final section, discuss the steps we can take as individuals to support quality education for all. Encourage the Prime Minister to consider policies that promote equal opportunities, regardless of a child's background. Additionally, suggest ideas like fundraising, volunteering at schools, or mentoring younger students as means to contribute to education within your community.

Conclude your letter by summarizing your main points and underscoring the significance of guaranteeing access to quality education for all children. Express hope that the Prime Minister will prioritize these concerns and take affirmative action to positively impact the lives of children across the country.

Remember to sign your letter with your name, age, and any additional thoughts or dreams you have

regarding education. Your words possess the potential to inspire and forge a better future for all!

You can write your letter in the box below:

Honorable Prime Minister,

Sincerely,

NAME:

AGE:

SCHOOL:

Sources:

1. <https://leverageedu.com/blog/importance-of-education/>
2. <https://ctb.ku.edu/en/table-of-contents/advocacy/direct-action/letters-to-elected-officials/main>

# Design a Donation Drive

As we grow into adults, it's important that we realize the diversity that exists in this world and the different experiences and backgrounds with which we all grow up. Understanding this is important in becoming active citizens of our community who work towards improving the lives of others and the society in which we live for the better.

If we look around, we might find a lot of different things that we barely use, some may be basic necessities and some could be luxury items. Now, try to look at some of the things that you may have wanted once but don't use at all. If we try, we can learn how there may be so many things around us that we take for granted. Recognizing that not each individual grows up with these privileges, and some may have more things than us while others have less can help us see how the things we take for granted can make a big difference in someone else's life!

This is the power of donation - instead of wasting or throwing



away the things we don't need or use anymore, we can instead give them to someone else who is in need of these things and not only prevent unnecessary wastage but also make a difference in the lives of others.

Before we begin designing the poster, Let's look at some important questions to answer.

1. For which age group and section of people would this donation drive be organized for? You can select a demographic such as children or the elderly, or choose to keep the donation general for all ages.

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2. List the items you would like to collect along with a list of items that will not be included in this donation drive.

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3. Now create a 2-3 sentence slogan that will encourage people to donate and draw the attention

of the viewer.

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Now that you have finished brainstorming the important elements of your poster, Let's begin designing it!



For this you will require a few basic items. You can also use other decorative materials to make the poster attractive such as glitter pens, color tapes or stickers!

Materials Required:

- Colored/White Chart Paper
- A pencil
- An eraser
- Black Marker
- Colored pencils/Crayons/Paint/sketch pens

Steps:


- First, take your chart paper and mark the borders of the poster, leaving enough space on all four sides to decorate. Creating this border will also



help you ensure that your poster is aligned with the center of the sheet.

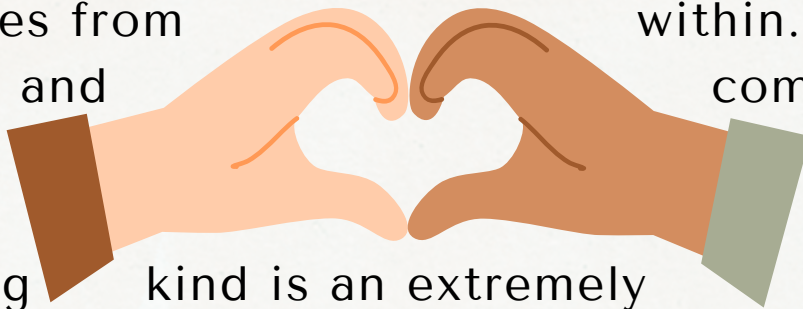
- Now, use the pencil to decide how you would like to divide the space in your poster. You can mark clear sections for where your drawing will be, the name of the donation drive, the slogan, and additional information such as the items you are collecting.
- If you have already chosen a particular cause or organization where you would like to donate these items, you can also add 1-2 lines mentioning their name and cause.
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- This is the most fun part, and it is completely up to you to design! You can use visual tools such as images, stickers, drawings, or graphs to enhance your message.
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- Once you have finished designing your poster, ensure that it is not missing any important details such as the mode of collection, drop-off point, and your contact details!

And there you have it, your very own donation drive poster! Now, distribute this among your family and friends and encourage them to donate!

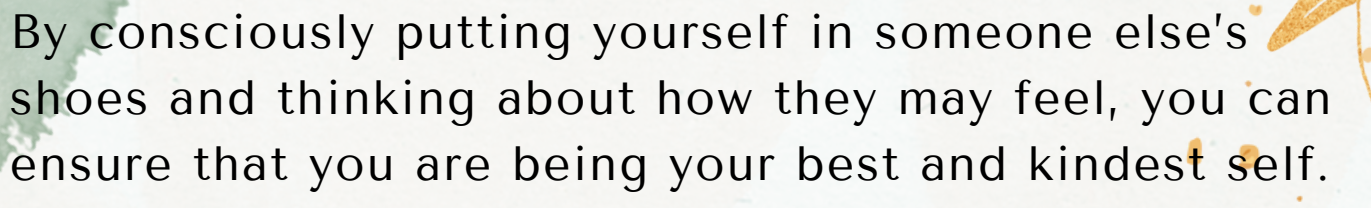


# Kindness Notes

What do you understand by kindness? Do the following words ring a bell? Generosity, empathy, concern, friendliness, love... Kindness is any behavior that is marked by acts of generosity, friendliness, concern, love, compassion, empathy, and more. It is more than just being nice or a temporary state of politeness, as it is a quality that is nurtured over time and comes from within. With true kindness and compassion comes sincerity and authenticity, and being kind is an extremely important virtue to have.



The world around us can sometimes be hard and cruel, and a small act of kindness can go a long way in making someone's day. Even if you may not understand or even relate to someone else's plight, simply being kind and empathetic towards them can help them an immense amount. Most children have experienced mean or hurtful comments while growing up, and the advent of social media has made it even easier for individuals to pass judgment in a quick and hurtful manner. It is in this age that kindness is more important than ever.

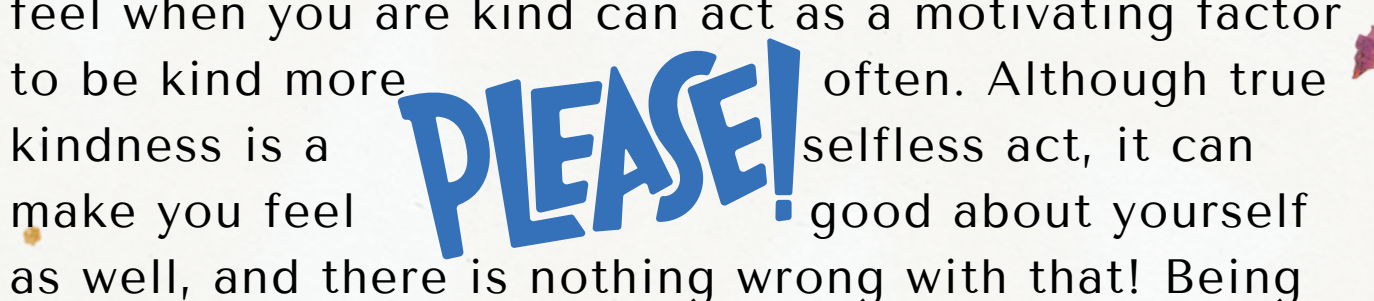


By consciously putting yourself in someone else's shoes and thinking about how they may feel, you can ensure that you are being your best and kindest self. Before acting or saying something, take a moment to think about how the other person might feel. Do you think they might prefer a compliment about their dress, rather than a mean comment about how they are looking? Kindness is also about honesty, and flattering someone insincerely is not an act of kindness. If you truly do not have anything nice to say, you don't have to say anything at all! Try to focus only on putting out positive comments and thoughts that will make others feel good. For instance, if your friend is not very good at basketball, you don't have to lie and tell them they are. But if you want to be kind and say something positive, you can praise them for trying their hand at the sport, and your encouragement can go a long way.

Inculcating good manners such as saying please and

**THANKYOU**

thank you is also a step towards kindness because it helps you grow into a more pleasant person and ensures that you have respectful interactions with the people around you. Additionally, focusing on how you feel when you are kind can act as a motivating factor to be kind more often. Although true kindness is a selfless act, it can make you feel good about yourself as well, and there is nothing wrong with that! Being



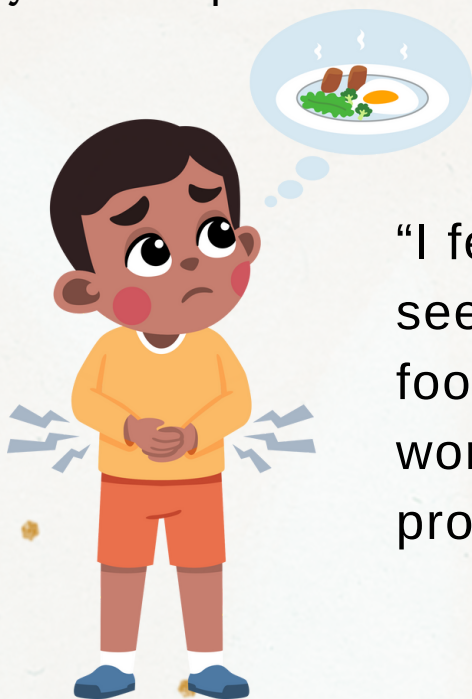
**PLEASE!**



Being kind to others can not only help improve their well-being, but also your own, and the positive warmth you feel when you show someone else generosity or empathy is a great feeling to have.

In today's world, we are plagued by a range of social issues and challenges, ranging from global, all-pervasive issues like war or climate change, as well as more community-specific, individualized challenges like poverty, social exclusion, bullying, and more. It is important to remember that regardless of whether you are in the same situation as someone else, being kind to them in their time of need can prove extremely helpful for them.

Take a look at the following situations where children are expressing their feelings about a social issue that they are experiencing. Then, in a few lines or around 100-150 words, respond directly to the individual, remembering to practice kindness and empathy in your responses as best you can!



“I feel so hungry all the time, and I see people around me eating good food, but I know that my parents are working hard and doing their best to provide for our family.”

Write your response here:

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“I wish I didn’t have pimples all over my face. They make me feel ugly and children in school tease me because of them.”



Write your response here:

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“I wish I had a roof over my head and enough money to afford the basic necessities of life. It’s hard to see so many people around me enjoying luxuries when I don’t have enough.”

Write your response here:

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“I feel sad because I don’t have friends at school. Just because I look and dress differently from them, they exclude me from activities and whisper mean things about me.”



Write your response here:

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Sources:

1. <https://inspirekindness.com/blog/kindness-101>
2. <https://www.verywellfamily.com/teaching-kids-kindness-620723>
3. <https://www.harpercollins.com/blogs/harperkids/6-tips-for-teaching-kids-kindness>

