

## Activity 2 - Interactive Workshops

### *Transforming Everyday Habits*



**Date:**



**Name:**



#### **1. My Daily Habit**

*Think about something you do every day.*

**What is your habit?**

**Where does it happen?**

☐ **School**

☐ **Home**

☐ **Other:** \_\_\_\_\_

**Why might this habit be harmful to the environment?**

 **2. The Problem**

*Explain what makes this habit unsustainable.*

**What is the  
environmental impact?**

 **3. Improved Sustainable Version**

*Now redesign your habit using a sustainable innovation.*

**What will you change?**

**What sustainable  
solution will you use?**

**How is this better for  
the environment?**



#### 4. Role-Play Preparation

*You will act out your habit twice:*

**Scene 1 – Before  
(Unsustainable)**

**What happens?**

**Scene 2 – After  
(Sustainable)**

**What changes?**



### 5. Impact Reflection

**What does your new habit reduce?**

☐ Waste ☐ Energy ☐ Water ☐ Pollution

**How could this help if many people did the same?**



### 6. Reflection

**What did you learn from this activity?**

**Which habit would you like to change in real life?**

**How easy or difficult would this change be? Why?**

| PEER FEEDBACK                                             |  |
|-----------------------------------------------------------|--|
| <b>Tell: One thing you liked about a classmate's idea</b> |  |
| <b>Ask: One question</b>                                  |  |
| <b>Give: One suggestion</b>                               |  |