

# GREEN THUMB GUIDE FOR KIDS & ADULTS

---

EDITION 1



At Quest  
SUSTAINABILITY SIMPLIFIED

Life

# Green Warriors

Tips from  
Tanya - Urban Khetti



Things to remember while nourishing your green thumb



1

Understand the season and find crops suitable for your region.

2

Start small - begin your gardening journey with herbs and microgreens from your pantry.



3

Observe the entire process and see what your plants require on a daily basis.



You can refer to [Urban Mali](#), [Village Story](#) and [Quantum Leaf](#) for more tips on growing food at home!

## Discover Yourself and Score

About You	Yes (2)	Maybe (1)	No (0)
I love to spend time in my little garden and see plants grow			
I water my plants and check their health regularly			
I can identify different plants from their leaves			
I use natural compost for my garden and avoid chemicals			
I share my garden stories with friends and family and encourage them too			

Your Total Score



# Nature Lovers

Tips from

Kavya Chandra – Founder A Green Venture



Observe biodiversity and Conserve nature by taking small steps

1



Begin gardening at home for kitchen essentials for deeper understanding of where food comes from.

2

Avoid the use of plastic to reduce pollution and environmental impact.



3



Walk and cycle to reduce carbon footprint and have a positive impact on nature.

For more details on living amicably with Nature refer to [Wildfood India](#), [Forgotten Greens](#) and [Say Trees](#).

## Discover Yourself and Score

About You	Yes (2)	Maybe (1)	No (0)
I love to spend time outdoors rather than indoors			
I have flower plants in my little garden to attract bees and butterflies			
I have installed a bird-feeder to attract birds and give them good food			
I do not harm the trees around me while I am outdoors			
I walk, cycle, exercise regularly and stay fit			

Your Total Score



# Waste Managers

Tips from  
Manisha – RUR Green Life



Segregate your waste for better disposal

1



Biodegradable, wet kitchen waste which can be easily composted which can be used to grow kitchen gardens.

2

Collect all your dry recyclables like paper, plastic, tetra-pack cartons and recycle them through local kabadiwala. This way 90% of your waste is safely recycled.



3

Remaining 10% waste which are one time disposables, sanitary napkins, diapers, you can work on minimizing. Look for green alternatives and reduce the buying of one time disposables.

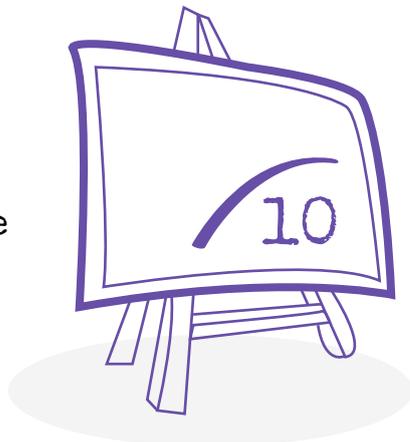


For efficient waste management options connect with [Trashin](#), [Saahas Zero Waste](#) and [Daily Dump](#).

## Discover Yourself and Score

About You	Yes (2)	Maybe (1)	No (0)
I do not throw waste in open spaces while I travel			
I segregate waste at home and understand why it is necessary			
I try and use chemical-free cleaners at home to minimize water waste			
I carry my own water in refillable container and avoid use of packaged drinking water			
I involve myself in making compost at home from kitchen waste			

Your Total Score



# Renewables Rockstars

Tips from  
Garvita - Why Waste



## Conserve water in daily life



1

Don't keep the tap running while you brush your teeth.

2

Use the water that you clean your vegetables with to water the plants.



3



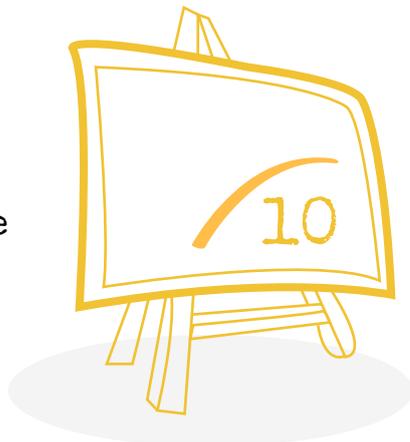
Check all taps and toilets for leaks and fix them without delay.

Get some more practical tips on using renewable energy in daily life from [Biome Environmental Solutions](#) and [Cook with Sun](#).

## Discover Yourself and Score

About You	Yes (2)	Maybe (1)	No (0)
I do not waste water during my daily routine			
I keep my electricity consumption to minimum because it comes from burning coal			
I use solar energy in whatever way possible at our home (solar lights, solar panels etc)			
I am aware that at our house/ society, we conserve rainwater and reuse it			
I buy products that consume less electricity and are efficient			

Your Total Score



# Conscious Shoppers

Tips from  
Bhaavya – Iro Iro Zero Waste



## Re-look purchasing with conscious choices



1

Look for ways to re-utilize all parts of your wardrobe, stylize and use hacks to re-invent.

2

When you buy, look for conscious makers who produce in collaboration with the environment.



3

Look at buying as an investment, see that it lasts you longer and can be carried on to the future generation.

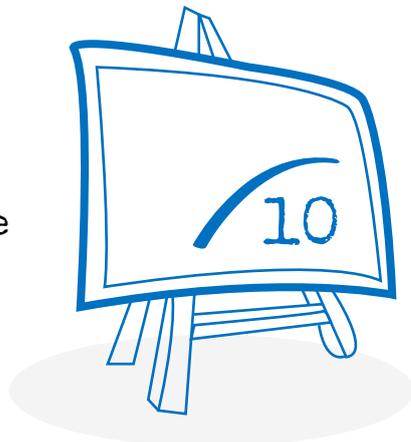


Get access to conscious shopping choices from [Revastra](#), [2 Up 2 Down Textiles](#) and [Biome Conscious](#).

## Discover Yourself and Score

About You	Yes (2)	Maybe (1)	No (0)
I carry a reusable bag when we go shopping			
I buy things only when I know I need them			
I look for eco-friendly alternatives when I am buying			
I don't encourage plastic packaging of my purchases			
I look for upcycling or recycling my stuff before throwing them out			

Your Total Score



# Responsible Travellers

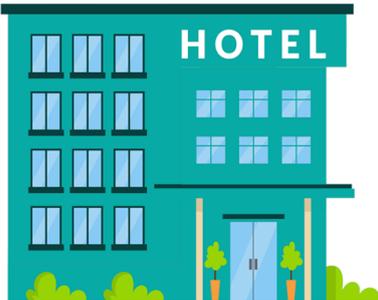
Tips from

Vinod Shreedhar – Founder, Journeys with Meaning



Things to remember while nourishing your green thumb

1



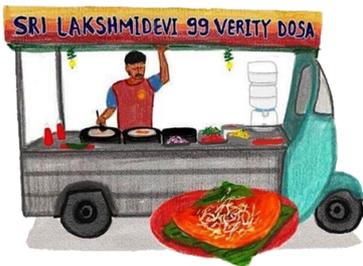
Try and choose local accommodations, this puts money into the local economy and you can learn local culture while living with them.

2

Look at how you travel to and within these places, try and use public transport to reduce your carbon footprint.



3



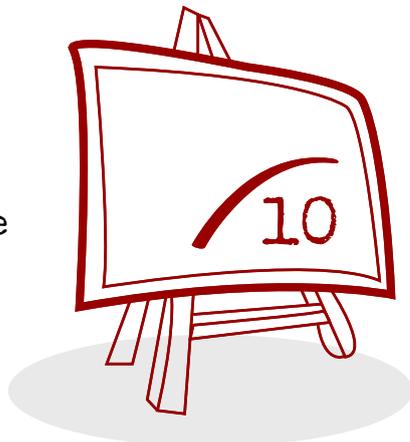
Invest in local experiences, eat local food and engage with artisans.

Explore traveling in a new light with [BAT Travels](#),  
[Royal Swiss Cottage Chail](#) and [Not on Map](#).

## Discover Yourself and Score

About You	Yes (2)	Maybe (1)	No (0)
I carry a reusable water bottle whenever I travel			
I opt for train/bus travel instead of flight travel			
I carry food in reusable containers during travel			
I carry empty bags for my regular shopping			
I do not litter while traveling			

Your Total Score



# Local Champions

Tips from

Sudha - Botanica Essentials



Support your neighborhood local vendors



1

Buy at least 50% of your daily essentials from local, sustainable brands.

2

Start a local business network where people can engage with local businesses remotely.



3

Give your favorite local businesses shout-outs on your social media channels.

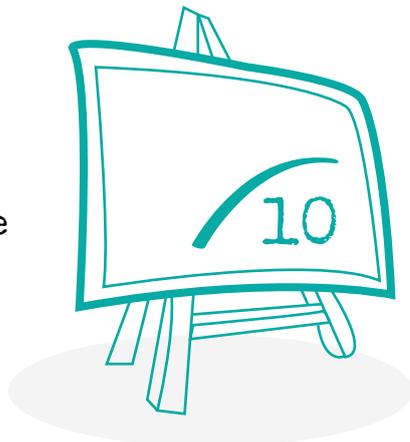


Give a boost to local brands like [Vaseegrah Veda](#) (Tanjavur), [Jus'Trufs](#) (Bangalore) and [Pupkins Kitchen](#) (Mangalore).

## Discover Yourself and Score

About You	Yes (2)	Maybe (1)	No (0)
I make most of my purchases from local shops rather than online			
I am aware of the local traditions			
I participate in events or festival celebrations in my community			
I have enrolled in a hobby or learning program			
I make friends with people around me and know them well			

Your Total Score



# Healthy Foodies

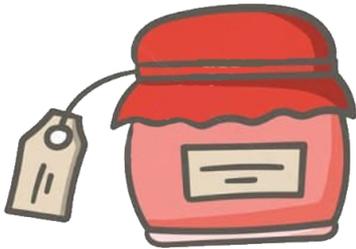
Tips from

Honey – MountainBee Kombucha



Have healthy and wholesome food on your plate

1



Include fermented foods for a dose of good bacteria to your gut.

Eg: Yoghurt, Kombucha, Dosas, Kimchi, etc.

2

Cook and consume a variety of grains cereals, vegetables and fruits to produce diverse gut flora.



3

Get creative with cooking all parts of your vegetables and fruits. Eg: Potato skins, cauliflower stalks, watermelon rinds, etc.

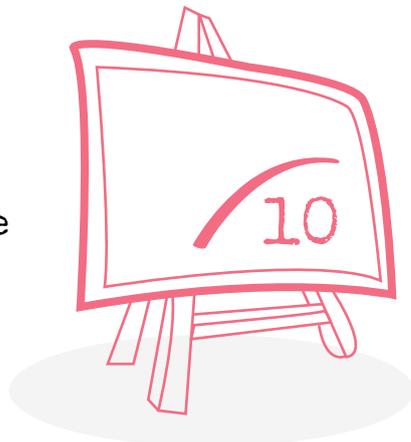


Add the right kind of ingredients to your diet with [Kobo Fermentary](#), [Go Native](#) and [Sampoorna Aahara](#).

## Discover Yourself and Score

About You	Yes (2)	Maybe (1)	No (0)
I am aware of the importance of eating pulses and cereals daily			
I encourage my family to avoid eating/buying junk and processed foods			
I prefer and have organically or naturally grown food			
I avoid food wastage by serving only the amount of food on my plate that I can eat comfortably			
I reduce my consumption of candies			

Your Total Score



# Activity guide for Junior Tribe members

①

## The veggie guessing bag

Try this activity to increase children's recognition and awareness of different vegetables. Place some vegetables in a bag. Ask children to feel inside the bag and guess which vegetables are there. As a variation, blindfold children and place a vegetable in their hands. Ask them to guess what the vegetable is by feeling, smelling and even tasting it. Make a note of all the veggies here!

②

## DIY pencil pouches

Most pencil boxes that are available in the market today are made from some kind of plastic. Why not spend time making your pencil pouches. Get your sarees, t-shirts, and even those discarded tissue cardboard rolls out and make some quirky pouches.

# Activity guide for Junior Tribe members

3

## Bottle Managers

Spend some time in personalizing a water bottle for your kids and make a game out of it. We know that water is the elixir of life. Encourage kids to carry their bottle of water every time they step out.

You could also teach them to make lemon juice and carry it with them when they step out. It will ensure that you do not buy aerated drinks that are sold in plastic bottles.

4

## Start a microgreens garden

Show your kids alternatives to normal planting techniques by using old scraps for planting, eg: Egg cartons, old shoes and discarded boxes. Spend some time in collecting soil from the surrounding and grow micro-greens from home ingredients like mustard, fenugreek and coriander.

# Activity guide for Junior Tribe members

5

## Start making bio-enzymes

Home made hair-wash powder:



- ⊕ Reetha/shikakhai powder 
- ⊕ Besan
- ⊕ Curry leaves powder 
- ⊕ Fenugreek powder 
- ⊕ Mix and store in a jar. Use as required. 

## Bio-enzyme for multi-purpose cleaning:

- ① 3 parts lemon peels, 1 part jaggery and 10 parts water. 
- ② Add everything together. 
- ③ Ferment for 90 days in an air-tight plastic bottle.  



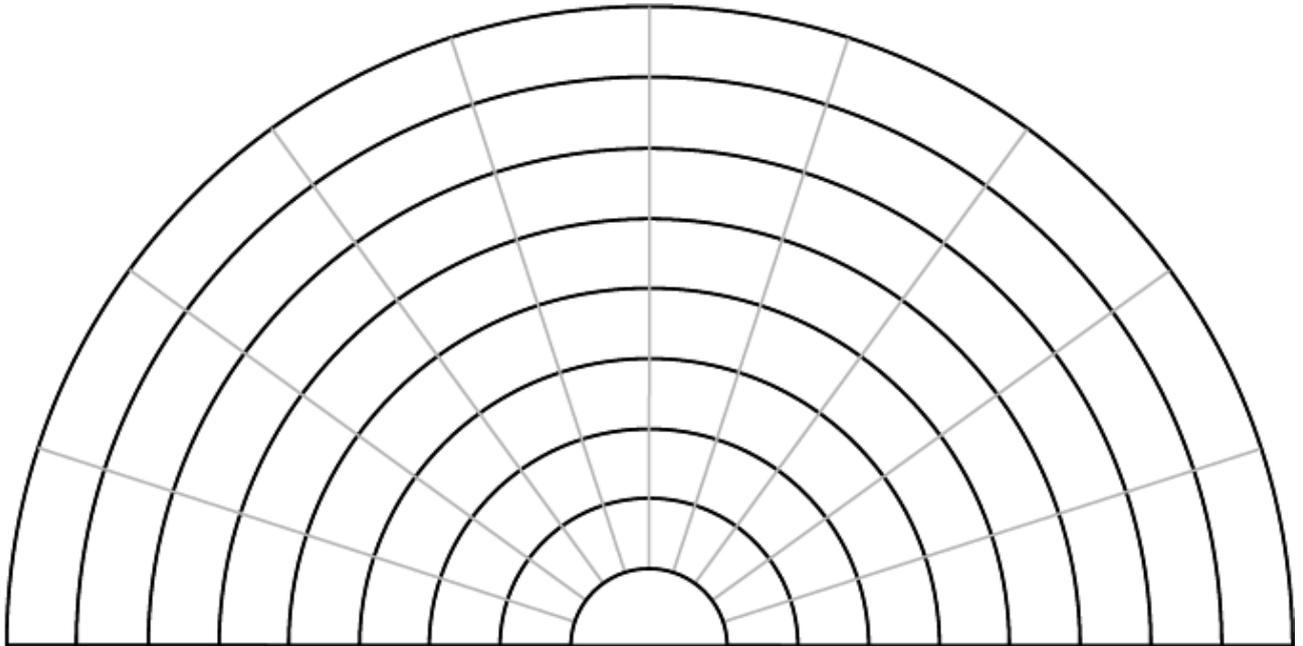
- From the next batch onwards, add a bit of
- ④ this prepared bio-enzyme and shorten the fermentation period to one month.  

# Color your Eco-Rainbow

Color your eco-rainbow as per your points score for each tribe.

Ex: Color 7 parts for Healthy Foodies if your score is 7/10.

Your Name: \_\_\_\_\_

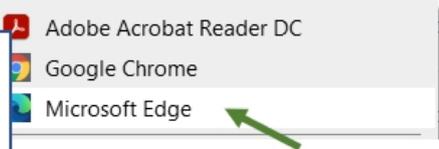


- |                |                      |                        |                 |
|----------------|----------------------|------------------------|-----------------|
| Green Warriors | Waste Managers       | Conscious Shoppers     | Local Champions |
| Nature Lovers  | Renewables Rockstars | Responsible Travellers | Healthy Foodies |

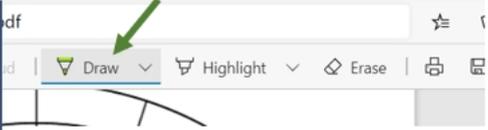
Don't want to print? We have a 2-step solution for that too.

Open with

**1.** While on your laptop, right click on the e-book file and Open with Microsoft Edge



**2.** At the top, Click the Draw button, select the color and paint on the file.



If you found this interesting, there is a lot more to discover and magic to witness on our online Green Compass.

**Check Us Out**

[https://life.atquest.in/  
dashboard/signup](https://life.atquest.in/dashboard/signup)