



Sustainable Development Goals (SDGs) Activity Sheet

Introduction to SDGs (15 minutes)

Explore the 17 Sustainable Development Goals and their significance in our daily lives.

Individual Reflection:

Look at the SDGs below and rate your familiarity with each one (1-5):

SDG	Description	Familiarity (1-5)	Personal Connection
1. No Poverty	End poverty in all its forms everywhere		
2. Zero Hunger	Achieve food security and improved nutrition		
3. Good Health	Ensure healthy lives and promote well-being		

SDG Priority Mapping (20 minutes)

Work in small groups to analyze which SDGs are most relevant to your community.

Community Impact Analysis:

1. List three major challenges in your local community:

2. Which SDGs directly relate to these challenges?

3. Propose practical solutions that align with the SDGs:

Creative Expression Through Art (25 minutes)

Participatory Art Project:

Design a visual representation of one SDG that resonates with you the most.

1. Choose your SDG and explain why it matters to you:

2. Sketch your artistic concept below:

[Art Space]

3. Explain how your artwork represents the chosen SDG:

Personal Impact Assessment (30 minutes)

Evaluate your daily actions and their relationship to the SDGs.

Daily Activity Log:

Time	Activity	Related SDG	Impact (+/-)
Morning			
Afternoon			
Evening			

Action Planning (20 minutes)

Personal Commitment Plan:

1. What changes can you make in your daily routine to better support the SDGs?

2. Set three specific, achievable goals for the next month:

3. How will you measure your progress?

Global Partnership Projects (45 minutes)

Design collaborative initiatives that connect local actions to global impacts.

Project Development Framework

Project Element	Description	SDG Alignment
Project Title		
Target Community		
Resources Needed		
Timeline		

Stakeholder Mapping

Identify Key Partners:

Local Partners

National Partners

International Partners

SDG Innovation Challenge (60 minutes)

Design Thinking Process

1. Empathize

Identify a specific SDG-related challenge in your community:

2. Define

Frame the problem statement:

3. Ideate

Brainstorm potential solutions (minimum 3):

1.

2.

3.

Implementation Planning

4. Prototype

Develop a detailed plan for your chosen solution:

Implementation Phase	Actions Required	Timeline	Resources
Phase 1			
Phase 2			
Phase 3			

5. Test

Evaluation Criteria:

Impact Measurement

Sustainability Assessment

Scalability Analysis

Impact Assessment and Reporting (30 minutes)

Project Impact Matrix

Short-term Impacts (0-6 months)

--

Medium-term Impacts (6-18 months)

--

Long-term Impacts (18+ months)

--

SDG Progress Report

SDG Target	Progress Indicators	Evidence	Next Steps

Reflection and Sharing (15 minutes)

Final Thoughts:

1. What was the most surprising thing you learned about SDGs today?

2. How has your understanding of global sustainability changed?

3. What message would you share with others about SDGs?

Next Steps

To continue your SDG journey:

- Share your learnings with family and friends
- Join local sustainability initiatives
- Track your progress on your action plans
- Research more about your chosen SDGs