



GROW HOPE 30-DAY CHALLENGE



TEACHER GUIDE



DURATION:
30 DAYS
(Start anytime)



**SUBMISSION
DEADLINE:**
**1 OCTOBER 2026
12.00 PM**

FREE

**REGISTRATION:
FREE**



REGISTER & JOIN:

<https://growhope.my/30days>



CHOOSE ONE CATEGORY



30-DAY CHALLENGE



Record your plant on
Day 1, Day 15 & Day 30.



You can record in any format
(writing, drawing, photos, video,
scrapbook, PDF and more).



Submit your record
to your teacher.



Complete the Environmental
Quiz (10 questions) online.



Become a Green Guardian
and receive a National
Completion Certificate!



NATIONAL COMPETITION



Prepare a
**30-DAY GROWTH
JOURNAL
(30 PAGES).**



Complete the same
Environmental Quiz
(10 questions) online.



SCHOOL PARTICIPATION (GROUP)



**1 CHOOSE ONE
PLANTING AREA**
e.g. school garden,
garden or potted plant.

If there is no garden,
potted plants are
also accepted.



2 TAKE PHOTOS
on:
• Day 1
• Day 15
• Day 30



**3 EACH STUDENT
PREPARES THEIR
RECORD**
according to the
category chosen.



**4 TEACHER COLLECTS
ALL RECORDS**
after the challenge
is completed.



Each student prepares a record based on the category selected.
Teacher only needs to collect all records after the challenge is completed.

REGISTER & JOIN NOW!

<https://growhope.my/30days>



PROGRAM DUE:
**1 OCTOBER 2026
12.00 PM**



QUESTIONS?

Contact your teacher or visit <https://growhope.my/30days> for more information.