

## Cards for Sustainability

First, each person draws 10 action cards.

The person who most recently picked up litter begins as the Leader by playing one of the 17 Sustainable Development Goal (SDG) cards and reads out the title.

Everyone selects an action card which they think best applies to the active SDG card and passes it to the Leader.

All answers are shuffled & the combinations read out by the Leader.

The Leader picks the card they feel is most relevant, and the person who submitted it gets that card. All other cards are discarded.

After the round, a new player becomes the Leader & everyone draws a new action card.

The first player with 5 cards, wins!

Buy fair-trade products to support the sustainable trade system, meaning employees are rewarded fairly for their work.

Buy clothing or other products from stores that donate a portion of their money to charities.

Clean out your pantry.

Fill a box with non-perishable foods and donate it to a foodbank.

Volunteer in homeless shelters.  
Your time can be more valuable than money.

Donate to sustainable development projects.

Donate old clothes or household items to those in need.

Participate in car sharing.

Familiarise yourself with the NGOs working towards the eradication of poverty and donate to them, if you can.

Adopt good budgeting practices and share them with others to teach people how to be financially responsible.

Donate to charities seeking to reduce poverty, if you can.

Learn about the impact that a sustainable lifestyle can have on reducing poverty.

Try to avoid over consuming,  
buy only what is necessary.

Support food assistance programs.

They provide over 20 times more  
food than food banks, food  
pantries and soup kitchens.

Volunteer your expertise once a week.

Many emergency food providers  
need specialized skills such as  
accounting, social media  
or writing skills.

Support local farmers by buying  
your food at farmer's markets.

Use a food saving app to  
encourage no wastage.

Minimise red meat  
& dairy consumption.

It contributes greatly to deforestation,  
which displaces and forcefully evicts  
many species from their habitats.

Eat seasonal fruit and vegetables.

Buy organic food.

Check the ingredients labels  
on your food because some  
ingredients are more harmful for  
the environment than others.

Provide non-perishable food  
to shelters, schools or  
associations in need.

Support local food banks that  
distribute food to those who have  
difficulty purchasing enough.

Share your meals with children in  
need, through apps such as World  
Food Programme 'ShareTheMeal:

Strive towards zero food waste.

Every day about 25,000 people  
die of hunger.

Don't smoke.

Eat a healthy diet and  
drink lots of water.

Never stop learning,  
so learn a new skill  
& read a lot.

Make time for you  
and your friends.

Walk or use your bicycle instead  
of a car, because it is better for  
your health and reduces  
congestion within a city.

Switch off your electronic devices  
to lower energy consumption  
and enjoy the real world.

Go "plogging".  
(Picking up litter, whilst jogging)

Become aware of existing  
inequalities generated by  
health conditions.

Stand up for fairer conditions  
and payments for nursing staff.

Promote and participate in  
urban sports training sessions,  
free and accessible to everyone.

Share your experiences of good  
health habits to inspire others who  
may not have access or knowledge  
of such practices.

Spread the word about more equitable access to healthy diets worldwide.

Unhealthy highly processed foods tend to be prominent amongst disadvantaged communities due to their lower prices.

Educate your kids about the power of education, as many don't see the tangible benefits.

Show films or TV shows that are educational as well as entertaining for children.

Take education outside the school and keep it fun.

Take kids on day trips to the planetarium or museums.

Share your skills with the ones who need them.

Educate yourself on how to recycle properly.

Share your environmental tips  
with friends and family.

Share ideas for sustainable  
behavioural change with friends  
and family who don't know  
where to start.

To bridge the education gap,  
promote access to education  
for young girls and women.

To combat educational inequalities,  
ensure that children have access to a  
good education and school materials  
such as pens and books.

Students with learning difficulties  
are too often left behind.  
Involve them in group study sessions  
and be sure to mobilise collective  
learning environments.

Stand up against bullying  
in your learning environment.



Volunteer to be a teaching assistant  
in communities that lack  
educational resources.

Increase gender representation  
in areas of leadership  
in the workplace.

Practice and demonstrate to  
children equal decision-making  
processes at home.

Make flexibility and work-life balance  
a part of the company's culture.

Be aware of gender parity  
when supporting sustainable  
development projects.

Support sustainable,  
female-owned  
businesses.

Gender equality starts at home.

Involve all members of the family  
in eco-household activities ,  
such as recycling, independently  
of their gender.

Advocate for increased  
gender representation  
among policy makers.

Sign up for training on gender  
equality in the workplace.

Increase equal gender representation  
in all areas of your life, from  
class delegates in schools to  
senior positions at the workplace.

Be open to using gender-neutral  
language, such as gender-neutral  
pronouns or job-titles.

Campaign for equal pay  
between men and women.

Read books to children that dismantle gender stereotypes in order to educate them about existing gender inequalities and how to tackle them.

Read a book about water.

It will increase your understanding of the impact water has in societies, economies and our planet.

Conserve, conserve, conserve.

When ice-cubes are left over from a drink, don't throw them away, put them into plants.

Fix leaks at home.

A leaky faucet can waste more than 11,000 litres per year.

Turn off the tap when brushing your teeth and while soaping in the shower.

Use a reusable water bottle to avoid plastic waste.

Use natural detergents  
to clean your house.

Switch your plastic toothbrush  
for a bamboo one.

Educate yourself on how chemical  
products can contaminate  
water resources.

Wash your hands frequently to  
mitigate the spread of diseases,  
infections and illness, which often  
impact the poorest populations  
more gravely.

Get familiar with hydriplomacy  
issues and raise awareness among  
your community on the social  
implications of water scarcity.

More than 200 million people  
worldwide are expected to be  
displaced by 2050 due to water  
scarcity and water conflicts.

Campaign for equal pay  
between men and women.

Read books to children that  
dismantle gender stereotypes in  
order to educate them about  
existing gender inequalities  
and how to tackle them.

Cover cooking pans with a lid.  
  
It reduces the amount of energy  
required to boil water by 75%.

Turn off electronic equipment,  
such as TVs and computers.

Turn lights off in rooms that  
aren't being used.  
  
When you switch off lights even for a  
few seconds, it saves more energy  
than it takes for the light to start up,  
regardless of the bulb type.

Use energy-efficient lightbulbs and  
set your household appliances on  
low-energy settings.

Only fill the kettle to the  
amount of water needed.

Consider switching to a green energy provider.

Inform yourself about where your electricity comes from and how it is produced.

Install a solar panel for your home.

Be aware of the energy your home consumes.

Advocate for more policy discussions around "energy poverty" to reduce consumption and support NGOs striving to reduce this number.

1.2 billion people live without electricity and nearly 40% of the world's population do not have access to cooking fuels.

If you can, commit to non-CO2 emitting ways of transportation.

Can you walk or bike to work?

Consume from businesses that introduce projects moving towards the transition from fossil fuel to zero carbon use and production.

Provide stability.

Empower young professionals to grow into their positions.

Provide incentives for hard work, people respond to a reward system.

Ensure safe working conditions.

Make people aware of the fact that climate change will have economic consequences.

Buy products from companies with a lower carbon footprint.

Advocate for corporate social responsibility.

Consume fair-trade products, which ensure more ethical and equal standards of production and distribution to help developing countries.

Learn about initiatives that promote inclusive economic growth.

Discourage the requirement of indicating name, origin and photo in professional work applications, to ensure recruitment is unbiased and exclusively based on qualities.

Promote multicultural dialogue in your workspace.

Provide opportunities for people to retrain professionally when their previous job becomes obsolete.

Technical innovation leaves a significant number of people behind.



Respect and advocate for fair  
maternity and paternity  
leave conditions.

Encourage sustainable  
infrastructure with efficient  
resources and environmentally  
friendly technologies.

Keep up to date with the latest  
technologies and innovation.

Don't throw away, give away.

Upgrading our electronic gadgets  
is inevitable, but often our gadgets  
are still in good working condition.

Pass on your old working devices  
or recycle as certain parts  
can be recovered.

Support green startups in your city.

Assess your carbon footprint.

Think entrepreneurially,  
your next idea could help.

Believe in it.

In order to improve your city's air  
quality, turn empty rooftops into  
green spaces.

Support university digital access and  
co-operation for the 3.6 billion  
people who remain off-line.

Consider backing students' projects  
and ideas that contribute to  
sustainable development.

Innovation starts with youth.

Be informed about sustainable  
finance and try adopting it  
into your daily life.

Share your knowledge on the use of  
the internet or other digital tools to  
promote access to new technologies.

Try to avoid over consuming,  
buy only what is necessary.

Encourage children to make friends  
with kids from different cultures.

Learn to respect all kinds of  
people who may do things  
differently to you.

Travel the world to learn  
about different cultures.

Read storybooks to children  
that describe all cultures.

Buy locally made products.

Help food banks and homeless centres to offer nutritious and sustainable food.

Learn about and advocate against climate injustices.

Take an interest in cultures different from yours, there is so much to learn and share!

Be cautious of your daily language to avoid unconscious discrimination of people.

Publicly denounce and report any discriminatory act, such as bullying, racial persecution, gender-based or sexual harassment, that you witness at school, work or within your group of friends and family.

Respect and embrace differences, regardless of race, ethnicity, gender and social status.

Put yourself in someone else's shoes and be kind to others!

Start a car-pooling system online, internally in the office, or in areas that don't have access to reliable public transport.

Advocate and support the development of sport and recreational spaces.

They help build stronger, healthier, happier and safer communities.

Use public transport, city bikes and other modes of environmentally friendly transport.

Provide reduced fees on public transport in cities that face the challenge of congestion.

Learn about the cultural and natural heritage of your area.

Visit heritage sites and post about these in a positive light.

Advocate for more  
and safer bike lanes.

Support the elimination of  
single-use plastics in  
your community.

Organise or participate in  
flea markets to give old things  
a new life.

Participate in social  
and environmental justice  
workshops and conferences.

Engage in local politics and advocate  
for equality in your city council.

Grow plants in the streets and  
outside your building.

Reduce your energy consumption.

Donate clothes or other items you are not using.

Buy fruit that is in funny shapes and over ripe and make smoothies out of them.

Keep showers short.

Don't fill the bath to the top.

Excessive use of water contributes to global water stress.

Buy sustainable products including electronics, toys, shampoo, seafood and organic groceries.

Eat local and support fair trade associations that promote businesses committed to the principles of fair trade.

Do a cold wash.

Warm water uses more energy.

Reduce, Reuse and Recycle!

Buy products made from  
reused or recycled materials.

Buy organic cotton and other  
more earth friendly materials.

Purchase clothing from brands  
that engage in responsible  
modes of production  
and support "slow fashion".

Consume less!

Sustainable consumption and  
production is about doing  
more and better with less.

Overconsumption causes resources to  
be unsustainably extracted, mainly  
affecting vulnerable communities.



Encourage children to  
adopt recycling gestures  
from a young age.

(at school, at home, during  
outdoors activities, etc.)

Drive less.

Walk, cycle, take  
public transport or car pool.

Take re-usable bags to the store.

Avoid driving in peak-hour traffic.

Unplug TV's, computers and other  
electronics when not in use.

Only buy what you need, 20-50% of  
the food we buy ends up in landfill.

Donate to organisations involved  
in fighting climate change.

Use your social media platforms to  
promote and raise awareness  
about the climate crisis.

Dispel climate myths.  
  
Teach people what  
separates fact from fiction.

Research. Engage. Innovate.  
  
We need climate action in all fields.

Understand why action is needed.  
  
Read and learn about the  
climate crisis and the actions  
that you can take to make a change.

Try being carbon neutral: it can  
improve public health, create jobs,  
benefit the climate, and costs less.  
  
It helps low-income households and  
poor communities, which are usually  
the most affected by climate change.

Participate in the World Cleanup Day  
and invite your friends and family!

Eat local sustainable food.

Use fewer plastic products,  
which often ends up in oceans  
causing the death of animals.

Watch educational documentaries to  
inform yourself about ocean activities.

Only use the dishwasher and  
washing machine when full.

Conserve water!  
  
Turn off running taps  
and fix them if they leak.

Pick up litter around you.

Don't pollute the lakes,  
rivers and oceans.

Don't buy products  
containing microplastics.

Keep beaches and the  
marine environment clean.

About 80% of all tourism takes  
place in coastal areas.

Over 3 billion people depend on  
marine and coastal biodiversity for  
their livelihood.

Urge companies to find alternatives  
to plastic to preserve oceans.

Inform yourself about microplastics  
when buying cosmetics.

More than 14 million tonnes of  
microplastics are at the  
bottom of the ocean.

Learn about and donate to  
organisation's fighting for  
ocean conservation.

Buy reusable straws.

It is good for the environment  
and to save marine wildlife.

Eat seasonal produce.

It tastes better, it is cheaper  
and it is environmentally friendly.

Recycle used paper and  
go paperless where possible.

When you shop make  
environmentally-friendly choices  
that are in favour of our planet.

Eat less meat.

The production and distribution  
of meat has a huge impact on  
greenhouse gas emissions.

Make your own compost.

It supports biodiversity, enriches  
the soil and reduces the need  
for chemical fertilisers.

Buy recycled products.

Practice responsible wildlife tourism.

Pick up litter, leave only footprints.

Leave plants and trees in  
their natural habitat.

Support wildlife conservancies to  
avoid human/wildlife conflicts and  
ensure the safety of livestock.

Plant & protect trees.

They benefit all lives on earth and  
provide for the oxygen we breathe.

They are also essential to some  
communities' environment as forests are  
home to 300 million people and 1.6  
billion people depend on them for their  
livelihoods.

Only print what you really need,  
over-consumption of paper has a  
real impact on deforestation  
which damages wildlife  
and people habitats.

Make your voice heard and vote in  
your country's elections.

Participate in your country's  
decision making processes  
in an informed manner.

Stop violence against women.  
If you see it happening, report it.

Find value in different  
demographics, thoughts and  
beliefs for an inclusive society.

Demonstrate a peaceful  
environment at home.

If you work for an international organisation, work to de-escalate conflicts caused by climate change.

Be a responsible steward of natural resources to avoid appropriation and exploitation.

Where possible, hold your government accountable to its climate targets.

Discuss with people who are marginalised by climate injustices.

Ensure an equal representation of staff in global and local decision-making positions.

Engage in cultural, social and political activities of your local community.



LGBTQ+ communities often  
battle with inequalities  
and discrimination.

Work towards building a  
more inclusive world.

Teach kids about partnerships  
through sport.

Collaborate with organisations that  
need funding in an area you feel  
strongly about.

Collaborate with organisations in  
different countries who share  
the same goals you have.

Be clear, specific and creative  
about your social goals.

Practice teamwork at home.

Share activities among all  
family members and  
outside the family.

Bring sustainable values  
into your workplace.

Encourage green  
innovation initiatives.

Involve under represented groups in  
the environmental discussion.

Highlight consumer behaviour as  
a powerful force behind demand.

Be brave and start  
your own initiatives.

Learn about the Sustainable  
Development Goals and promote  
the agenda amongst your friends,  
family and social media accounts.

Try to avoid over consuming,  
buy only what is necessary.