

## One Planet Charades: Notes for Teachers

This 'eco' version of the traditional game can be used in a wide range of contexts including:

-  as a 'five minute' filler or longer activity during an environmental themed week
-  as the focus for an Eco Club meeting (perhaps on a rainy day when you can't go outside)
-  as a team-building activity in a staff meeting which focuses on environmental education / Eco-Schools

### Preparing the game

To produce the charades game cards, print pages 2 to 5 of this document and cut along the dotted lines.

### Introducing the game

How you introduce the game will depend on the age of those taking part, and their prior knowledge of environmental issues. In most contexts you will need to briefly introduce the idea of 'One Planet Living', and show participants the logo (see right – a printable version is included on page 6 of this document.)

The sad fact is that if everybody in the world lived as we do in Brighton and Hove we would need 3½ planets to support us. We cannot continue to consume huge amounts of water, energy and resources and to pollute our air, land and seas. In other words, our current way of life is not sustainable.



The good news is that Brighton & Hove is the world's first 'One Planet City'. This means we are working hard together to achieve 'One Planet Living', using 10 principles of sustainability (for more details see [www.bioregional.co.uk/oneplanetliving/](http://www.bioregional.co.uk/oneplanetliving/)). Our local area has also been recognised as a world-class Biosphere, an international site of excellence for meeting peoples' needs and improving our environment (see [biospherehere.org.uk/](http://biospherehere.org.uk/)).

### Playing the game

This game focuses on the small, everyday things we can do to work towards 'One Planet Living'. Each game card describes an activity; participants act this out without speaking, and the rest of the group guess what their actions are depicting.

This game focuses on five of the 'One Planet Living' Principles: Zero waste, Zero carbon, Land use and wildlife, Sustainable water and Sustainable transport. Before you start, decide together on a simple action to represent each of these.

Participants should use these actions to introduce their charade, in the same way as the traditional charades game uses actions for 'book' or 'film'. While playing the game, you could display page 7 of this document on your classroom IWB as a memory jog of the five principles.



Some actions lend themselves to being acted by more than one participant; these are indicated by the '2 player' icon. However you may choose to give every participant the option of acting with a friend. If working in pairs, participants are likely to need a few minutes' preparation time before performing their charade.

How the game evolves will depend on the group and the time available. The most important thing is to have fun and to start talking about how we can incorporate 'One Planet Living' into our daily lives.

### Incorporating extra challenge into the game

-  Once they are familiar with the format, more confident players may want to invent their own actions to mime to the audience. This could be done spontaneously, or pupils could be asked to think of and practice their charade as homework, ready for performance the next day.
-  Older pupils and adults can be encouraged to spot actions which address more than one 'One Planet Living' principle. For example, cycling to the park contributes to both Sustainable transport and Health and happiness; composting supports Zero waste and Wildlife and land use. At this stage, you may want to include all 10 One Planet Living Principles (see page 6.)



Zero carbon

Having a very quick shower.



Zero waste

Giving a book you have read to a friend.



Zero waste

Using a whiteboard instead of a piece of paper.



Sustainable transport

Scooting to the park to play football.



Land use and wildlife

Growing plants in the garden which attract insects.



Sustainable water

Turning off the tap while you're brushing your teeth.



Zero waste

Putting a banana skin in a compost bin.



Sustainable transport

Travelling by train to visit a friend.



Zero carbon

Switching off the light as you leave a room.



Sustainable water

Using rain water to wash your car.



Sustainable  
transport



Walking to school with your friends.



Zero carbon

Reminding a teacher to turn off their  
IWB.



Land use  
and wildlife

Hanging up bird feeders in the winter.



Zero waste

Refilling a water bottle.



Zero waste

Buying apples loose instead of  
wrapped in plastic.



Sustainable  
water

Having a shower instead of a bath.



Zero carbon

Closing a door to keep the heat inside  
on a cold day.



Sustainable  
transport



Car-sharing with a neighbour.



Land use  
and wildlife

Introducing a pond into your garden.



Sustainable  
water

Flushing too much toilet paper.



Sustainable  
transport



Walking to the local shop.



Zero waste



Buying a coat in a charity shop.



Sustainable  
water

Putting a cotton bud in the bin (not  
flushing it down the toilet.)



Zero carbon

Putting a jumper on and turning down  
the heating.



Zero carbon

Turning off your computer when you  
go to bed.



Land use  
and wildlife

Putting a banana skin in a compost  
bin.



Land use  
and wildlife

Leaving nettles at the end of your  
garden for wildlife.



Zero waste

Taking a reusable bag to the shops.



Zero waste

Sewing on a button that has fallen off  
your trousers.



Sustainable  
transport

Getting the bus to the beach.



Zero carbon

Turning down the temperature on your washing machine.



Zero waste

Checking work carefully before you click on 'print'.



Land use  
and wildlife

Lying in the park listening to the birds singing.



Zero carbon

Hanging clothes outside to dry instead of using a tumble dryer.



Sustainable  
transport

Cycling to school even when it's raining.



Sustainable  
water

Turning off the tap after washing your hands.



Zero carbon

Turning off the oven as soon as your food is cooked.



Land use  
and wildlife

Having lots of fun pond dipping.



Zero waste

Rinsing out a food can before putting it in your recycling box.



Sustainable  
water

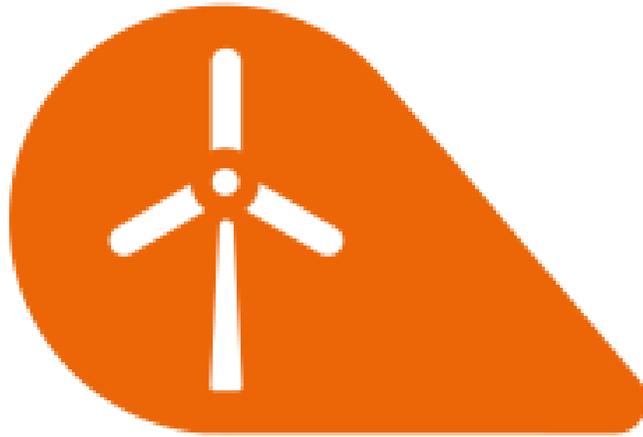
Using washing up water to water the garden.

## The 'One Planet Living' Principles and logo

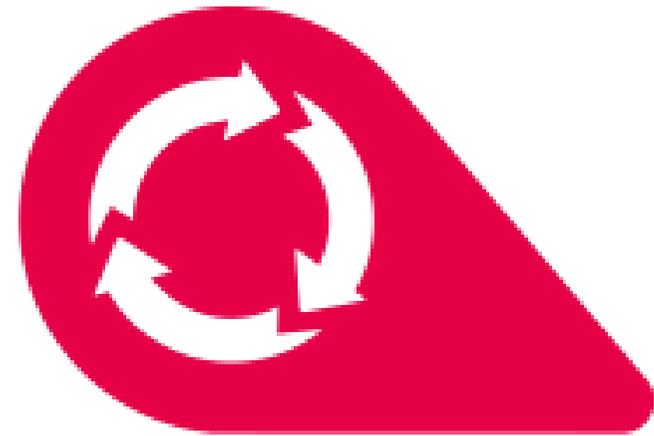
	<p><b>Health and happiness</b></p> <p>Encouraging active, sociable, meaningful lives to promote good health and well being</p>		<p><b>Local and sustainable food</b></p> <p>Supporting sustainable and humane farming, promoting access to healthy, low impact, local, seasonal and organic diets and reducing food waste</p>
	<p><b>Equity and local economy</b></p> <p>Creating bioregional economies that support equity and diverse local employment and international fair trade</p>		<p><b>Sustainable materials</b></p> <p>Using sustainable and healthy products, such as those with low embodied energy, sourced locally, made from renewable or waste resources</p>
	<p><b>Culture and community</b></p> <p>Respecting and reviving local identity, wisdom and culture; encouraging the involvement of people in shaping their community and creating a new culture of sustainability</p>		<p><b>Sustainable transport</b></p> <p>Reducing the need to travel, and encouraging low and zero carbon modes of transport to reduce emissions</p>
	<p><b>Land use and wildlife</b></p> <p>Protecting and restoring biodiversity and creating new natural habitats through good land use and integration into the built environment</p>		<p><b>Zero waste</b></p> <p>Reducing waste, reusing where possible, and ultimately sending zero waste to landfill</p>
	<p><b>Sustainable water</b></p> <p>Using water efficiently in buildings, farming and manufacturing. Designing to avoid local issues such as flooding, drought and water course pollution</p>		<p><b>Zero carbon</b></p> <p>Making buildings energy efficient and delivering all energy with renewable technologies</p>



For more information on 'One Planet Living' see: [www.bioregional.co.uk/oneplanetliving/](http://www.bioregional.co.uk/oneplanetliving/)



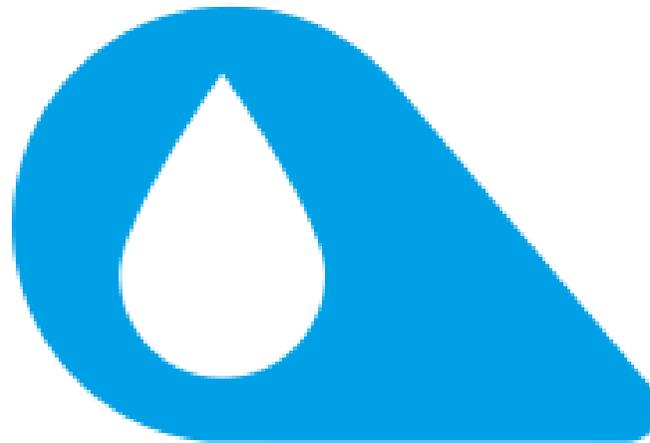
Zero carbon



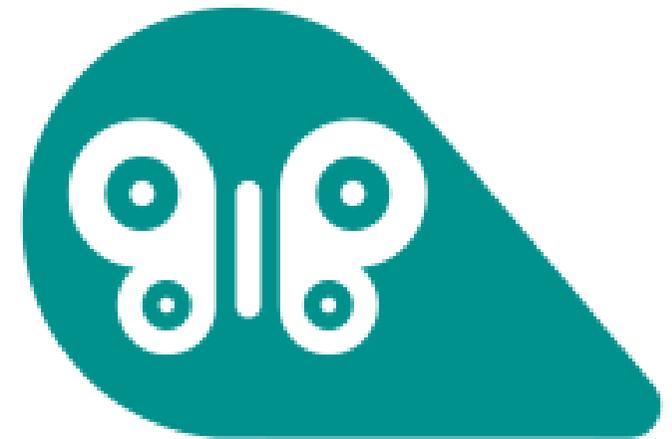
Zero waste



Sustainable  
transport



Sustainable  
water



Land use  
and wildlife