KW-01 WATER

Dishwasher or Hand-Washing?

At home, do you wash dishes by hand or use a dishwasher?

Which do you think uses less water, and what is your reasoning?

Ask the group: has anyone ever looked this up and been surprised by the answer?



• ⚡ •

POWER CARD

KW-02 WATER

Tap or Bottled?

Do you drink water straight from the tap at home, or do you buy bottled water?

In the EU, tap water must meet strict safety standards and is tested regularly, and it costs far less than bottled water. What makes you trust, or distrust, your tap?

Ask the group: does anyone know where their tap water actually comes from: a river, a reservoir, or underground?



• ⚡ •

POWER CARD

KW-03 WATER

Water in Your Food

If water became genuinely scarce in your region this summer, what would you give up first: something in your diet, or something in your daily home routine?

Why that choice rather than the other?

Ask the group: do people think about food when they think about saving water, or only taps and showers?



• +2 •

COMMUNITY POINTS

KW-04 WATER

Your Garden vs the Community

A severe drought. Authorities ask everyone to stop watering gardens. Your vegetable patch will die without water.

Do you follow the restriction, or water your food anyway?

Where does your personal investment in the garden end and your responsibility to the community begin?



• +1 •

COMMUNITY POINT

KW-05 WATER

The Neighbour's Hose

It is a dry July. Your neighbour waters their lawn every evening for an hour. You can hear the sprinkler from your window. Your town has asked people to cut outdoor water use voluntarily, but there is no formal ban.

Do you say something to your neighbour, and if so how?

Ask the group: is it your business what a neighbour does with water on their own property?



• +2 •

COMMUNITY POINTS

KW-06 WATER

A River You Have Watched Change

Is there a river, lake, or stream near where you live or grew up?

Name one specific thing about it that has changed over your lifetime.

What do you think caused that change?



• +3 •

COMMUNITY POINTS

KW-07 WATER

30°C or 60°C?

What temperature do you wash most of your clothes at?

Modern detergents clean effectively at 30°C. Do you trust a cool wash, or does it feel like cutting corners?

Ask the group: for which items does a hot wash actually matter, and for which is it just habit?



• +3 •

COMMUNITY POINTS

KW-08 WATER

How Often Do You Wash Clothes?

How many times do you typically wear a piece of clothing before washing it?

And is there a difference between what you actually do and what you feel you should do?

Ask the group: which items do people wash after one wear that probably do not need it, and which do they wear many times before washing?



• G •

GREEN LITERACY

KW-09 WATER

A Water Habit Worth Keeping

Before modern plumbing, water was reused: cooking water went on plants, bath water was shared, taps were never left running.

Name one water habit from your parents or grandparents that would make practical sense in your home today.

Why did that habit disappear?



• G •

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KW-10 WATER

Thirst and Age

Do you drink water regularly through the day, or mainly when you feel thirsty?

Thirst becomes a less reliable signal with age, so older adults can become dehydrated before they feel thirsty. Does knowing this change anything about how you drink water?

Ask the group: is caring about water as a resource connected to how you treat your own body's need for it?



• G •

GREEN LITERACY

KW-11 WATER

The Leak Nobody Fixed

A pipe in your apartment building has been leaking for months. The landlord has not fixed it. Water drips daily.

As a tenant, what do you actually do?

Whose responsibility is water waste in a shared building: yours, the landlord's, or the water company's?



• +2 •

COMMUNITY POINTS

KW-12 WATER

Collecting Rainwater

Have you ever collected rainwater at home, in any kind of container, for any purpose?

If not, what has stopped you?

Ask the group: what is the simplest water-saving change anyone here has actually made, and did it stick?



• +2 •

COMMUNITY POINTS

KW-13 WATER

Limescale in the Kettle

Some small daily habits save water and energy at home and cost nothing: boiling only the water you need, descaling the kettle, running the dishwasher only when it is full.

Name one you actually do, and one you know you should do but do not.

Ask the group: what is the smallest habit that nobody bothers with but everyone agrees would be easy to start?



• +1 •

COMMUNITY POINT

KW-14 WATER

Synthetic Clothes and the Water System

When you buy clothes, do you ever check what the fabric is made from?

Synthetic fabrics like polyester and acrylic shed tiny plastic fibres when washed, and some pass through water treatment into rivers and the sea. Natural fibres shed too, but their fibres are not plastic.

Does knowing this change what you look for when you buy something new?



• G •

GREEN LITERACY

KW-15 WATER

When to Water the Garden

When do you water your garden or plants: morning, midday, or evening?

Watering in the middle of a sunny day loses a large share of the water to evaporation before it reaches the roots. Did you know this, and does it change when you water?

Ask the group: what watering habit has anyone here found genuinely makes a difference?



• +1 •

COMMUNITY POINT

KW-16 WATER

Households or Industry?

Do you feel personally responsible for how much water you use at home?

If most of a country's water use comes from farming and industry, not from households, does that change your answer?

Ask the group: is individual effort meaningful when the larger system works against it, or is that a reason to give up?



• +1 •

COMMUNITY POINT

KW-17 WATER

The Long Shower

For many older adults, a long hot shower in the morning is not just habit. It eases stiff joints, warms the body before a cold day, and is one of the few genuinely pleasant moments in a difficult winter morning.

Is it reasonable to ask an older person with joint pain or poor circulation to shorten their shower for environmental reasons?

Ask the group: where does green advice stop being appropriate for older bodies?



• +2 •

COMMUNITY POINTS

KW-18 WATER

Drought and Flood in the Same Year

Several European regions, including parts of Spain, Italy, Portugal, and France, experienced severe drought and damaging floods in the same year during the early 2020s.

Have you personally noticed unusual water-related weather near where you live?

Describe one thing that was different from what you expected at that time of year.



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KW-19 WATER

Saying Something at Someone's House

You notice a family member or friend leaving the tap running while washing up or brushing teeth.

Do you say something? If so, how?

Ask the group: at what point is it appropriate to comment on another person's water habits in their own home?



• +2 •

COMMUNITY POINTS

KW-20 WATER

The Private Swimming Pool

A neighbour installs a private pool in a region where water restrictions were imposed the previous summer.

Is this their right as a property owner, or a decision that affects the community?

Should private water use of this kind be restricted during drought periods?



• G •

GREEN LITERACY

KW-21 WATER

Wasted Water in the Kitchen

Name one moment in your cooking or cleaning routine when you leave the tap running without thinking.

Is it defrosting food under running water, rinsing things that don't need rinsing, or something else?

Ask the group: what is the most common unnoticed water waste in the kitchen?



• G •

GREEN LITERACY

KW-22 WATER

Water in the Village

Many villages once had a shared well or spring that everyone used. Today most people drink tap or bottled water, and the old well is often forgotten.

Did you ever drink from a shared water source: a well, a spring, a fountain? What happened to it?

Ask the group: what did communities understand about water that most people today have simply stopped thinking about?



• +2 •

COMMUNITY POINTS

KE-01 ENERGY

The Cold Flat

You live in an older apartment building. The walls are thin and the windows let in cold air. Properly insulating the flat would cost around €5,000 and could cut your heating bill substantially, but you rent, so you cannot make structural changes without the landlord's permission. The landlord has not responded to your requests.

What do you actually do to get through winter?

Ask the group: who is responsible when a tenant cannot afford to heat properly and the landlord will not act?



• G •

GREEN LITERACY

KE-02 ENERGY

Keep the Old Fridge or Buy New?

Your fridge is 18 years old and works. A new energy-efficient model costs €400 but uses much less electricity per year.

At what point does keeping an old appliance cost more in energy than buying a replacement?

Do you repair or replace, and what drives that decision for you?



• +3 •

COMMUNITY POINTS

KE-03 ENERGY

Cold Homes and Older Adults

Have you ever spent a winter feeling your home was not warm enough?

The World Health Organization recommends at least 18°C indoors in cold weather, and possibly warmer for older people. Cold homes raise the risk of heart and breathing problems. Some households cannot afford this.

Whose responsibility is this: the individual, their family, or the state?



• ⚡ •

POWER CARD

KE-04 ENERGY

Jumper or Heating?

Some green campaigns say: put on a jumper and turn the thermostat down. Health guidance says homes should be at least 18°C in cold weather, and older adults may need them warmer.

Have you ever felt that energy-saving advice ignored the real health needs of older people?

Ask the group: where does sensible energy saving end and unreasonable advice begin?



• G •

GREEN LITERACY

KE-05 ENERGY

Renewable Energy Near You

A wind farm is proposed near your town. It would produce clean electricity but permanently change the landscape you have known for decades.

Do you support it?

Is it honest to support renewable energy in principle while opposing a specific installation near your home?



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KE-06 ENERGY

One Flight or One Winter's Heating?

Some people stop flying because of the environmental cost. Others say heating their home in winter is not optional in the way a flight is.

If you had to reduce one of these in your own life, air travel or home heating, which would you choose?

Ask the group: is it fair to compare a flight to visit family with keeping a home warm through winter?



• +1 •

COMMUNITY POINT

KE-07 ENERGY

The Smart Meter Trade

Your electricity company offers a free app, linked to your smart meter, that shows your use hour by hour. In exchange it collects detailed data on when you use electricity.

Do you accept, and why?

Ask the group: is sharing energy usage data with a company a reasonable trade, or a privacy concern people underestimate?



• +3 •

COMMUNITY POINTS

KE-08 ENERGY

The Old Boiler

Your gas boiler is 15 years old but still working. A plumber tells you it is inefficient and you are wasting money every month. A new condensing boiler would cost €2,500 and cut your gas use by up to 25%.

Do you replace something that still works, or wait until it breaks?

Ask the group: at what point does keeping an old appliance cost more, in money and in energy, than replacing it?



• +3 •

COMMUNITY POINTS

KE-09 ENERGY

Coal or Cold

In rural Poland many older homes are still heated with coal, and in rural Estonia and Portugal often with wood, because there is no gas connection and electricity is expensive. The people living in them are not choosing to pollute. It is the only affordable option they have.

Is it fair to ask these households to switch to cleaner heating when the cost falls entirely on them?

Ask the group: who should pay for the green transition for people who cannot afford it themselves?



• +1 •

COMMUNITY POINT

KE-10 ENERGY

Solar Panels: A Good Deal?

A company offers solar panels on your roof for free. They keep 60% of the electricity generated; you get 40% free.

Do you accept?

What would you need to know before signing?



• +3 •

COMMUNITY POINTS

KE-11 ENERGY

Electric Cars: For Everyone?

Electric cars still usually cost more to buy than petrol cars, and many rural areas still have few public charging points.

Do you think the push toward electric vehicles includes people like you, as someone who may be older, on a fixed income, or living in a rural area?

Ask the group: is the green transport transition designed for everyone, or mainly for people who are already comfortable?



• G •

GREEN LITERACY

KE-12 ENERGY

Draught-Proofing

Do you feel draughts in your home in winter, around windows, under doors, or through gaps in floorboards?

Have you done anything about it, and did it make a noticeable difference?

Ask the group: what is the simplest and cheapest change anyone here has made to their home that genuinely made it warmer?



• G •

GREEN LITERACY

KE-13 ENERGY

Microwave or Oven?

For reheating a portion of food, do you use a microwave, the oven, or the hob?

Do you think about energy when you decide which to use, or does habit decide?

Ask the group: what is the most energy-efficient way to reheat food at home, and does anyone actually think about this?



• +1 •

COMMUNITY POINT

KE-14 ENERGY

Shared Neighbourhood Heating

Imagine your town switches all heating to a shared system run by the municipality. Everyone gets the same temperature on the same schedule. You lose your individual thermostat.

Would you support this if it cut everyone's heating costs by a third?

Ask the group: how much does individual control over your home's temperature matter to you, and at what price would you give it up?



• +2 •

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KE-15 ENERGY

Energy Support: What Can You Claim?

Do you know whether you are entitled to any support with your energy bills, such as a social energy tariff, a home-renovation grant, or a heating allowance?

Have you ever claimed anything like this, or looked into whether you qualify?

Ask the group: why do so many people who qualify for energy help not claim it?



+2

COMMUNITY POINTS

KE-16 ENERGY

Your Digital Habits Use Electricity

You probably used your phone or tablet today without thinking about energy. Streaming, scrolling, and using apps all run on large data centres that consume electricity continuously.

Did you think about this today?

Ask the group: should your phone show you how much energy you used today, the same way a car shows fuel use?



+2

COMMUNITY POINTS

KE-17 ENERGY

Old Stone House vs New Build

Do you live in an old building or a new one, and how does it feel in winter compared to summer?

Does the building itself seem to hold warmth, or does it feel cold as soon as the heating goes off?

Ask the group: which do people here find easier to keep comfortable in winter, an old thick-walled building or a modern one?



+2

COMMUNITY POINTS

KE-18 ENERGY

Is Your Green Electricity Real?

Have you switched to a green energy tariff, or considered it?

Do you trust that paying more for a green tariff actually changes anything in practice?

Ask the group: is switching to a green tariff a meaningful act, or does it mainly make you feel better without changing what energy reaches your home?



G

GREEN LITERACY

KE-19 ENERGY

Nuclear Power

Nuclear plants produce almost no CO2 when running. Their radioactive waste stays dangerous for many thousands of years. Finland has built the world's first permanent underground store for it, which is only now preparing to open.

What is your personal view on nuclear power, and has it changed over your lifetime?

Ask the group: does anyone here have a strong position for or against nuclear, and what shaped it?



G

GREEN LITERACY

KE-20 ENERGY

One Room or All Rooms?

Heating only the rooms you use saves energy. For older adults with limited mobility, moving between a warm room and a cold corridor carries a real risk: sudden temperature change stresses the cardiovascular system.

Do you heat your whole home or mainly the rooms you use?

Ask the group: at what point does an energy-saving habit become a health risk for an older person?



+2

COMMUNITY POINTS

KE-21 ENERGY

Your Energy Bill

When did you last look at your energy bill in detail, not just the total amount?

Do you know which part of your bill changes when you use less energy, and which part stays the same no matter what you do?

Ask the group: who has taken a specific action to reduce their bill, and what actually worked?



+2

COMMUNITY POINTS

KE-22 ENERGY

Insulation

Do you know whether your home is well insulated, poorly insulated, or somewhere in between?

If the government offered to insulate your home for free, would you say yes immediately, or would something make you hesitate?

Ask the group: what would stop someone from accepting free insulation?



G

GREEN LITERACY

KN-01 NATURE

The Forest Near You

Forests cover about a third of Portugal and of Poland, and more than half of Estonia. In recent years all three countries have seen forest fires, tree disease, or disputes over logging.

Is there a forest, woodland, or grove near where you live or grew up that has changed in your lifetime: shrunk, burnt, been cut, or built over?

What did that place mean to you, and who, if anyone, was responsible for what happened to it?



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KN-02 NATURE

Fewer Insects Than Before

Think back to summer evenings when you were younger. Do you remember more insects then than you see today, on windscreens, around lights, in the garden?

If insect populations have fallen sharply in your lifetime, and you have personally witnessed it, what do you think caused it?

Ask the group: is the loss of insects something people here have noticed, or does it only become real when someone names it?



• +3 •

COMMUNITY POINTS

KN-03 NATURE

Chemical or Natural Pest Control?

Neonicotinoid pesticides kill aphids and other plant pests, but even low doses can harm bees' navigation and reproduction. In 2018 the EU banned the three main ones for all outdoor use.

Do you use pesticides or weedkillers at home?

Name one natural method anyone here has tried. Did it actually work?



• G •

GREEN LITERACY

KN-04 NATURE

Growing Your Own Food

Do you grow any of your own food, or have you at some point in your life?

Is growing food something that gets easier or harder as you get older, and has your relationship with it changed?

Ask the group: who grows food at home, what do they grow, and is it worth the effort?



• G •

GREEN LITERACY

KN-05 NATURE

The Old Tree

A large old tree at the end of your street must be removed because its roots are damaging a water pipe. The town will not plant a new one.

Would you object, and how far would you go?

How do you weigh a tree's value for air quality, wildlife, and shade against the cost of a broken pipe?



• G •

GREEN LITERACY

KN-06 NATURE

Nature and How You Feel

Do you personally notice a difference in how you feel after spending time outdoors, in a garden, park, or natural space?

And do you spend more or less time outdoors now than you did 20 years ago?

Ask the group: if being in nature genuinely makes people feel better, what stops older adults from spending more time there?



• G •

GREEN LITERACY

KN-07 NATURE

Plant Knowledge You Carry

Name one plant you can identify by sight and tell the group what it is used for: edible, medicinal, or something else.

Where did you learn this, and do you think you know more or less about local plants than your parents did?

Ask the group: is this kind of knowledge worth deliberately passing on, and how would you do it?



• +3 •

COMMUNITY POINTS

KN-08 NATURE

Composting

Do you compost food or garden waste at home, or have you tried and given up?

If you gave up, or have never tried, what is the main thing that puts you off?

Ask the group: for someone who has never composted, what is the one thing that would make it easy enough to actually start?



• +1 •

COMMUNITY POINT

KN-09 NATURE

City or Countryside: Which Is Greener?

Cities have lower per-person transport emissions and shared building infrastructure. Countryside residents often have gardens, grow food, and produce different waste patterns.

Is it more sustainable to live in a city or in the countryside?

Make your argument, then ask the group whether they agree.



• +1 •

COMMUNITY POINT

KN-10 NATURE

Nature as Healthcare

In some countries, such as the UK, doctors and health workers can refer patients to 'green social prescribing': time in community gardens, parks, and woodland, to help with low mood and loneliness.

Would you take a doctor's prescription for time in nature seriously?

Or does framing it as a prescription make it feel like a substitute for proper treatment?



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KN-11 NATURE

Preserving Food the Old Way

Have you ever made anything fermented at home: sauerkraut, pickles, yoghurt, sourdough, wine, or anything similar?

If you grew up eating home-fermented or home-preserved food, who made it and how did you learn about it?

Ask the group: which preservation skill would be most worth passing on, and is there anyone at this table who could teach it?



• +1 •

COMMUNITY POINT

KN-12 NATURE

The Lawn in May

Would you leave part of your garden or lawn unmown for an entire month?

If not, what would stop you: how it looks, what neighbours might think, habit, or something else?

Ask the group: where did the idea of a perfectly cut lawn come from, and is it worth keeping?



• +2 •

COMMUNITY POINTS

KN-13 NATURE

Companion Planting

Have you ever tried growing one plant to protect another, such as putting basil near tomatoes or marigolds among vegetables?

Did it work, and how did you find out about it?

Ask the group: what natural way of dealing with garden pests has actually worked for someone here?



• +1 •

COMMUNITY POINT

KN-14 NATURE

Birdsong Around You

Do you hear fewer birds near your home than you did 20 or 30 years ago?

Which bird or insect do you remember clearly from childhood that you rarely or never see or hear now?

Ask the group: what is the most useful thing a person can do in their own garden to bring some of this wildlife back?



• +2 •

COMMUNITY POINTS

KN-15 NATURE

Do Trees Share Underground?

Tree roots in a forest are linked by fungi in the soil. Some scientists believe old trees pass water and nutrients to young ones through these links; others say the evidence is still weak.

Had you heard this idea? Does it change how you feel about a large old tree being cut down?

Ask the group: if trees do behave more like a community than individuals, what does that mean for how we should treat a forest?



• G •

GREEN LITERACY

KN-16 NATURE

Food on a Windowsill

Do you grow anything edible at home, even a single herb on a windowsill?

If not, what has stopped you, and is it space, effort, uncertainty about what to grow, or something else?

Ask the group: what is the most productive food-growing anyone here has managed in a small or shared space?



• +1 •

COMMUNITY POINT

KN-17 NATURE

Feeding Birds Year-Round

Some bird charities recommend feeding garden birds all year, not just in winter. Others worry that birds come to rely on feeders, and that dirty feeders spread disease. The evidence is debated.

Do you feed birds at home, and do you do it all year or only in winter?

Is feeding garden wildlife always a straightforward benefit?



• +2 •

COMMUNITY POINTS

KN-18 NATURE

A Small Wildflower Patch

Have you ever planted wildflowers, even in a pot or a small patch of ground?

What happened, and did you notice any difference in the insects or birds that visited?

Ask the group: what is the smallest change anyone here has made in their garden or balcony that had a visible effect on wildlife?



• +2 •

COMMUNITY POINTS

KN-19 NATURE

The Community Garden

Is there a community garden, allotment, or shared growing space near where you live?

If one was proposed for your neighbourhood, would you support it, use it, or feel indifferent?

Ask the group: community gardens are used more by some people than others. Who do they actually serve in your area, and who is missing?



• +1 •

COMMUNITY POINT

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KN-20 NATURE

Seasons and Getting Older

Many older adults report greater sensitivity to seasonal changes, being more affected by cold winters and more responsive to spring warmth, than they were at 40.

Is this your experience?

Ask the group: does feeling the seasons more intensely make you more aware of environmental changes, or more worried by them?

• +2 •

COMMUNITY POINTS

KN-21 NATURE

Soil Is Alive

When you dig into garden soil and look at it, what do you think about?

Healthy soil is full of life: worms, fungi, bacteria, tiny organisms that keep it fertile. Common habits like heavy digging and chemical fertilisers or pesticides can harm much of this life.

Ask the group: does anyone here garden in a way that actively tries to keep the soil healthy, and what do they do?

• G •

GREEN LITERACY

KN-22 NATURE

What You Want Left Behind

Name one thing in the natural world near where you live, such as a bird species, a plant, a landscape feature, or a seasonal sound, that you would most want to still be there in 30 years.

Is it currently under threat?

Ask the group: what do people here feel personally responsible for protecting?

• G •

GREEN LITERACY

KR-01 RECYCLING

Buying Less or Recycling More?

Do you think recycling is the most effective green action you take at home?

According to the EU Waste Hierarchy, prevention comes first, reuse second, and recycling third. Does knowing recycling is option three out of five change how you think about it?

Ask the group: who here focuses more on buying less, and who concentrates on recycling carefully?

• G •

GREEN LITERACY

KR-02 RECYCLING

A Repair Skill You Have

Name one thing you know how to repair: clothes, an appliance, furniture, a bicycle, something most people under 40 would pay someone else to fix or simply replace.

Have you passed this skill to anyone younger?

Ask the group: what repair skill would be most useful to share?

• +1 •

COMMUNITY POINT

KR-03 RECYCLING

Does Recycling Allow More Buying?

Some researchers argue that recycling gives consumers permission to buy more without guilt, as the environmental cost appears to be handled, so consumption continues.

Do you think this is true, or is it too harsh a criticism of recycling?

Ask the group: does recycling change how much people feel comfortable buying?

• +2 •

COMMUNITY POINTS

KR-04 RECYCLING

Plastic Types 1 to 7

When you put something in the recycling bin, how certain are you that it will actually be recycled?

Have you ever wondered or found out which plastics your local scheme actually accepts, and were you surprised?

Ask the group: does anyone here check what they are putting in recycling, or does most of it go in by instinct?

• G •

GREEN LITERACY

KR-05 RECYCLING

Buying Second-Hand

Do you buy second-hand clothing, furniture, books, or tools, regularly or occasionally?

If you hesitate, what is the actual reason: condition, principle, habit, or the effort of searching?

Has your attitude to buying second-hand changed over your lifetime, and what changed it?

• +1 •

COMMUNITY POINT

KR-06 RECYCLING

Something You Own That Has Lasted

Name one object you own, such as a piece of furniture, a tool, a kitchen item, or a coat, that is more than 20 years old and still in use.

What made it last: quality, care, the ability to be repaired, or luck?

Ask the group: do people believe new products are designed with a shorter useful life than those made 30 years ago?

• +1 •

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KR-07 RECYCLING

Food Thrown Away This Week

Think about the past week. What food did you throw away, and why: forgotten in the fridge, cooked too much, past a date, or bought on impulse?

Name the specific food, not the general category.

Ask the group: what single food item does everyone here waste most often?



• +1 •

COMMUNITY POINT

KR-08 RECYCLING

The EU Right to Repair

EU rules that apply from July 2026 mean that makers of items such as washing machines, fridges and phones must offer repairs at a reasonable price, even after the guarantee ends.

Have you ever thrown something away because it could not be repaired, or because a repair cost almost as much as a new one?

Ask the group: which item in your home would you most like to repair rather than replace?



• G •

GREEN LITERACY

KR-09 RECYCLING

Supermarket or Consumer: Who Goes First?

Supermarkets say they stock what consumers demand. Consumer advocates say supermarkets control what is available and at what price. Both are partly true.

Who has more power to change packaging and food waste: the retailer or the shopper?

Ask the group: has anyone here ever changed which product they bought because of packaging, and did it last?



• +2 •

COMMUNITY POINTS

KR-10 RECYCLING

Circular Economy: Old Habit, New Name

Name one thing you do at home where nothing is thrown away that can still be used: a reused jar, a mended garment, a composted peel.

Is this behaviour you learnt from someone, or something you arrived at yourself?

Ask the group: did older generations already live this way without calling it anything, and what made it disappear?



• +2 •

COMMUNITY POINTS

KR-11 RECYCLING

Fast Fashion

Think about how you buy and keep clothes now, compared to how your parents bought and kept clothes when you were young.

What is the biggest difference you notice?

Ask the group: what would it actually take for people to buy fewer clothes and keep them much longer?



• +2 •

COMMUNITY POINTS

KR-12 RECYCLING

The Repair Café

Repair Cafés are free community spaces where volunteers help fix broken things: clothes, toasters, bikes, electronics.

Would you take something to one if there was one near you?

What would you bring, and what has been sitting broken at home that you have not yet fixed or replaced?



• +2 •

COMMUNITY POINTS

KR-13 RECYCLING

What Actually Gets Recycled?

Do you rinse containers before putting them in recycling?

If you found out that some of what you put in your recycling bin ends up in landfill anyway because it was contaminated or the wrong type, would that change how carefully you sort?

Ask the group: is recycling something people here feel confident about, or is it mostly guesswork?



• G •

GREEN LITERACY

KR-14 RECYCLING

Packaging That Looks Recyclable

Name one type of packaging that you are genuinely uncertain about whether to recycle or put in general waste.

How do you decide when you are not sure?

Ask the group: what is the packaging that most confuses people at the recycling bin, and does anyone here know the actual answer?



• +2 •

COMMUNITY POINTS

KR-15 RECYCLING

Fermenting and Preserving

Did you grow up in a household that preserved food: bottling, pickling, drying, making jams, curing?

Do you still do any of this, or has it disappeared from your kitchen?

Ask the group: what is the most useful food preservation habit people here think is worth keeping alive?



• +2 •

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KR-16 RECYCLING

The Thing That Still Works

You have a television, a fridge, or a washing machine that is more than 15 years old and still working. A neighbour says you should replace it because modern appliances use much less electricity. You say: why throw away something that works?

At what age does keeping an old appliance stop being sensible and start costing you more than a replacement would?

Ask the group: do people here have a rule of thumb, and has anyone actually calculated whether replacing something was worth it?



• +1 •

COMMUNITY POINT

KR-17 RECYCLING

Reuse Before You Recycle

Name one thing you regularly reuse at home that most people throw away: a jar, a bag, a container, a piece of packaging.

Where did that habit come from, and has anyone ever questioned why you do it?

Ask the group: what is the simplest reuse habit anyone at this table could start this week?



• G •

GREEN LITERACY

KR-18 RECYCLING

Supermarket Food Waste

In 2016, France banned large supermarkets from destroying unsold edible food and required them to offer it to charities. Poland passed a similar law in 2019. In many other countries, destroying edible food is still legal.

Should this be required by law everywhere in Europe?

Ask the group: what does it mean that food is destroyed in one part of a city while a food bank in the same area is oversubscribed?



• G •

GREEN LITERACY

KR-19 RECYCLING

Glass: Infinitely Recyclable

Is recycling convenient where you live, and does the convenience level affect how much you do?

If the bottle bank or recycling point were further away, would you still use it?

Ask the group: what stops people from recycling things they know should be recycled, and whose job is it to fix that?



• +1 •

COMMUNITY POINT

KR-20 RECYCLING

How You Wash Clothes Affects How Long They Last

Do you check the care label on clothes before washing them, or do you wash everything the same way?

Has a piece of clothing ever been ruined by being washed wrongly?

Ask the group: what clothing care habit most extends the life of clothes?



• +3 •

COMMUNITY POINTS

KR-21 RECYCLING

Aluminium: Always Recycle It

When you finish a drinks can, a piece of foil, or an aluminium food tray, what do you do with it?

Aluminium is one of the most valuable materials in a recycling bin: recycling it saves up to 95% of the energy needed to make new aluminium.

Ask the group: if you could pick one material to make sure every household in your street recycled, which would it be and why?



• +3 •

COMMUNITY POINTS

KR-22 RECYCLING

Zero Waste: Realistic?

How much rubbish do you put out each week, and has the amount changed over the years?

Do you think it is realistic for an ordinary household to send almost nothing to landfill?

Ask the group: what single change would most reduce the amount of waste leaving people's homes here?



• +1 •

COMMUNITY POINT

KS-01 SHOPPING

The Thursday Fridge

Thursday evening. Your fridge has leftover rice, 3 eggs, spinach past its best before date, a soft tomato, one onion, and some cheese.

Is the spinach safe? How do you decide: smell, look, texture?

Plan a meal using as many of these ingredients as possible. Name the dish.



• +2 •

COMMUNITY POINTS

KS-02 SHOPPING

Local or Organic?

Two jars of pasta sauce. Certified organic, made 1,500 km away: €3.50. Not organic, from a cooperative 30 km away: €1.80.

Which do you choose, and what is your actual reasoning at the shelf?

Is local always better than organic, or does it depend on how each was grown?

Ask the group: does anyone actually think about this when shopping?



• +2 •

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KS-03 SHOPPING

The Price Gap

The sustainable option, certified organic and locally sourced with minimal packaging, costs 30% more than the standard version.

On your current income, do you buy it?

Is eating sustainably a realistic choice for everyone, or is it constrained by income?

Name one sustainable food choice that actually costs less than the standard alternative.



• R •

REAL-WORLD REASONING

KS-04 SHOPPING

The Imperfect Vegetables

A supermarket sells misshapen carrots and bent courgettes at 40% discount. They taste the same as the straight ones. Otherwise they would be discarded.

Do you pick from this section, and be honest about any hesitation.

Where did the expectation that vegetables must be uniformly shaped come from?

Ask the group: what would it take for everyone here to buy imperfect produce without thinking about it?



• R •

REAL-WORLD REASONING

KS-05 SHOPPING

The Meat Question

Planning a family dinner. A younger family member suggests a plant-based main course instead of meat.

How do you honestly react, not how you think you should react?

Is this a reasonable request, or does it feel like changing something fundamental about how your family eats?

Where is your personal line?



• +3 •

COMMUNITY POINTS

KS-06 SHOPPING

Strawberries in January

In January, your supermarket sells strawberries imported from far away, alongside root vegetables grown in your country last autumn.

Which do you reach for, and why?

Do you consciously eat by season, or does the supermarket shelf determine what season feels like?

Has this changed compared to how you shopped 30 years ago?



• R •

REAL-WORLD REASONING

KS-07 SHOPPING

The Forgotten Bag

You are at the checkout with a full trolley. You left your reusable bags at home.

Is forgetting a reusable bag a meaningful failure, or a small thing that has been made to feel larger than it is?

Ask the group: where does individual shopping habit fit in the larger sustainability picture?



• +2 •

COMMUNITY POINTS

KS-08 SHOPPING

Food from the Past

Think about what your family ate when you were a child: the dishes, where ingredients came from, what was seasonal.

Was that way of eating more or less sustainable than how most people eat today, and in what specific ways?

Which dish from your family's cooking do you think was genuinely very sustainable?



• +2 •

COMMUNITY POINTS

KS-09 SHOPPING

Too Much Cooked

You cooked more than you needed. A meaningful amount of food is left over.

What do you do with it? Be specific, not general.

What stops people from eating leftovers: habit, not knowing it is still safe, or something else?

Is there any circumstance where throwing away good food is justified?



• +2 •

COMMUNITY POINTS

KS-10 SHOPPING

Market or Supermarket?

A local farmers' market sells seasonal produce from nearby farms every Saturday. It costs roughly 20% more than the supermarket.

Do you shop there: regularly, occasionally, or not at all?

What is the real reason most people choose the supermarket: price, habit, or convenience?

What would make the local market your first choice?



• R •

REAL-WORLD REASONING

KS-11 SHOPPING

The Oldest Thing You Still Wear

Name the oldest item of clothing you still wear regularly. How old is it?

What has kept you wearing it: quality, fit, attachment, or habit?

Do people buy clothes today expecting to keep them as long, and has something changed in how clothes are made?



• R+1 •

REAL-WORLD REASONING + COMMUNITY POINT

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KS-12 SHOPPING

Not Buying Anything

In the last month, name something you nearly bought but decided against. What made you hold back?

Is choosing not to buy something a meaningful sustainability act, or is the problem too large for individual decisions to matter?

Ask the group: what is harder, choosing a sustainable product or simply buying less?



• +2 •

COMMUNITY POINTS

KS-13 SHOPPING

Ready Meal or Cook from Scratch?

A ready meal takes 4 minutes in the microwave. A fresh meal from scratch takes 45 minutes. Both cost about the same.

How often do you use ready meals or convenience food, and what genuinely drives that choice: time, tiredness, cooking for one, or something else?

Is convenience food always less sustainable than cooking from scratch, or does it depend on what you are comparing?

Has this balance changed for you as you have got older?



• R •

REAL-WORLD REASONING

KS-14 SHOPPING

Green Labels: Which Ones Mean Something?

A product carries the words 'eco-friendly', 'natural', and '100% sustainable', with no third-party certification logo.

How much do you trust these claims?

What do you actually look for to decide whether a green label means something or is just marketing?

Since September 2026, EU law bans vague green claims like these unless the company can prove them. Did you know?

Ask the group: has anyone here felt misled by a green claim on a product?



• R •

REAL-WORLD REASONING

KS-15 SHOPPING

Shopping for One

You live alone. Standard supermarket portions of fresh produce often mean throwing some away before you finish it.

How do you manage food waste when cooking for one, what has actually worked?

Is food packaging designed for single-person households, or are people living alone structurally penalised by standard portion sizes?

What would make sustainable shopping easier for people cooking for one?



• +2 •

COMMUNITY POINTS

KS-16 SHOPPING

Where Do Donated Clothes Go?

You have old clothes to donate. A second-hand shop run by a charity is 15 minutes away. A clothing recycling bin is 3 minutes away on foot.

When you donate old clothes, do you think about where they actually go?

Much clothing donated in Europe is not worn by anyone nearby. A large share is exported to Africa and Asia, or turned into rags or insulation.

Ask the group: what is the most direct way to make sure clothing you no longer need goes to someone who will actually wear it?



• R •

REAL-WORLD REASONING

KS-17 SHOPPING

The Reusable Cup Refused

You carry a reusable coffee cup. A café says it cannot fill customer cups for hygiene reasons.

How do you respond, and how do you feel?

Is this a reasonable hygiene policy, or a practical obstacle to a sustainable choice?

Who is responsible for making sustainable options easy: the customer or the business?



• R •

REAL-WORLD REASONING

KS-18 SHOPPING

Food at Family Celebrations

At a family gathering, one member wants to serve a fully plant-based meal. Another says the traditional meat-centred dishes are not negotiable at this occasion.

Whose position do you find more reasonable, and why?

Is a family celebration the wrong place for this kind of conversation, or exactly the right place?

How do you raise something like this with family without it becoming a conflict?



• R •

REAL-WORLD REASONING

KS-19 SHOPPING

Bulk Buying

Do you buy any food in bulk, such as dried pasta, rice, tinned goods, or oil?

Has it ever saved money and reduced waste, or has it led to things being forgotten and going to waste?

Ask the group: what is genuinely worth buying in bulk, and what should never be bought in bulk?



• +2 •

COMMUNITY POINTS

KS-20 SHOPPING

Repair or Replace?

Your washing machine, 10 years old, needs a repair costing €150. A new more efficient model costs €450.

Do you repair or replace, and what factors drive your decision?

At what repair cost relative to replacement cost does everyone here decide to buy new?

Does anyone have a rule of thumb?



• +3 •

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KS-21 SHOPPING

A Gift That Lasted

Think of a gift you have given or received that was still in use five or more years later.

Was it an object, an experience, something made by hand, or something else?

If you could change one thing about how your family gives gifts to reduce waste without losing meaning, what would it be?



• +2 •

COMMUNITY POINTS

KS-22 SHOPPING

The Biggest Food Change You Could Make

Of everything you eat in a typical week, which single food do you think has the biggest environmental impact from production to your plate?

Is there a realistic swap you would genuinely consider making, and what would make it easier?

Ask the group: what one food change would most reduce the environmental impact of how people here eat?



• R •

REAL-WORLD REASONING

AI-01 AI PROMPT

Ask About Your Home

Think of one sustainability question about your home that you genuinely do not know the answer to.

ASK the AI. Include your age, where you live, your home type, and your budget in the question.

EVALUATE: Is the answer specific to your situation, or generic?

DECIDE: What would you actually do differently?



• ⚡ •

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AI-02 AI PROMPT

Test It on Plastic Types

ASK the AI: 'What do the numbers 1 to 7 inside the recycling triangle on plastic packaging mean, and which numbers are collected by most household schemes in Europe?'

EVALUATE: Is the answer accurate and specific, or does it give a vague overview?

DECIDE: Name one plastic type you will now handle differently.



• P •

PROMPT INTELLIGENCE

AI-03 AI PROMPT

The Vague Question

Someone asked the AI 'How do I live more sustainably?' and got a generic answer that applied to no one in particular.

As a group, what was wrong with that question?

Rewrite it together: include who the person is, where they live, and one specific thing they want to change.

ASK the AI the improved version.

EVALUATE: Is the answer more useful than the generic one? What made the difference?

DECIDE: What will you always include when you ask AI a question?



• P •

PROMPT INTELLIGENCE

AI-04 AI PROMPT

Does AI Know Your Seasons?

ASK the AI: 'What three vegetables are in season right now near where I live, and one simple recipe using each?'

EVALUATE: Are these actually in season in your region today, or is the AI guessing?

DECIDE: Do you know your local seasons better than the AI does?



• +2 •

COMMUNITY POINTS

AI-05 AI PROMPT

AI's Own Energy Use

ASK the AI: 'How much electricity does running an AI system like you use, and how does this compare to, for example, driving a car for one hour?'

EVALUATE: Does the AI give specific numbers, or does it avoid the question?

DECIDE: Does knowing this change how you think about using AI tools?



• +2 •

COMMUNITY POINTS

AI-06 AI PROMPT

Electric Cars: True or False?

A social media post says: 'Electric cars are worse for the environment than petrol cars because of the batteries.'

ASK the AI to assess this claim: true, partly true, or false?

EVALUATE: Does the AI give a clear answer with reasoning, or does it hedge without committing?

DECIDE: How would you explain the accurate picture to a family member who believes this?



• ⚡ •

POWER CARD

AI-07 AI PROMPT

A Personal Green Plan

ASK the AI: 'I am [your age], live in [your home type and location], and have approximately [your weekly budget] for food. What are three specific sustainable changes I could make this month with the biggest real impact?'

EVALUATE: Are these the highest-impact changes, or the easiest ones to suggest?

DECIDE: Which one will you actually try?



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AI-08 AI PROMPT

The Voice Scam

Criminals use AI to clone voices. A scam call can sound exactly like a grandchild or family member asking urgently for money.

ASK the AI: 'What are the warning signs of an AI voice cloning scam, and what should I do in the moment if I think I am receiving one?'

EVALUATE: Is this practical enough to use in a frightening moment?

DECIDE: As a group, agree on one specific protection to put in place.



• +2 •

COMMUNITY POINTS

AI-09 AI PROMPT

Does AI Know Your Area?

ASK the AI something specific about sustainability in your local area: a recycling scheme, a community garden, a local market or an energy support programme.

EVALUATE: Does the AI give accurate, specific information about your area, or vague generic advice?

DECIDE: For this type of question, is local knowledge more reliable than AI?



• ⚡ •

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AI-10 AI PROMPT

Green Ageing

ASK the AI: 'I am [your age] and live alone on a fixed income. How can I live more sustainably without compromising my warmth, comfort, or health?'

EVALUATE: Does the answer address both the sustainability and the ageing dimensions, or does it focus on one and ignore the other?

DECIDE: What is the most useful suggestion, and what did it miss?



• P+ ⚡ •

PROMPT INTELLIGENCE + POWER CARD

AI-11 AI PROMPT

Is Recycling Overrated?

ASK the AI: 'Some researchers argue recycling gives consumers permission to buy more without guilt, making it counterproductive. Is this a fair criticism?'

EVALUATE: Does the AI commit to an answer, or avoid taking a position?

DECIDE: Do you agree with the AI's response?



• P •

PROMPT INTELLIGENCE

AI-12 AI PROMPT

The Follow-Up Question

ASK: The group asks the AI any sustainability question from today's game.

EVALUATE: After reading the first answer, ask a follow-up that is more specific or that challenges something the AI said.

DECIDE: Was the first or the second answer more useful, and what does that tell you about how to use AI?



• P •

PROMPT INTELLIGENCE

AI-13 AI PROMPT

Which Uses More Electricity?

ASK the AI: 'Over a year, which uses more electricity: streaming television for two hours every evening, leaving a phone charger plugged in all the time, or washing clothes at 60°C instead of 30°C?'

EVALUATE: Does the AI give specific numbers that allow a real comparison?

DECIDE: Does knowing this change any habit you currently have?



• P •

PROMPT INTELLIGENCE

AI-14 AI PROMPT

A Letter to the Town Hall

As a group, agree on one specific sustainability problem in your local area.

ASK the AI to draft a short letter about it to your town hall or local authority, from the perspective of a group of older residents.

EVALUATE: Does this read like a real letter, or like a template?

DECIDE: What would you change before signing it?



• +2 •

COMMUNITY POINTS

AI-15 AI PROMPT

A Seasonal Recipe

ASK the AI: 'It is [current month]. What is one traditional dish from [your country] that uses only locally available seasonal ingredients right now?'

EVALUATE: Is this dish genuinely traditional and in season, or is the AI producing something plausible-sounding but inaccurate?

DECIDE: Name a traditional seasonal dish from your culture that the AI did not mention.



• P •

PROMPT INTELLIGENCE

AI-16 AI PROMPT

What Can Only a Group Do?

ASK the AI: 'What are five sustainability actions that a group of older adults in the same neighbourhood could do together? List only things that would not work if each person tried them alone.'

EVALUATE: Are these genuinely collective, or individual actions reframed as group ones?

DECIDE: Which idea could this group actually start?



• +2 •

COMMUNITY POINTS

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AI-17 AI PROMPT

Find What AI Gets Wrong

ASK: The group asks the AI any sustainability question from today's game.

EVALUATE: After reading the answer, each player identifies one thing the AI got wrong, oversimplified, or left out entirely.

DECIDE: What pattern do you notice in what the AI consistently misses?



• ⚡ •

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AI-18 AI PROMPT

AI and Health Questions

You have a health concern and consider asking AI before your next doctor's appointment.

ASK the AI: 'When is it appropriate to use AI for health information, and when should an older adult always go directly to a doctor?'

EVALUATE: Is the AI honest and specific about its own limitations?

DECIDE: For which health questions would you use AI, and for which would you always call a doctor first?



• +2 •

COMMUNITY POINTS

AI-19 AI PROMPT

Checking a Green Claim

A product online claims to be 'carbon neutral', '100% sustainably sourced', and promises to plant a tree for every purchase.

ASK the AI: 'How do I tell whether these specific environmental claims are genuine or marketing?'

EVALUATE: Does the AI give a practical test, or a definition of the terms?

DECIDE: Will you check green claims differently next time you shop online?



• +2 •

COMMUNITY POINTS

AI-20 AI PROMPT

Your Last AI Question

Look back over today's game so far.

Think of the sustainability question from today that you most want a better answer to.

ASK the AI.

EVALUATE the answer with the group.

DECIDE: Did AI produce a better answer than the group's own discussion did?



• P •

PROMPT INTELLIGENCE

W-01 WILD

Memory Round

Every player names one sustainable habit from a parent or grandparent's generation that most people today have stopped.

Each genuine memory earns 2 Community Points.

The group votes: which habit is most worth bringing back?



• WILD CARD •

WHOLE TABLE · FOLLOW THE CARD

W-02 WILD

Everybody Draws

Starting with you, going clockwise, every player draws one Challenge Card and reads it aloud.

Normal rules apply for each player's card.

Everyone plays before the die moves on.



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WHOLE TABLE · FOLLOW THE CARD

W-03 WILD

Community Boost

Your next Challenge Card, drawn on your very next turn, earns its full reward without completing the challenge.

Keep this card face-up so everyone remembers.



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WHOLE TABLE · FOLLOW THE CARD

W-04 WILD

Shortcut

Move directly to the next ★ space ahead of you on your petal (clockwise). No roll needed.

Draw two Challenge Cards there. Choose one to play, return one face-down.

This is your complete turn.



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WHOLE TABLE · FOLLOW THE CARD

W-05 WILD

Best Tip at the Table

Share the single most useful sustainable habit you actually practise at home.

The player to your left shares theirs. Continue clockwise.

The group votes on the most useful tip. That player earns 4 Community Points.



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W-06 WILD

The Debate

One position: 'What individuals do matters less than what governments and companies do.'

Half the group argues FOR and half AGAINST. Two minutes.

Everyone votes. The winning side earns 3 Community Points each.



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WHOLE TABLE · FOLLOW THE CARD

W-07 WILD

Green Audit

Name two things you do at home that reduce your environmental impact.

Then name one thing you do that you know is wasteful or polluting.

For that one thing, name a specific change you could make this week. Earn 3 Community Points.



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W-08 WILD

Heatwave

A heatwave is forecast this week. An elderly neighbour lives alone and has no family nearby.

Name three specific things your community could do to help them stay safe.

Whose job is organising this: individual neighbours, local organisations, or the municipality?

If the group agrees on a practical answer, earn 5 Community Points shared.



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W-09 WILD

Swap Positions

Choose any other player. Swap your pawns on the board right now.

No card is drawn. Play continues from the new positions on each player's next turn.



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WHOLE TABLE · FOLLOW THE CARD

W-10 WILD

Extra Turn

Take a complete extra turn now, before passing the die.

Roll, move, and draw a Challenge Card as normal.

Then pass the die clockwise.



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W-11 WILD

The Green Challenge

The player to your left gives you one specific sustainable action to do at home this week.

You must accept it or negotiate, not simply refuse.

Agree on it out loud. Report back at the next session and earn 5 Community Points if you did it.



• WILD CARD •

WHOLE TABLE · FOLLOW THE CARD

W-12 WILD

Pass It On

Share one thing you learnt from any card in today's game.

The player to your left shares a different one. Continue clockwise.

The group votes on the most useful. That player earns 3 Community Points.



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WHOLE TABLE · FOLLOW THE CARD

W-13 WILD

Knowledge Check

Choose any player who holds a letter tile. Ask them one sustainability question connected to the theme of that letter.

They answer well → they keep the tile. They cannot answer → they return it to the supply.

If you cannot ask a good question → you lose 3 Community Points.



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W-14 WILD

Steal

Choose any player who holds at least one letter tile.

They close their eyes and mix their tiles face-down. You take one at random. You cannot choose which.

They may play a Shield Power Card to cancel this.



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CHALLENGE CARD

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W-15 WILD

Double or Nothing

Draw a Challenge Card. Before reading it aloud, decide:

DOUBLE: if you earn a letter this turn, take two copies. If you only earn points, you earn zero.

NOTHING: play normally, no risk, no bonus.

Announce your choice before reading the card.



• WILD CARD •

WHOLE TABLE · FOLLOW THE CARD

W-16 WILD

The Sustainability Promise

Every player names one specific habit they will start this week, or one they will stop.

Specific only: not 'use less water' but exactly what you will do differently.

Each player who makes a believable, specific commitment earns 2 Community Points.



• WILD CARD •

WHOLE TABLE · FOLLOW THE CARD

W-17 WILD

Ask the Eldest

The oldest player at the table has the floor.

They name one sustainable habit from earlier in their life that they no longer practise, and explain why they stopped.

The group asks: could this habit work today, and what would it take?



• WILD CARD •

WHOLE TABLE · FOLLOW THE CARD

W-18 WILD

Community Action

As a group, agree on one realistic sustainability improvement that could happen in your neighbourhood, something that needs at least two people to organise.

Every player who commits to one specific step earns 3 Community Points.



• WILD CARD •

WHOLE TABLE · FOLLOW THE CARD

W-19 WILD

The Food Swap

Going clockwise, each player names one food they eat regularly, then names the most sustainable realistic swap.

The group votes on the highest-impact swap.

That player earns 3 Community Points.



• WILD CARD •

WHOLE TABLE · FOLLOW THE CARD

W-20 WILD

The Last Wild Card

Every player names one specific change in their home, habits, or community that they are likely to make because of today's game.

It must be specific.

The group votes on the most ambitious commitment. That player earns 5 Community Points.



• WILD CARD •

WHOLE TABLE · FOLLOW THE CARD

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