RESULT 5 · ACTIVITIES FOR SENIOR & INTERGENERATIONAL GROUPS

Printable cards and sheets



Every card, script, game board and worksheet for the fourteen G-PRO activities, ready to print, cut and play, with a list of what to print for each session.

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G-PRO · Green Prompt · Erasmus+ KA210-ADU · Project number 2025-1-PT01-KA210-ADU-000355316 · Free open educational resource · g-pro.elnlab.eu

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How to print

- **Paper size:** print on A4 at **100% (actual size)**. Switch off "fit to page" or "shrink to fit" in the print settings, so that cards come out the right size.
- **Card size:** playing-card sets are designed for **63 × 88 mm** (standard playing-card size). Larger cards, such as safe-word cards, care cards and promise leaves, work well at **A6** (105 × 148 mm). One table row or one table cell = one card, unless the section says otherwise.
- **Large print for seniors:** use **at least 14 pt** text for everything participants read, and 16 pt or more where you can. Black or dark blue on white or cream, on matt paper, is easiest to read. Avoid printing small text on dark colours.
- **Card stock:** print card sets on thin card (160–200 g/m²) and cut along the table lines.
- **Reuse: laminate** any set you will use more than once, or keep each set in a labelled envelope. Worksheets, recipe cards, logs and letters are printed fresh for each group.
- **Colour:** colour helps but is not needed. Where colour matters (Prompt Kitchen ingredients, promise leaves), use coloured paper or write the colour name on each card.
- **Game figures:** prices, lifespans, decades and litres marked as **game figures** are simplified for play. Hidden water figures are approximate global averages. They are not exact local data.
- **Check your local rules:** recycling answers follow the general national system in each country, and towns differ. Check your municipality's guide and correct any card before you play.
- **Privacy:** none of the printables ask for real bank details, addresses or ID numbers. Do not add them.

What to print for each activity

Printable	What it is	For which activity	How many to print
A	Truth slips, voting cards, ready-made AI statements, green fact trios, score sheet	Two Truths and an AI	Truth slips: one strip (three slips) per player · voting cards: one set per team · statements and trios: one facilitator copy · score sheet: one
B	Fridge cards, twist cards, starter prompt, judging sheet	Grandma's Recipe vs the Robot	Fridge cards: one per team · twist cards and starter prompt: one set · judging sheet: one per judge
C	Time Machine timeline cards, shop cards, shopping list, twist cards	The Time Machine Shop	Timeline cards: one large set · shop cards: one set per team · shopping list: one per team · twist cards: one set
D	Repair station cards, broken basket checklist, skill passport, scoreboard	Repair Café Relay	Station cards: one per station · checklist: one per team · skill passport: one per person (folded A5) · scoreboard: one
E	Real or Robot clue checklist, message pairs, picture pair guide, phone call scripts, scoreboard	Real or Robot?	Clue checklist: one per person · message pairs: one set per team · scripts: one copy per pair of readers · scoreboard: one
F	Bin labels (PT / PL / EE), item cards with answers, speed-round cards, scoreboard	The Great Bin Sort	Bin labels: one set for your country · item cards: one set per team plus one facilitator answer copy · speed-round cards: one set · scoreboard: one
G	EU rules in brief, case files, verdict sheet, role badges, scoreboard	Green Claims Court	Rules: one per table · case files: one set per court · verdict sheet: one per juror · badges: one per role · scoreboard: one
H	Prompt Kitchen ingredient cards (role, task, context, format, check it), spoiled ingredients, customer orders, recipe card	The Prompt Kitchen	Ingredient and spoiled cards: one set per team (63 × 88 mm) · order slips: one set · recipe card: two per team (one per round)
I	Scam call scripts, "three magic moves" poster, safe-word card	Scam Call Theatre	Scripts: one set per group (large print) · poster: one, A4 or A3 · safe-word card: one per participant (A6 or 63 × 88 mm)
J	Standby Hunt bingo, detective's maths, one-week energy log	The Standby Hunt	Bingo: one per team (A4) · energy log: one per participant (A4)
K	Water Detectives object cards, answer key, higher-or-lower pairs, shopping basket	Water Detectives	Object cards: one set per team (63 × 88 mm) · answer key and pairs: one facilitator copy · shopping basket: one per team
L	Interview question cards (Then / Now), follow-up card, reporter's notes, zine template	Memory Lane Interviews	Question cards: one set per pair · follow-up card: one per table · reporter's notes: one per person · zine template: one per pair, plus one blank A4 or A3 sheet
M	Seed packet template, sowing guide, plant care card, seed tokens	Pocket Garden & Seed Swap	Seed packets: two or three per person · sowing guide: one per table · care card: one per person (A6) · tokens: ten per person
N	Promise leaves, "make it specific" card, letter-to-2050 template	The Promise Tree	Promise leaves: one or two per person on coloured paper (A6) · specific card: one per table · letter: one per person (A4) plus an envelope

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Printable A: Truth slips and score sheet

For Two Truths and an AI.

A1. Truth slips (three per player)

Print one strip per player and cut into three slips.

Slip 1	Slip 2	Slip 3
Initials: _____ · Statement: _____	Initials: _____ · Statement: _____	Initials: _____ · Statement: _____

Players write true statements on slips 1 and 2. The facilitator writes the AI's statement on slip 3 and shuffles the three.

A2. Number cards for voting

Print one set per team, very large: **1** · **2** · **3**

A3. Ready-made "AI-style" statements (no-device version)

Choose one that fits the player, and change a detail (town, job, hobby) so it sounds personal. These are examples of the smooth, ordinary sentences an AI tends to write.

1. "I learnt to ride a bicycle on my uncle's farm one summer."
2. "I once won second prize for my apple cake at a village fair."
3. "I have kept the same recipe notebook since I was twenty."
4. "My first job was in a bakery, starting at five in the morning."
5. "I grew tomatoes on my balcony for more than thirty years."
6. "I once got lost in a forest picking mushrooms and walked home after dark."
7. "I sang in a choir at school and still remember every song."
8. "I met my best friend on a train journey to the coast."

A4. Green fact trios (round 2)

Print one trio per card. The answer is on the facilitator's copy only. Each trio has two true statements and one confident AI-style mistake.

Card	Statement 1	Statement 2	Statement 3	The mistake (facilitator only)	How to check
1 Dates	"Use by" dates are about safety.	"Best before" means the food becomes unsafe the next day.	Many foods are fine after the "best before" date if stored well.	2	Handbook: Shopping and food; national food safety agency
2 Glass	Glass bottles and jars go in the green bin in Portugal, Poland and Estonia.	Drinking glasses, mirrors and light bulbs also go in the green bin.	Glass packaging can be recycled again and again.	2	The label on the glass bin; municipality guide
3 Cartons	In Portugal, milk and juice cartons go in the yellow bin.	In Poland, drink cartons go in the yellow bin with metals and plastics.	Drink cartons are made only of card, so they always go in the blue paper bin.	3	Sociedade Ponto Verde (PT); municipal guide (PL)
4 Laundry	Modern detergents clean most clothes well at 30 °C.	Washing at 30 °C uses less energy than washing at 60 °C.	Clothes are never properly clean unless washed at 60 °C.	3	The detergent packet; the clothes label
5 Labels	Since 27 September 2026, the EU bans "eco-friendly" claims that the company cannot prove.	A green leaf on a pack means the product is certified by the EU.	The official EU Ecolabel is a flower symbol.	2	Directive (EU) 2024/825; EU Ecolabel website
6 Deposits	Poland's deposit return system for drinks bottles and cans started on 1 October 2025.	In Portugal, the deposit on plastic and metal drinks containers is €0.10.	Deposit bottles should go in the yellow bin, and the deposit is refunded automatically.	3	The deposit logo on the bottle; the shop
7 Repair	The EU right to repair covers products such as washing machines and mobile phones.	If you choose repair instead of a replacement under the legal guarantee, the guarantee is extended by 12 months.	Under the EU right to repair, manufacturers must repair every product free of charge, for ever.	3	Directive (EU) 2024/1799; the seller
8 Water	In the EU, tap water must meet strict safety standards.	Bottled water is always safer than tap water.	Tap water costs far less than bottled water.	2	Your water supplier

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A5. Score sheet

Team	Round 1 (who is the robot?)	Round 2 (green trios)	Bonus (how to check)	Live test	Total
_____					
_____					
_____					
_____					
_____					
_____					

Scoring: right guess = 1 point · player not guessed by anyone = 2 points to that player's team · named a way to check = 1 bonus point.

Printable B: Recipe challenge cards and judging sheet

For Grandma's Recipe vs the Robot.

B1. Fridge cards

Print one per team. Remove any card with an ingredient a participant is allergic to. Cards marked (trap) contain a trap.

Card	In the fridge and cupboard	Season / country hint
1	Stale bread, two tomatoes, garlic, one egg, a bunch of coriander, olive oil	Any time · Portugal
2	Four cooked potatoes, half a white cabbage, one onion, a small pot of sour cream, dill	Autumn–winter · Poland
3	Dry rye bread crusts, two apples, half a bottle of kefir, cinnamon, a little sugar	Autumn · Estonia
4	Cooked rice from yesterday (kept in the fridge), frozen peas, two eggs, a spring onion, soy sauce	Any time
5	Three over-ripe bananas, oats, half a litre of milk, a handful of walnuts	Any time
6	Half a pumpkin, an onion, a cup of red lentils, a stock cube	Autumn
7	Carrot ends, celery leaves, onion skins, potato peelings (washed), parsley stalks	Any time
8 (trap)	Half a cucumber, three tomatoes, feta cheese, a pot of plain yoghurt with a "use by" date of **yesterday**, dried mint	Summer
9	Half a cauliflower, a piece of hard cheese, a little butter, flour, milk	Winter
10 (trap)	A bag of pasta with a "best before" date of **last month**, a tin of tomatoes, garlic, a courgette, basil	Summer

Facilitator answers for the traps: Card 8: the yoghurt is past its "use by" date and must not be eaten (1 point for spotting it). Card 10: this is a false trap. Dried pasta past its "best before" date is usually fine if the packet is dry and intact (1 point for explaining the difference).

B2. Twist cards

Twist	Card text
1	"One guest cannot eat gluten."
2	"The oven is broken. You have one hob ring."
3	"Two extra grandchildren arrive. Feed six instead of four."
4	"One guest is vegetarian."
5	"You have only 20 minutes."
6	"Half the meal must be kept for tomorrow. How will you store it safely?"

B3. Starter prompt (Robot round)

> "I have [list from the fridge card]. I live in [country] and it is [month]. Suggest one simple, cheap meal for [number] people that uses up as much of this as possible, with no special equipment. Tell me how to store any leftovers safely."

Improve it: add who is eating, any diet, the time you have, and the equipment you have.

B4. Judging sheet

One per judge. Score each plan from 1 (poor) to 5 (excellent).

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Team: _____	Grandma's plan	Robot's plan
Waste saved: uses most of the fridge card, nothing new thrown away		
Cost: needs few or no extra purchases		
Season and local food: fits the month and the country		
Safety: respects dates, storage and allergies		
Would I eat it? tempting, realistic, doable at home		
Total (out of 25)		
Bonus: the team caught a mistake in the AI's answer (+1)		

Comment in one sentence: _____

Printable C: Time Machine object cards with prices and decades

For The Time Machine Shop. All decades, prices and lifespans are **game figures**: simplified for play, not historic data. Homes in Portugal, Poland and Estonia changed at different speeds; a participant's memory can overrule any card.

C1. Timeline cards

Print large. Write the "game decade" on the back of each card.

Object	Game decade (back of card)
String shopping bag	1950s
Glass milk bottle, returned to the shop	1950s
Valve radio in the living room	1950s
Enamel mug and jug	1950s
Darning mushroom	1950s
Black-and-white television	1960s
Electric refrigerator	1960s
Twin-tub or automatic washing machine	1970s
Plastic carrier bag from the shop	1970s
Cassette player	1980s
Microwave oven	1990s
Plastic drinks bottle (PET)	1990s
Disposable nappies in most homes	1990s
Mobile phone	2000s
Fleece jacket from recycled bottles	2000s
Smartphone	2010s
Fast-fashion T-shirt for the price of a coffee	2010s
Deposit return machine at the supermarket	2020s

C2. Shop cards

One set per team. The household must last **20 years**. Cost over 20 years = price × number of times you must buy it.

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Category	Item	Game price (time coins)	Game lifespan	Cost over 20 years
Carry shopping	Plastic carrier bag	1	1 year	20
Carry shopping	String bag	6	20 years	6
Carry shopping	Cloth tote bag	3	10 years	6
Drink from	Pack of plastic cups	1	1 year	20
Drink from	Enamel mug	5	20 years	5
Drink from	Glass tumblers	4	10 years	8
Wear on your feet	Cheap trainers	4	2 years	40
Wear on your feet	Leather shoes	15	10 years	30
Wear on your feet	Leather boots, resoled by a cobbler	22	20 years	22
Listen to the news	Pocket radio	3	4 years	15
Listen to the news	Wooden radio, repaired once	18	20 years	18
Listen to the news	Smartphone (does many other jobs too: discuss!)	20	5 years	80
Clean with	Disposable wipes	1	1 year's supply	20
Clean with	Cloths cut from old T-shirts	1	5 years	4
Clean with	Wooden scrubbing brush	2	5 years	8
Store food in	Cling film	1	1 year's supply	20
Store food in	Glass jars, reused	2	20 years	2
Store food in	Plastic tubs	2	4 years	10

Facilitator check: the cheapest item in every category costs 135 coins over 20 years. The most durable choices cost far less.

C3. Shopping list (one per team)

Category	Our choice	Price	Times bought in 20 years	Cost over 20 years
Carry shopping				
Drink from				
Wear on your feet				
Listen to the news				
Clean with				
Store food in				
Total (budget: 100)				

C4. Time traveller's twist cards

Twist	Card text	Points
1	"Your cloth bag tears in year 5. Mend it for 1 coin, or buy a new one?"	Mend = +1 point
2	"The heel comes off your shoes in year 6. Take them to the cobbler for 3 coins, or buy new?"	Repair = +1 point
3	"Your radio goes silent. The repair café fixes it for free, but you must wait a week. Wait, or buy new?"	Wait = +1 point
4	"A neighbour offers you her spare glass jars. Accept?"	Accept = +1 point, save 2 coins
5	"A shop offers 'buy two, get one free' on plastic tubs. You need one. Buy three?"	Say no = +1 point

Printable D: Repair station cards and skill passport

For Repair Café Relay. Each station card is one A4 page, placed on the station table.

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D1. Station cards

Station	You need	The five-minute fix	Safety
1. Button back on	Needle, thread, button, a pin, scissors	1. Thread the needle, double the thread, knot the end. 2. Mark the button's place. 3. Lay a pin across the button and sew through the holes 6–8 times, over the pin. 4. Remove the pin, wind the thread 3–4 times round the stitches under the button to make a "stem". 5. Push the needle to the back and finish with three small stitches.	Count needles back in.
2. Darning a sock	Darning wool, large-eye needle, darning mushroom or a smooth jar, scissors	1. Trim loose threads. 2. Put the sock over the mushroom or jar. 3. Sew small running stitches in a ring round the hole, in good fabric. 4. Lay threads across the hole in one direction, close together. 5. Weave across them in the other direction, over and under, like a basket. 6. Finish on the inside.	Use a blunt-ended needle if you can.
3. Patch it	Fabric patch, pins, needle and thread, scissors	1. Cut a patch 2 cm bigger than the hole on every side. 2. Pin it inside or outside the hole. 3. Turn the patch edges under. 4. Sew round the edge with small, even stitches. 5. Remove the pins.	Keep pins in a dish, not on the table.
4. T-shirt to bag (no sewing)	Old T-shirt, scissors, ruler	1. Cut off both sleeves. 2. Cut a wider scoop round the neck: the shoulders become handles. 3. Turn inside out. 4. Cut strips 8 cm long, 2 cm wide, along the bottom hem, through both layers. 5. Tie each front strip to the back strip below it in a double knot. 6. Turn right side out.	Blunt-tipped scissors for children.
5. Tighten and glue	Screwdrivers (flat and cross-head), small spanner, wood glue, cloth, string or a strap	1. Find out what is loose: a screw, a bolt or a glued joint. 2. Use a screwdriver that fits the screw exactly, and tighten gently. 3. For a loose joint, put a thin line of wood glue in it, press together and wipe off extra glue. 4. Hold it tight with string or a strap. 5. Label it: "Do not use until tomorrow."	Nothing electrical. Keep glue off skin and away from children.
6. Books and paper	Book-repair tape or archival tape, glue stick, a heavy book as a weight	1. Lay the torn page flat. 2. Line up the edges carefully. 3. Cover the tear with a strip of book-repair tape on one side. 4. For a loose cover, glue the edge of the spine, close the book and press it under a heavy book for an hour.	Work on a clean, dry table.

D2. Broken basket checklist (one per team)

- [ ] A shirt or coat with a missing button (Station 1)
- [ ] A sock with a hole (Station 2)
- [ ] Trousers, a bag or a cushion cover with a small hole or tear (Station 3)
- [ ] An old T-shirt (Station 4)
- [ ] A wobbly stool, a chair with a loose screw, or a pan with a loose handle (Station 5)
- [ ] A book with a torn page or loose cover (Station 6)

D3. Skill passport (one per person, folded A5)

G-PRO Repair Café Relay · Skill passport

Name: _____ · Team: _____ · Date: _____

Station	Stamp	What I learnt in one sentence
1. Button back on		_____
2. Darning a sock		_____
3. Patch it		_____
4. T-shirt to bag		_____
5. Tighten and glue		_____
6. Books and paper		_____

A skill I can teach someone else: _____

Someone younger or older who taught me something today: _____

My repair promise: By _____ (date) I will repair _____ instead of throwing it away or buying a new one.

D4. Scoreboard

Team	St. 1	St. 2	St. 3	St. 4	St. 5	St. 6	Best rescue vote	Teach-back	Total
_____									
_____									
_____									
_____									

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Quality points per station: 1 = attempted · 2 = works · 3 = would last for years.

Printable E: Real or Robot evidence pairs and clue checklist

For Real or Robot?. All messages, names and companies are invented. Do not replace them with real brands.

E1. Clue checklist (one per person)

Question	Look for
Who sent it?	Unknown number or address; a name that is almost right; a message from "your bank" by text with a link
What does it want?	Money, a code, a password, card details, a click, a download, secrecy
How does it feel?	Hurry ("within 24 hours"), fear ("your account is blocked"), excitement ("you have won"), pity ("I'm in trouble")
What looks wrong?	Odd spelling or grammar; strange hands or fingers; writing that is not quite letters; impossible reflections or shadows; backgrounds that melt or repeat; skin that is too smooth
How can I check?	Call back on a number I already know; open the official app or website myself; ask a family safe word; ask who first posted a picture; check whether trusted news shows it; reverse image search

Remember: newer fakes may show **no** visible clues. The last row is the one that always works.

E2. Case 1: message pairs

Print each message on its own slip, labelled A or B. The answer column is for the facilitator only.

Pair	Message A	Message B	Fake	Clues
1 Parcel	"QuickParcel: Your parcel is held at our depot. Pay 1.99 zł within 24 hours to release it: quickparcel-pay.info/xyz"	"QuickParcel: Your parcel 4471 2093 will be delivered tomorrow between 10:00 and 14:00. Track it in the QuickParcel app."	A	Hurry, small payment, strange web address. A real courier does not ask for payment by text link.
2 Bank	"Banco Exemplo: Your card has been BLOCKED for security. Confirm your details now or lose access: bit.ly/..."	"Banco Exemplo: Your new card has been posted. It will arrive in 5 working days. We will never ask for your PIN or codes."	A	Capital letters, fear, link, request for details. Banks do not ask you to confirm details by link.
3 Energy refund	"Hi, this is HomePower customer service. You are owed a €148 refund. Reply with your bank card number and the code we send you."	"Your monthly bill from your energy supplier is ready. Log in to your account on our website or app to see it."	A	Unexpected money, asks for card number and a code. Never share codes.
4 Family	"Hi Mum, I dropped my phone in the sink, this is my new number. Can you pay a bill for me today? I'll explain later x"	"Hi Mum, running late, I'll be at yours around six. Shall I bring bread?"	A	New number, urgent payment, "explain later". Call the old number you know.

E3. Case 2: picture pairs (facilitator prepares)

You need three pairs and one extra picture for Case 4. For each pair:

1. Take one ordinary photo yourself on a phone: a cup of coffee on a table, a street or market in your town, your hands holding a book.
2. Ask an AI image tool for a similar picture, for example: "A realistic photo of a cup of coffee on a wooden table by a window, natural light."
3. Print both the same size, without file names. Label them A and B on the back. Write the answer in your notes.
4. For Case 4, choose the AI picture in which you cannot find any mistake yourself.

Answer sheet for teams:

Pair	Our verdict: the fake is A or B?	Our clue
1		_____
2		_____
3		_____
Case 4	Real or robot?	How we would check: _____

E4. Case 3: phone call scripts

Two volunteers read aloud. The "voice" is acted, not cloned. Read script 1, then script 2.

Script 1

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Caller: "Grandma? It's me. Please don't be cross. I've had an accident with the car and the police say I have to pay for the damage today or they'll keep me here." Grandma: "Oh no! Are you hurt? Where are you?" Caller: "I'm fine, I'm fine. But I need 2,000 euros now. A lawyer will come to your house to collect it. Please don't tell Mum, she'll be so angry." Grandma: "Let me call your mother..." Caller: "No! There's no time. Please, Grandma. Do it for me."

Script 2

Caller: "Hi Grandma, it's me. I'm on the bus, so it's a bit noisy. Are we still on for Sunday lunch?" Grandma: "Of course! What would you like?" Caller: "Your soup, please. And Mum says she'll bring the cake. Shall I call you on Saturday to confirm?" Grandma: "Yes, call me on Saturday."

Facilitator answers: Script 1 has all the signs of a scam (urgency, money, a stranger collecting cash, secrecy from family). Even if the voice sounds exactly right, the story is the clue. What to do: hang up, call the grandchild or the parent on a number you already know, ask the family safe word, and never hand money to a "courier" or "lawyer". Script 2 asks for nothing.

E5. Scoreboard

Team	Case 1	Case 2	Case 3 (three good actions)	Case 4 (best checking idea)	Total
_____					
_____					
_____					
_____					

Scoring: right verdict = 1 point · right verdict with a correct clue = 3 points · Case 3: 1 point per good action (up to 3) · Case 4: 2 points for the best checking idea.

Printable F: Bin sort item cards and bin labels (PT / PL / EE)

For The Great Bin Sort. Rules differ between municipalities. **Check your local rules** and correct the cards before you play.

F1. Bin labels: Portugal (ecoponto)

Bin	Label text
Yellow (amarelo)	Plastic and metal packaging, and drink cartons: bottles, pots, bags, cans, foil, milk and juice cartons
Blue (azul)	Paper and cardboard: newspapers, magazines, boxes (clean and dry)
Green (verde)	Glass packaging: bottles, jars, food jars (no lids)
Bio-waste (biorresíduos)	Food scraps and garden waste, where your municipality collects them (often a brown bin; check locally), or compost at home
Mixed waste (indiferenciado)	Everything that cannot be recycled or composted
Back to the shop / special collection	Plastic and metal drinks containers with the deposit logo (SDR, €0.10 deposit, since April 2026); batteries; electrical items and bulbs; medicines (to the pharmacy)

F2. Bin labels: Poland

Bin	Label text
Yellow (żółty): Metale i tworzywa sztuczne	Metals, plastics and multi-material packaging: bottles, pots, cans, foil, drink cartons
Blue (niebieski): Papier	Paper and cardboard: newspapers, boxes, clean paper bags (no greasy paper)
Green (zielony): Szkło	Glass packaging: bottles and jars, empty, without caps
Brown (brązowy): Bio	Fruit and vegetable scraps, coffee grounds, tea bags, eggshells, garden waste
Black or grey: Zmieszane	Mixed waste: everything that does not fit the other bins
Back to the shop / special collection	Drinks containers with the deposit logo (system kaucyjny since 1 October 2025: PET bottles up to 3 l and cans up to 1 l, 50 gr; reusable glass bottles up to 1.5 l, 1 zł); batteries, electrical items and bulbs (shops or PSZOK); medicines (pharmacy collection points)

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F3. Bin labels: Estonia

Bin	Label text
Yellow (kollane): Pakend	Mixed packaging: plastic packaging, metal packaging, drink cartons
Blue (sinine): Paber ja kartong	Paper and cardboard: boxes, newspapers, clean paper packaging, paper bags
Green (roheline): Klaaspakend	Glass packaging: clear and coloured bottles and jars (if there is no glass container, use the yellow packaging container)
Bio-waste (biojäätmed)	Food scraps and garden waste; separate collection is required. Bin colour varies: check your municipality
Mixed waste (segaolmejäätmed)	Everything that cannot be recycled or composted
Back to the shop / special collection	Bottles and cans with the Eesti Pandipakend deposit mark; batteries, electrical items, bulbs and hazardous waste (shops or the jäätmejaam, the waste station); medicines (pharmacy)

F4. Item cards with answers

Print the item name large on the front. Print the answers on the facilitator's copy only.

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No.	Item	Portugal	Poland	Estonia	Note
1	Yoghurt pot (rinsed)	Yellow	Yellow	Yellow	Rinse lightly; no need to scrub.
2	Milk or juice carton	Yellow	Yellow	Yellow	Made of card, plastic and aluminium together.
3	Newspaper	Blue	Blue	Blue	
4	Cardboard box (flattened)	Blue	Blue	Blue	Flatten to save space.
5	Greasy pizza box	Mixed waste	Mixed waste	Mixed waste	Grease spoils paper recycling. A clean lid can be torn off for the blue bin. Some towns accept it with bio-waste: check.
6	Empty jam jar	Green	Green	Green	Take the lid off.
7	Metal jar lid	Yellow	Yellow	Yellow	
8	Wine bottle	Green	Green	Green	
9	Broken drinking glass	Mixed waste	Mixed waste	Mixed waste	Not the glass bin. Wrap it in paper for safety.
10	Broken ceramic mug	Mixed waste	Mixed waste	Mixed waste	Ceramics spoil glass recycling.
11	Small broken mirror	Mixed waste	Mixed waste	Mixed waste	Wrap it. Large mirrors: recycling centre.
12	Food tin (empty)	Yellow	Yellow	Yellow	
13	Clean aluminium foil	Yellow	Yellow	Yellow	Scrunch it into a ball.
14	Plastic carrier bag	Yellow	Yellow	Yellow	Better still: reuse it.
15	Empty shampoo bottle	Yellow	Yellow	Yellow	
16	Apple core	Bio	Brown (bio)	Bio	Or home compost.
17	Potato peelings	Bio	Brown (bio)	Bio	Or home compost.
18	Coffee grounds	Bio	Brown (bio)	Bio	
19	Eggshells	Bio	Brown (bio)	Bio	
20	Used tea bag	Bio	Brown (bio)	Bio	Check locally: some tea bags contain plastic.
21	Used paper tissue	Mixed waste	Mixed waste	Mixed waste	Some towns accept it with bio-waste: check.
22	Till receipt	Mixed waste	Mixed waste	Mixed waste	Most receipts are thermal paper, which does not belong with paper recycling in most places.
23	AA battery	Special collection	Special collection	Special collection	Collection boxes in shops. Never in household bins.
24	LED light bulb	Special collection	Special collection	Special collection	Electrical waste: shops or recycling centre.
25	Old mobile phone	Special collection	Special collection	Special collection	Electrical waste. Delete your data first, or give it to a reuse scheme.
26	Out-of-date medicines	Pharmacy	Pharmacy	Pharmacy	Never in the toilet or sink.
27	Plastic water bottle with the deposit logo	Back to the shop	Back to the shop	Back to the shop	You get your deposit back.
28	Drinks can with the deposit logo	Back to the shop	Back to the shop	Back to the shop	
29	Glass beer bottle with a deposit logo	Green, unless it is a returnable bottle: the Portuguese SDR covers plastic and metal only	Back to the shop	Back to the shop	A good tricky card.
30	Old shoes in good condition	Textile or charity collection	Textile or charity collection	Textile or charity collection	Rules for textiles vary by town. Reuse first.

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F5. Speed-round bonus cards

Item	Answer (all three countries)
Cereal box	Blue
Plastic yoghurt-drink bottle without a deposit logo	Yellow
Dead flowers from a vase	Bio
Egg box made of card	Blue (or home compost)
Empty tuna tin	Yellow
Jar of old paint	Special collection (hazardous waste)

F6. Scoreboard

Team	Correct items (+1)	Wrong items (−1)	Spotted others' mistakes (+1)	Speed round	Total
_____					
_____					
_____					
_____					

Printable G: Green Claims case files and verdict sheet

For Green Claims Court. All brands are invented.

G1. EU rules in brief (one per table)

Since **27 September 2026**, EU consumer law (Directive (EU) 2024/825) bans these practices:

1. **Generic claims without proof.** Words such as "eco-friendly", "green", "natural", "climate friendly" or "biodegradable" are banned unless the company can show recognised excellent environmental performance relevant to the claim.
2. **Home-made labels.** Sustainability labels must be based on a certification scheme or set up by a public authority.
3. **Offsetting claims.** A product may not be called "climate neutral", "carbon neutral" or "reduced CO_2" because the company pays for projects elsewhere, such as planting trees.
4. **Whole-product claims for one part.** A claim about the whole product is banned if it is only true for one part.
5. **The law as a selling point.** A company may not present something every product must do by law as its own special feature.
6. **Unproven durability.** A company may not claim a product lasts a certain time or number of uses unless it can prove it.

Still **allowed**: specific, provable claims ("bottle made from 50% recycled plastic") and genuine certified labels such as the EU Ecolabel (a flower), the EU organic logo, FSC, MSC or Fairtrade.

Verdicts: **Allowed** (fair and provable) · **Banned** (breaks a rule above) · **Needs proof** (only allowed if the company shows the evidence).

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G2. Case files

Case	Product and claim	What the evidence shows	Witness card	Official ruling (facilitator only)
1	**PureLeaf washing-up liquid.** Green bottle with a big leaf: "Eco-friendly and natural!"	No certification. The ingredients list is similar to ordinary washing-up liquid.	*The shopper:* "I paid 50 cents more because it said eco-friendly."	**Banned.** Generic claim with no proof of excellent environmental performance (rule 1).
2	**BeanGood coffee pods.** "Carbon neutral: we plant a tree for every pack."	The pods are single-use and not recyclable in many towns. The company pays for tree planting abroad.	*The sustainability manager:* "Our tree projects are real and audited."	**Banned.** Carbon-neutral claim based on offsetting (rule 3). The company may still describe its tree projects honestly, separately.
3	**ReBottle shampoo.** "Bottle made from 50% recycled plastic." Certificate number from an independent body printed on the back.	The certificate is real and matches the bottle.	*The packaging designer:* "We tested every batch."	**Allowed.** Specific and provable.
4	**SuperFresh supermarket.** Its own "Green Choice" seal on 200 products.	The supermarket designed the seal itself. No independent checks, no published criteria.	*The store manager:* "Our team chose the greenest products."	**Banned.** A sustainability label not based on a certification scheme or set up by a public authority (rule 2).
5	**NatureWear T-shirt.** "ORGANIC" in large letters on the front of the label.	5% of the cotton is organic; 95% is conventional cotton.	*The fashion buyer:* "It *does* contain organic cotton!"	**Banned as printed.** The claim suggests the whole shirt when only a small part qualifies (rule 4). "Contains 5% organic cotton" would be allowed.
6	**Sunny Fields apples.** "Free from [pesticide X]!"	Pesticide X is banned in the EU, so no apple sold here may contain it.	*The farmer:* "But it's true!"	**Banned.** Presents a legal requirement for all products as a special feature (rule 5).
7	**ForeverKettle.** "Lasts 10 years!"	The company has no test results. Customer reviews mention breakdowns after two years.	*The engineer:* "We believe it is very well made."	**Needs proof.** A durability claim is banned unless the company can demonstrate it (rule 6).
8	**CleanWave dishwasher tablets.** The EU Ecolabel flower with a licence number.	The licence number is listed in the official EU Ecolabel product catalogue.	*The shop assistant:* "Customers ask whether this label means anything."	**Allowed.** A genuine certified label.

Bonus case: a real product brought from home. Apply rules 1–6 together.

G3. Verdict sheet (one per juror)

Case	Allowed	Banned	Needs proof	The rule I used (1–6) or "specific and provable" / "genuine label"
1				_____
2				_____
3				_____
4				_____
5				_____
6				_____
7				_____
8				_____
Bonus				_____

G4. Role badges

Print and cut: **Judge** · **Prosecution (for shoppers)** · **Defence (for the company)** · **Witness** · **Jury**

G5. Scoreboard

Team or juror	Case 1	Case 2	Case 3	Case 4	Case 5	Case 6	Case 7	Case 8	Total
_____									
_____									
_____									

Scoring: argument matched the official ruling = 2 points to the team · juror named the correct rule = 1 point.

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Printable H: Prompt Kitchen ingredient cards and recipe card

For The Prompt Kitchen. Print one set per team on coloured card if you can: ROLE on blue, TASK on red, CONTEXT on green, FORMAT on yellow, CHECK IT on purple. Cut along the lines; each line below is one card (63 × 88 mm). Blank cards let teams add their own.

H1. ROLE cards (blue): who should the AI act as?

ROLE	ROLE	ROLE
Act as a patient teacher explaining to a beginner.	Act as a friendly gardener who knows my climate.	Act as an energy adviser who explains things simply.
Act as a careful cook who hates wasting food.	Act as a librarian who helps me find reliable sources.	Act as a repair expert at a repair café.
Act as a _____	Act as a _____	Act as a _____

H2. TASK cards (red): what exactly do you want?

TASK	TASK	TASK
Give me five ways to…	Explain in simple words what … means.	Compare … and … and tell me which is better for me.
Make a shopping list for…	Write a short, polite letter to…	Make a step-by-step plan for…
Tell me the questions I should ask before I buy…	_____	_____

H3. CONTEXT cards (green): who are you, where, and what is your situation?

CONTEXT	CONTEXT	CONTEXT
I am 72 and live alone in a flat.	I live in a village with a vegetable garden.	I live in Portugal / Poland / Estonia (choose one).
My budget is under 30 euros.	I cannot kneel or lift heavy things.	I cook for two people.
I have no car and use the bus.	I am a beginner with smartphones.	_____

H4. FORMAT cards (yellow): how should the answer look?

FORMAT	FORMAT	FORMAT
A numbered list of no more than five points.	Use short sentences and simple words.	Answer in Portuguese / Polish / Estonian / English.
Explain why each idea helps.	Put it in a table with cost and effort.	Keep it under 150 words.
Ask me questions first if you need more information.	_____	_____

H5. CHECK IT cards (purple): taste before you serve

CHECK IT	CHECK IT	CHECK IT
If you are not sure, say so.	Tell me what I should double-check with a local expert.	What are the disadvantages of this idea?
Is this true in my country, or only in some countries?	Where does this information usually come from?	Tell me which part of your answer is most likely to be wrong.

H6. Spoiled ingredient cards (grey): these go straight in the bin

SPOILED	SPOILED	SPOILED
My full home address	My bank card number and PIN	My password
My date of birth and ID number	A photo of my prescription	My one-time code from the bank

H7. Customer order slips (cut, fold and put in the pot)

Order	Order	Order
"How do I save water?"	"Recipes?"	"Tell me about recycling."
"Is this product green?"	"Help with my heating."	"Gift ideas."
"What should I plant?"	"Explain AI."	"How can I be more eco-friendly?"

H8. Recipe card (one per team per round, A5 or A4)

Team name: _____ **Round:** _____ **Customer order:** _____

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Ingredient	What we added
ROLE	_____
TASK	_____
CONTEXT	_____
FORMAT	_____
CHECK IT	_____

Our full recipe (the prompt): _____ _____ _____

Spoiled ingredients used?

- [ ] None (well done)
- [ ] Yes, we lose this round

Tasting score from the robot round (one star per ingredient that made a difference): ☆ ☆ ☆ ☆ ☆

Optional real kitchen test. ASK: we typed it in. EVALUATE: what was useful? _____ What was missing or wrong? _____ DECIDE: what will the person actually do? _____

Printable I: Scam call scripts and safe-word card

For Scam Call Theatre. Print one set of scripts per group (large print, 14 pt or more) and one safe-word card per participant. All names, banks and numbers are invented. Never replace them with real ones.

I1. Script: "The bank security department"

Caller says: "Good afternoon, this is Pedro from the security department of your bank. We have blocked a suspicious payment of 890 euros from your account. To cancel it, I am sending you a code by SMS now. Please read it back to me quickly, before the payment goes through."

Red flags to spot: urgency ("quickly"), asks for a one-time code, unexpected call, caller ID may look real.

Winning line: "My bank never asks for codes. I will hang up and call the number on my card."

I2. Script: "The grandchild in trouble" (AI voice)

Caller says (crying): "Grandma? Grandpa? It's me. I've had an accident with the car, the police are here, I need 2,000 euros for a lawyer today. Please don't tell Mum, she'll be so angry. A friend of mine will come to collect the money."

Red flags to spot: strong emotion, secrecy ("don't tell Mum"), money today, a stranger collects cash. The voice can be copied by AI.

Winning line: "What is our safe word? … I will call you back on your own number."

I3. Script: "The police inspector"

Caller says: "This is Inspector Nowak from the city police. Criminals are working inside your bank. To protect your savings, you must move them to a safe account we will give you. Do not tell anyone at the bank, they may be involved."

Red flags to spot: police never ask you to move money; "safe account"; telling you to keep secrets from your bank.

Winning line: "I will go to my local police station in person, thank you." Then hang up.

I4. Script: "The courier and the parcel"

Caller says: "Hello, this is the delivery company. Your parcel is held at customs. There is a fee of 2 euros and 99 cents. I will send you a link by SMS: please enter your card details there and the parcel will arrive tomorrow."

Red flags to spot: you are not expecting a parcel; a small fee to make it seem harmless; a link to type card details.

Winning line: "I am not expecting anything. If I am, I will check on the company's official website myself."

I5. Script: "The energy refund"

Caller says: "Good news! You have been overcharged on your electricity and you are due a refund of 312 euros. I just need you to install a small app so I can see your screen and help you claim it."

Red flags to spot: unexpected good news; asks you to install an app for "remote access"; wants to see your screen.

Winning line: "I will call my supplier on the number on my bill." Never install an app because a caller asks.

I6. Script: "The pharmacy" (the genuine call)

Caller says: "Hello, this is the pharmacy on Main Street. Your prescription is ready to collect. We are open until seven. No need to call back. Have a nice day."

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Why it is safe: it asks for nothing, it does not rush you, and you can easily check by going to the pharmacy or calling its number from the bag or receipt.

I7. The three magic moves (poster for the wall)

STOP · Slow down. Urgency is the scammer's tool. **HANG UP** · You can end any call, even an official-sounding one. **CALL BACK** · Use a number you find yourself: the back of your bank card, an official letter, your family phone book. Wait a few minutes or use another phone first.

Golden rule: a real bank will never ask for your PIN, your password or a one-time code, and will never ask you to move money to a "safe account". Emergency number across the EU: **112**.

I8. Safe-word card (one per person, 63 × 88 mm or A6; fold in half)

Front:

My family safe word

Do not write the word here. Keep it in your head.

I will agree a safe word with: _____

When: _____

Back:

If a call feels urgent:

1. Stop. Breathe.
2. Ask for the safe word.
3. Hang up.
4. Call back on a number I know.

My bank's official number (copy it at home from the back of your card): _____

Someone I trust to talk to first: _____

Emergency: 112

Printable J: Standby Hunt bingo and energy log

For The Standby Hunt. Print one bingo card per team and one energy log per participant (A4, large print 14 pt or more).

J1. Standby Bingo (A4, one per team)

Put a red sticker in a square when you find the suspect. Write where you found it. Complete a line and shout "Standby!"

A television with a red light	A phone charger left in the socket with no phone	A microwave or oven showing the time	A computer screen "sleeping"
A printer with a light on	A coffee machine with a clock or light	A radio or speaker with a light	A set-top box or TV receiver
A games console	A charger that feels warm	**FREE SQUARE:** something that must stay on (fridge, alarm, router)	A washing machine or dishwasher display
An electric toothbrush or shaver on charge	A lamp with a glowing switch	A power strip with a light	A mystery suspect: _____

Where we found them: _____

Verdicts: green = can be switched off at the wall · yellow = must stay on · ? = check the instructions first

J2. The detective's maths (game figure)

Watts × hours ÷ 1,000 = kWh. A device using 1 watt all day, all year: 1 × 24 × 365 ÷ 1,000 ≈ **8.8 kWh a year**. Find your own price per kWh on your electricity bill.

J3. My standby energy log (one week, A4)

Name or initials: _____ **Week starting:** _____

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My suspect	Where	Stay on (yellow) or switch off (green)?	Watts if I measured them	

Tick each day you switched the "green" suspects off at the wall or with a switchable power strip.

My price per kWh (from my bill): _____

What surprised me: _____

Never switch off: fridges, freezers, alarms, medical devices, stairlifts, heating or boiler controls, or a router that carries your phone or alarm line. Check the instructions for recorders and smart devices.

Printable K: Water Detectives object cards and answer key

For Water Detectives. Print the object cards once per team (cut into cards, 63 × 88 mm). Print the answer key once, for the facilitator only. All figures are approximate global averages, rounded: treat them as game figures. A 10-litre bucket helps people picture them.

K1. Object cards (front: object only)

One cup of coffee (125 ml)	One cup of tea (250 ml)	One glass of milk (250 ml)
One egg	One kilo of bread	One kilo of pasta (dry)
One kilo of rice	One kilo of potatoes	One kilo of tomatoes
One kilo of apples	One kilo of oranges	One sheet of A4 paper
One glass of wine (125 ml)	One glass of beer (250 ml)	One pizza margherita
One cotton T-shirt	One pair of jeans	One kilo of beef

K2. Answer key (facilitator only)

Object	Hidden water (litres, about)	In 10-litre buckets	Source
One sheet of A4 paper	10	1	Water Footprint Network (Hoekstra 2010)
One cup of tea (250 ml)	30	3	Water Footprint Network (Hoekstra 2010)
One glass of beer (250 ml)	75	7.5	Water Footprint Network (Hoekstra 2010)
One glass of wine (125 ml)	120	12	Water Footprint Network (Hoekstra 2010)
One cup of coffee (125 ml)	140	14	Water Footprint Network (Hoekstra 2010)
One kilo of tomatoes	180	18	Water Footprint Network (Hoekstra 2010)
One egg (60 g)	200	20	Water Footprint Network (Hoekstra 2010)
One glass of milk (250 ml)	250	25	Water Footprint Network (Hoekstra 2010)
One kilo of potatoes	250	25	Water Footprint Network (Hoekstra 2010)
One kilo of oranges	460	46	Water Footprint Network (Hoekstra 2010)
One kilo of apples	700	70	Water Footprint Network (Hoekstra 2010)
One pizza margherita	1,200	120	Water Footprint Network (Hoekstra 2010)
One kilo of bread	1,300	130	Water Footprint Network (Hoekstra 2010)
One kilo of pasta (dry)	1,900	190	Water Footprint Network (Hoekstra 2010)
One cotton T-shirt	2,700	270	Water Footprint Network (Hoekstra 2010)
One kilo of rice	3,400	340	Water Footprint Network (Hoekstra 2010)
One pair of jeans	7,500	750	United Nations (UN News / UNEP, 2019)
One kilo of beef	15,400	1,540	Mekonnen and Hoekstra, UNESCO-IHE (2012)

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K3. Higher or lower? Suggested pairs for round two

- A cup of tea or a cup of coffee? (Coffee: 140 against 30.)
- A glass of milk or a glass of beer? (Milk: 250 against 75.)
- A kilo of potatoes or a kilo of rice? (Rice: 3,400 against 250.)
- An egg or a sheet of paper? (Egg: 200 against 10.)
- A cotton T-shirt or a kilo of bread? (T-shirt: 2,700 against 1,300.)
- A pair of jeans or a kilo of beef? (Beef: 15,400 against 7,500.)

K4. Water-wise shopping basket (round three)

Budget: **10,000 litres** for the team. Buy one breakfast, one lunch and one item of clothing for the week, using the object cards and the litres in the answer key.

Item bought	Litres
Breakfast: _____	_____
Lunch: _____	_____
Clothing: _____	_____
Bonus: "Make it last" (keep old clothes instead of buying new): add back the litres of that item	+ _____
Bonus: "Use it all" (no food thrown away): add back 500 litres (game figure)	+ _____
Total left from 10,000	_____

Printable L: Interview question cards and zine template

For Memory Lane Interviews. Print one set of question cards per pair (63 × 88 mm, large print) and one zine template per pair. Anyone can swap a card or pass.

L1. "THEN" cards (younger person asks the older person)

THEN	THEN	THEN
How did your family keep food fresh before you had a fridge, or before fridges were common?	What is the oldest thing you still own and use? Why has it lasted?	Who repaired things in your family? What did they repair?
How did you get to school or work when you were young?	What did your family do with clothes that no longer fitted?	Where did your water come from when you were a child?
What did a typical winter evening look like at home?	What food did you grow, pick or preserve? Who taught you?	What was a special treat when you were young?
What did you buy in a shop, and what did you make yourself?	Which habit from your childhood do you wish people still had?	_____

L2. "NOW" cards (older person asks the younger person)

NOW	NOW	NOW
Where do you and your friends get clothes? Do you buy second-hand?	What do you do with an old phone or broken headphones?	Have you ever repaired something by watching a video?
How do you get to school, college or work?	What food do you know how to cook from scratch?	Which app or website do you use to share, sell or swap things?
What worries you most about the future of the planet?	What gives you hope?	What would you like to learn from older people?
Which green habit do your friends think is "cool"?	What is the oldest thing you own?	_____

L3. Follow-up questions (keep this card on the table)

- "Can you tell me more?"
- "Who taught you that?"
- "Do you still do it? Why, or why not?"
- "How did it feel?"
- "Could it work today?"

L4. Reporter's notes (A4, one per person)

My partner's first name: _____

The best story I heard: _____

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One exact quote: "_____"

Our bridge (an old habit with a new version today): _____ then → _____ now

L5. Zine template: one sheet, eight pages

How to fold an eight-page zine from one A4 or A3 sheet:

1. Fold the sheet in half the long way, then open it.
2. Fold it in half the short way, then in half again, then open it. You now have eight rectangles.
3. Fold it in half the short way. Cut from the folded edge along the middle crease, only as far as the next fold (the middle two rectangles).
4. Open the sheet. Fold it the long way again. Push the two ends towards each other so the cut opens into a diamond, then flatten it into a booklet.

Plan your pages:

Page	What goes on it
1. Cover	Title of your zine and a drawing or collage.
2. Then	The best "Then" story, in a few sentences.
3. Now	The best "Now" story.
4. The bridge	Old habit → new version, in big letters.
5. The quote	One exact quote, with a first name or pen name.
6. Picture page	Drawing, collage or a photocopied photo (with permission).
7. Top tip	One thing readers can try this week.
8. Back cover	"Reporters: _____ and _____", date and place.

Permission check:

- [ ] We both agree this zine can be shown in the room.
- [ ] We both agree it can be copied or published (first names only).

Printable M: Seed packet template and plant care card

For Pocket Garden & Seed Swap. Print the seed packet template two or three times per person (A4, coloured paper if possible), the plant care card once per person (A6 or 63 × 88 mm) and one sheet of seed tokens per person.

M1. Seed packet template

Draw this on A4, or print and cut. The packet is a rectangle about 9 × 14 cm with three flaps.

Part	Size	What to do
Front panel	9 × 14 cm	Plant name, picture, "secret tip".
Back panel	9 × 14 cm	Growing instructions (see below).
Side flaps	1.5 cm each	Fold in and glue to close the sides.
Bottom flap	3 cm	Fold up and glue.
Top flap	3 cm	Fold down after filling. Close with a sticker.

Front of the packet:

Plant: _____

Picture: (draw here)

Secret tip from: _____ "_____"

Back of the packet:

- **Sow when:** _____
- **How deep:** _____
- **Sun or shade:** _____
- **Water:** _____
- **Ready to harvest after about:** _____
- **Seeds saved by / from:** _____ **Year:** _____

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- [ ] An edible plant I can name
- [ ] No coloured coating on the seeds
- [ ] Seeds are for sowing, not for eating from the packet

M2. Quick sowing guide for the pocket garden (simplified; check your seed packet)

Plant	Sow	Notes
Cress	On the surface, lightly pressed	Very fast. Often ready in about a week to ten days.
Rocket	On the surface or very shallow	Peppery leaves. Pick young.
Lettuce (cut-and-come-again)	Very shallow	Cut leaves and let them grow back.
Radish	About 1 cm deep	Big seeds, easy to handle.
Basil	Shallow, in a warm place	Likes warmth and sun. Do not over-water.
Parsley, chives, coriander	Shallow	Slower to start. Be patient.
Pea shoots	About 2 cm deep	Big seeds. Eat the young shoots.
Nasturtium	About 2 cm deep	Big seeds. Edible leaves and flowers; good for insects.

Do not use or swap: sweet peas, lupins, foxgloves, castor oil plant, or any seed you cannot name.

M3. Plant care card (one per person, A6 or 63 × 88 mm)

Front:

My pocket garden

I sowed: _____ on (date) _____

It will live: _____ (a bright windowsill, not above a radiator)

I will water it: _____ (when the top of the compost feels dry; little and often)

I will show it to: _____

We meet again to compare on: _____

Back:

Keep it safe and healthy

- Wear gloves when handling compost, keep it damp, and wash your hands afterwards.
- Do not open compost bags with your face over them.
- Turn the pot every few days so the plant grows straight.
- Newspaper pots can go straight into a bigger pot or the ground.
- If your immune system is weak, ask your doctor before handling compost.

M4. Seed tokens (cut out, ten per person)

SEED TOKEN	SEED TOKEN	SEED TOKEN	SEED TOKEN	SEED TOKEN
1 seed	1 seed	1 seed	1 seed	1 seed
SEED TOKEN	SEED TOKEN	SEED TOKEN	SEED TOKEN	SEED TOKEN
1 seed	1 seed	1 seed	1 seed	1 seed

Market rules: a packet costs one or two tokens; rare or home-saved seeds can cost three. The seller explains in one sentence how to grow the plant.

Printable N: Promise leaves and letter-to-2050 template

For The Promise Tree. Print one or two leaves per person on green, yellow and orange paper (A6 or 63 × 88 mm, cut into a leaf shape if you like), and one letter template per person (A4). Large print, 14 pt or more.

N1. Promise leaf (front)

I will _____

on / by _____

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with / where _____

Colour guide: green = nature and water · yellow = energy · orange = food, shopping and AI

N2. Promise leaf (back)

My name or initials: _____

My promise buddy: _____

Our check-in date: _____

- ☐ I kept it
- ☐ I kept part of it
- ☐ I will try again, differently: _____

N3. Make it specific (example card for the table)

Vague	Specific
"I will save energy."	"I will switch off the power strip behind my television every night from today."
"I will waste less food."	"On Sunday evenings I will check the fridge and plan two meals from what is left."
"I will use AI better."	"Next time I ask an AI something, I will add who I am, where I live and 'If you are not sure, say so'."
"I will be greener."	"By 30 November I will take my winter coat to the tailor instead of buying a new one."

N4. Letter to 2050 (A4)

To: _____ **To be opened on:** _____

Dear _____,

In 2050 you will be _____ years old.

Today, in _____ (month and year), I took part in G-PRO. I promised to _____.

When I was young, the world was like this: _____

One thing I learned that I want you to know: _____

I hope that in your world _____

Something I would like you to keep doing, or start doing: _____

With love / with best wishes,

_____

Fold the letter, seal it in an envelope, and write on the front who it is for and when it may be opened.

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