

**Share a good idea for an
action you can take every day
to combat climate change.**



**What dietary changes
could you make to reduce
your carbon footprint?**



**A good change in the way
you travel would be
to _____**



**Do you shower together?
It's a great way to save water
and energy!**



**What comes to mind when
you think about *SDG16 Peace,
Justice & Strong Institutions?*
How can you contribute?**



Can you check the label or demand about the origin of the goods you're buying the next time you go shopping?



**Have you ever planted a tree?
Can you find ways to plant one
during the next 4 weeks?**

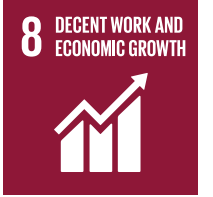


What would be a good action that could contribute to gender equality?



AND AWARENESS RAISING

What does *SDG 8 Decent Work* mean to you? And how can you, or any of us, contribute to it?



**SDG1 is_____? What can we
contribute to make this real?**



**Can you think of a good daily
action one could take to contribute
to *SDG14 Life Below Water*?**



**SDG17 is_____? What can we all
contribute to make it a reality?**



**Can you think of a good daily
action one could contribute to
achieve *SDG 15 **Life on land***?**



What action can every citizen take in favour of **SDG4 Quality Education?**



What can every citizen contribute in favour of **SDG3** *Good Health & Well-Being?*



BeHuman block!

Give a hug to the person next to you



Credits: SDGs Jenga for Sustainability is freely inspired by the game Emocionary Jenga created by BeHuman (www.behuman.org.pt), a Non Profit Portuguese Association. This special block is a way to thank Maria Palha and BeHuman for their inspiring work.



**When did you last praise
someone you see everyday?
Do it this week!**

**Can you think of something
that would make everyone feel
better (Mime the action until
the person next to you
understands what it is).**

**What would improve your
life/work balance? Identify
a step you can take to improve
your life/work balance**

**If you could choose a
super-power to use this week,
what would you choose?**

**What comes to mind when
you think about *SDG16 Peace,
Justice & Strong Institutions?*
How can you contribute?**

Common good: remember something good you did this week to contribute to the wellbeing of all (in your house, neighbourhood, school/work).

**What makes you really angry
in this world? Can you talk
about it?**

Share something that you really like doing. If you have not managed to do it this week, try to do it in the next!

**Share something curious or new
you have discovered this week.**

What happened this week that made you happy? Why not create a 'happiness pot' and save every happy thing that happens each week to read on New Years' Eve.

**Can you unplug yourself from
technology and screens after 18h?
Give it a try for a whole week.**

**Did you collaborate and make
a group effort this week? Good!
Remember to keep on doing it
next week!**

If you were elected 'President of the World', what would be your first universal law?

**Have you pampered yourself
with some exercise, mindfulness,
food, art, friends recently?
Choose one and, for your health,
pamper yourself this week.**

**What do you have in your house
that you could re-use or donate
to someone who needs it?
Can you do it this weekend?**

**Do you pee in the shower?
A Brazilian campaign
in favour of water saving,
highly recommends it!**



What can every citizen do to contribute to **SDG10 *Reduce Inequalities***?



Why are we humans in the world?

Jenga for Sustainability instructions

1. The objective is to have a tower of 40 to 60 rectangular blocks of wood (if you choose the Giant Jenga you need to make them of cardboard, for safety reasons): the length of blocks needs to triple their width, so to form a 3X3 tower, each layer posed in different direction.
2. We've created a file with challenges and questions for 48 blocks - we've printed 15 copies of the BeHuman block (when this is taken from the tower, the player has to give a hug to someone).
3. Stick one challenge or question in each block and build the tower (hiding the challenges/questions).

4. Any number of players can join; decide the first one and each will have 20 seconds to take one block without collapsing the tower (the top layer of blocks remains untouched :)
 5. The player reads and completes the challenge/question and afterwards places the block at the top of the tower, without collapsing it.
 6. The game continues until the tower topples. The winner is the last player to complete a challenge and replace the block WITHOUT collapsing the tower.
- Good luck!