

## **Hints on how to get started with the topic**

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### *1. General*

It is recommended to introduce the topic with a game, especially for younger participants. The play-based approach stimulates curiosity and encourages a willingness to get involved with the topic of the Ecological Footprint. However each game needs the materials to be prepared and the rules explained. Then the game is played and the results evaluated. So the playbased approach needs more time from the mentor and those involved.

In the materials, there are two playful entry options available to print out, which are within a time frame of 15 - 30 minutes – **T-he backward-forward Game** and **the matching mame**.

## 2. *The backward-forward game*

- Playful introduction with simultaneous rough recording of the individual ecological footprint.
- **Time:** 10 - 30 minutes (depending on the number of questions)

### **Preparation:**

Material: the “Saying” sheet/ and (if available) a chalk stick or crepe tape.

Find a suitable place to play.

To play the game, it helps when the play area’s floor has a tiled, paved or planked surface where the horizontal lines are set at regular intervals. As the players will show their agreement or disagreement with the statements read from the “Saying” sheet by stepping forwards or backwards, the horizontal lines are the step lengths for the players.

Alternatively, one start and finish line can be marked using chalk or masking tape with intermediate lines drawn at regular intervals to fix the step length and stop cheating by taking smaller steps.

### **Implementation:**

The players line up at the start line. The leader reads out “sayings”. The players show they agree or disagree with the sayings by taking steps. If they agree with the saying then, a given number of steps are taken forward, if they disagree with the saying they step backwards. If a player can’t decide they may stop where they are. The steps represent the size of the Ecological Footprint. Who will reach the finish line first?

**Sample questions:**

	Statement	Number of steps
<b>Mobility</b>	I use public transport such as bus, train, etc. and/or ride my bicycle.	1
	Our family owns and uses a car regularly/ I own and use a car regularly.	(each car) 2
	I've been flying regularly for the last two years	(each flight) 2
<b>Nutrition</b>	I am a vegetarian.	1
	I eat meat or fish at least once a week.	2
	I like to eat frozen pizza and other frozen products.	1
	In winter I eat imported vegetables and fruits such as tomatoes and tropical fruits.	2
	For selection: - I buy a lot of wrapped, foil-wrapped food.	2
	- I often use recyclable vegetable nets when I buy food and pay attention to avoiding disposable packaging.	1
<b>Living</b>	For selection: - I live in a house. - I live in an apartment, building and occupy 3-4 rooms (not including the kitchen/bathroom).	3 2
	In winter the apartment/house is comfortably heated. I can/could walk around the apartment/house in a T-shirt.	2
	I own equipment that uses electricity (Refrigerator, television, music system, toaster, etc.	1
	The apartment/house has air conditioning.	2
	I keep the water running when I brush my teeth.	1
	I take a shower every day.	1
	For selection: I buy new clothes to wear and/or cosmetics. - every week: - every month:	2 1
	I try to buy some new technology every year, such as a new mobile phone, computer, stereo system, television, etc.	(per piece) 1
<b>Consumption</b>	For selection: When I buy, I look for long lasting and /or environmentally friendly products: - never: - sometimes: - always:	2 1 0

Source: Based on a "warm up" by the Federal Agency for Civic Education/Teamglobal

### 3. *The matching game*

- This game shows the Ecological Footprint of the participants through different group sizes.
- The statements listed here are more "climate-friendly" and would illustrate a small footprint.
- Time: 10-15 minutes
- Material: printed list of statements / possibly masking tape

#### **Implementation:**

All participants stand closed behind a line or in a corner of the room. After reading a statement, the participants make a decision, step forward and arrange themselves according to the group. The group stands for preferences, hobbies that have to do with climate-friendly behaviour. The list of statements can be supplemented as desired.

#### **Alternative 1:**

All statements are written on crepe tape - for each statement the crepe tape is available according to the number of participants. The participants take a described crepe tape and attach it to their clothes if they can agree to the statement. At the end it becomes clear who of the participants wears the most crepe tape.

#### **Alternative 2:**

Statements are made that cause a particularly large Ecological Footprint. These statements have to be considered in self-assessment.

### Statements

- I like riding my bike or walking.
- I eat vegetarian.
- I'm camping on vacation.
- I often buy used things.
- I swap my clothes with friends inside.
- I always turn off the running water when brushing my teeth.
- In winter I prefer to wear a thick sweater instead of turning up the heat.
- I wash the dishes by hand.
- I always hang up washed clothes on a line to dry.
- I watch out for "fair trade" products.

#### 4. More ideas for entry games

- **The Pea Game – How do our footprints fit on this earth?**
  - This game is easily prepared, up to 15 participants can play this game.
  - Time: 1,5-3 hours
  - <https://bildung.vonmorgen.org/erbsenspiel/>
- **The Footprint Game**
  - The game is easy to make. It is suitable for one player or for groups of 4-6 participants. If there are more participants, make several games.
  - Time: 2,5-3 hours
  - [https://jungk-bibliothek.org/wp-content/uploads/2016/08/fussabdruck\\_spiel.pdf](https://jungk-bibliothek.org/wp-content/uploads/2016/08/fussabdruck_spiel.pdf)
- **The One Planet Game**
  - The recommendable card game for up to 8 persons can be ordered at a price of 16 € (price 2020). For use in a class or a larger group of participants, several games would have to be bought or copied.
  - Time: 1-2 hours
  - <https://oneplanetgame.org>
- **The Mini Hectare Game – Living well with the ecological footprint**
  - The game can be bought for 180 € (price 2020).
  - Time: 2,5-3
  - <http://www.oekologischer-fussabdruck.com/bildungsangebote-schueler/unser-oekologischer-fussabdruck-mini-hektar->

### 5. Film recommendations

➤ **Ecological Footprint**

- A short film by media students under the CMPA Project / 2016 / 8 minutes
- [https://youtu.be/VE9qh\\_WRk50](https://youtu.be/VE9qh_WRk50)

➤ **Natural capital and Ecological Footprint**

- Mathis Wackernagel / 2015 / 15 minutes
- <https://youtu.be/5ZnGYDIYKdY>

➤ **The Ecological Footprint Explained**

- 2015 / 1,5 minutes
- <https://youtu.be/fACkb2u1ULY>

### 6. Book recommendation

➤ **Ecological Footprint: managing our biocapacity budget**

- M. Wackernagel, B Beyers (2019)

➤ **The Ecological Footprint: New Developments in Policy and Practice**

- Andrea Collins; Andrew Flynn (2015)