



INSPIRE Game Instructions

Objective

The aim of the game is to answer questions, complete challenges, and collect points while learning and reflecting on the topics explored in the INSPIRE project.

Materials

- INSPIRE card deck
- One player sheet per participant
- Pens or pencils

Preparation

1. Give each player a player sheet.
2. Ask players to write their name at the top of the sheet.
3. Shuffle the card deck and place it face down in the centre of the table.
4. Decide the order of play.

How to Play

1. On a player's turn, another player or the facilitator draws a card and reads the question or challenge aloud.
2. The player whose turn it is answers the question or completes the task.
3. The card reader checks the answer or follows the instructions provided on the card.
4. If the answer is correct or the task is completed successfully, the player marks one progress box on their player sheet.
5. If the answer is incorrect or the task is not completed, the player marks one penalty point on their sheet.
6. Some cards may ask players to draw, write, or illustrate an idea. In these cases, players should use the drawing area provided on their sheet.
7. Play continues clockwise until all players have had an equal number of turns or until the facilitator decides the activity is complete.

Winning the Game

At the end of the game:

- Count the completed progress boxes.
- Count any penalty points.
- The player with the highest score (and fewest penalty points in the event of a tie) is the winner.

Important Rule

The card reader and the player answering the question must always be different people. The player whose turn it is should not look at the card before answering.

Facilitator Notes

- Encourage discussion and participation.
- Adapt the pace and difficulty to the needs of the group.
- The game can be used competitively or simply as a learning activity.
- The main goal is learning, reflection, and engagement rather than winning.



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Name:_____

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Penalty points

--	--	--	--	--	--	--	--	--	--

Draw here

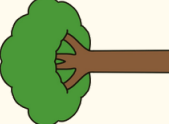
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Natural Resources

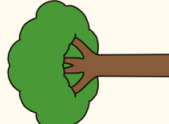


Natural or man-made?

Name an item (e.g., paper, plastic bottle). The next player must say if it's made from natural or man-made resources.



Natural Resources

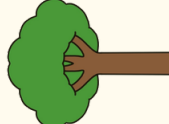


Guess water consumption:

One player names an activity ("showering," "washing a car"), and the next must quickly guess if it uses a lot or little water.



Natural Resources

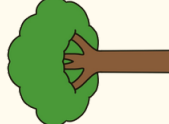


Organic food is always sustainable!

False



Natural Resources

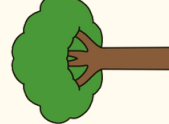


What are non-renewable resources?

They are things we use from nature that cannot come back quickly.
Examples are oil, gas, coal, metals, and some water under the ground.



Natural Resources

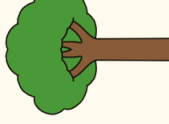


Fast resource matching:

The game leader names a material (e.g., "wood"), and the first player must immediately name a product made from it.



Natural Resources

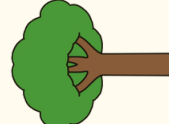


Resource countdown:

Name a natural resource. The next player has 3 seconds to name another. Keep going until someone hesitates.



Natural Resources

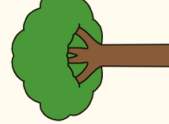


An average of 2,495 liters of water is used to make a 250-gram cotton T-shirt.

True



Natural Resources



What are the top 3 natural resources?

Water
Soil
Air



Kein Social Media

Benutze dein Handy für die nächsten 10 Minuten nicht



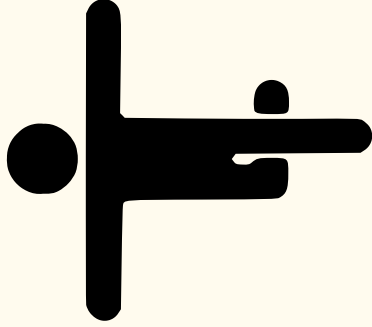
Singen

Singe eine Strophe eines bekannten Liedes



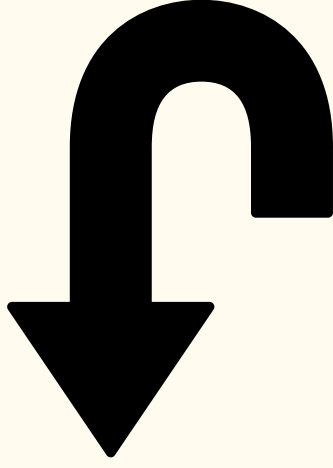
Auf einem Bein stehen

Stehe auf einem Bein für die ganze nächste Runde



Geh zurück

Zurück zum Start



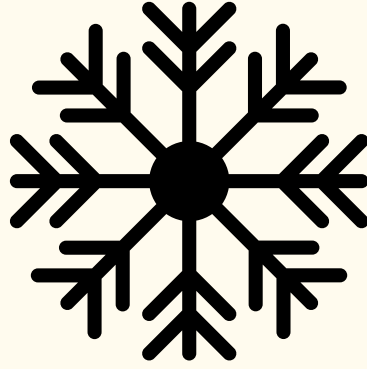
Aussetzen

Eine Runde aussetzen



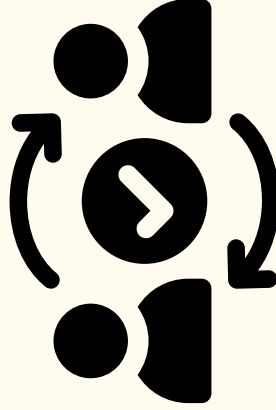
Freeze!

Sitze oder stehe still für die nächste Runde



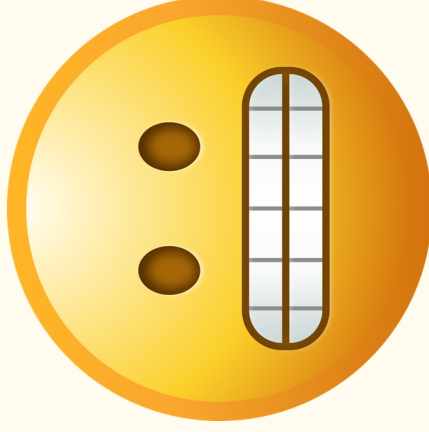
Plätze tauschen

Tausche Platz mit einer Person deiner Wahl



Cringe Mode

Teile eine peinliche Geschichte über dich





Water Management

Using less water at home can help protect rivers and lakes.

True

Water Management

Activity



Look around the room and think of three ways to save water at home.

For each idea, show the group the action with your hands or body. Other players must guess what they are. You have one minute.

Water Management

Water is unlimited, so we do not need to worry about wasting it.

False

Water Management

Activity



Water Emergency Scenario

Water Emergency Situation

You are in charge of a refugee camp, and there is not enough water. You can only give clean water for three things. Which three are the most important?

- Drinking
- Washing clothes
- Cooking
- Showering
- Cleaning toilets
- Watering plants

Water Management

True or False



Nearly 70% of the world's fresh water is used on farms to water plants and feed animals.

True

Water Management

True or False



More than half of the world's wetlands are gone because of human activities.

True

Water Management

Question



Why is water important?

Water is very important because all living things need it. People, plants, and animals cannot live without water.

Water Management

Question



What kinds of fresh water are on Earth?

Fresh water is found in glaciers, lakes, ponds, rivers, streams, wetlands, and under the ground (groundwater).



Activity



Waste Separation and Recycling

The player takes a card and chooses a recyclable object (e.g., paper, plastic bottle). They describe the object without saying its name. The other players have 30 seconds to guess it.

True or False



Waste Separation and Recycling

Composting is a form of recycling that converts organic waste into nutrient-rich soil.

True

True or False



Waste Separation and Recycling

If you put waste in the right bin, it can be recycled and used again.

True

Question



Waste Separation and Recycling

What is considered toxic waste?

Chemicals: Solvents, pesticides, industrial chemicals...

True or False



Waste Separation and Recycling

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True

True or False



Waste Separation and Recycling

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True

Question



Waste Separation and Recycling

What is considered toxic waste?

Chemicals: Solvents, pesticides, industrial chemicals...

Activity



Waste Separation and Recycling

A player has 5 seconds to name 3 recyclable objects (e.g., glass bottle, tin can, newspaper). Fail = lose a turn

True or False



Waste Separation and Recycling

Biodegradable waste cannot be recycled and should be thrown away in regular trash bins.

False:

Question



Waste Separation and Recycling

What product helps plants grow and comes from organic waste?

Compost!
It's a natural mix that helps plants grow better and keeps the soil healthy.

Question



Waste Separation and Recycling

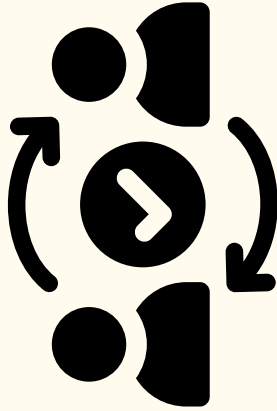
Why is it good to recycle glass?

Because glass can be recycled forever!



Swap places

Change positions with
player of your choice



Social Media Ban

No phone use for the next
10 minutes.



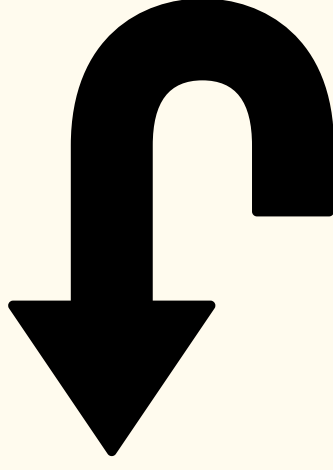
Sing a line

Sing one line from a
well-known song.



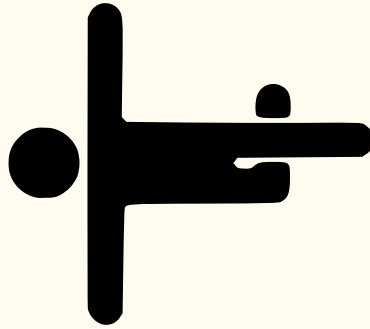
Go back

Return to the start



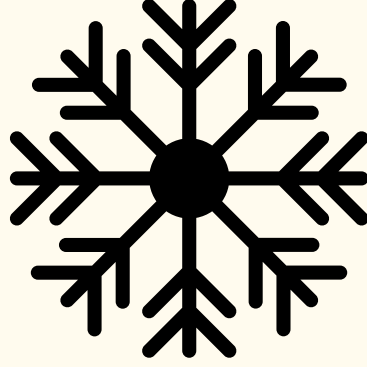
Stand on one leg

Stand on only one leg for the
following round.



Freeze!

Stay completely still
for one turn.

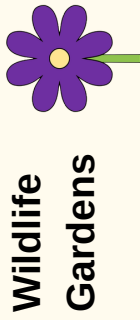


Emoji only

Communicate only with
facial expressions or emojis
until your next turn.

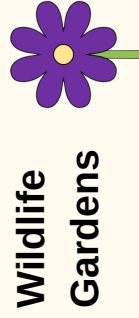
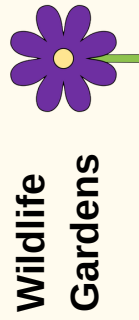






Move like an animal:

Draw a card with an animal (e.g., frog, snake, bird) and move like it for 5 seconds.



Guess the garden sound:

One player mimics a garden sound (e.g., bird chirping, rustling leaves), others guess what it is.

Name 3 garden animals:

A player has 5 seconds to name 3 animals that live in a garden.
Fail = lose a turn.

Wildlife gardens help bees and other insects pollinate plants, which helps grow fruits, nuts, and seeds.

True

Wildlife gardens help lessen the harm people cause to the environment.

True

Why are chemical sprays and fertilizers bad for a wildlife garden?

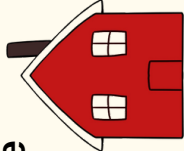
They harm good insects, birds, and animals that live in the garden.
They also make the soil and water dirty and can get into the food we eat.

Why is it important to make a wildlife garden?

A wildlife garden helps many kinds of plants and animals live and grow.
It keeps nature healthy and strong.



Zero Waste Household



Using reusable bags and bottles helps reduce household waste.

True

Zero Waste Household

Activity



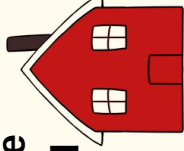
Swap it out

Choose one thing you use only one time at home (like plastic wrap or paper towels). Then say what you can use instead that does not make waste.

True or False



Zero Waste Household



A zero-waste household aims to reduce waste by reusing, repairing, and composting instead of throwing items away.

True

Zero Waste Household

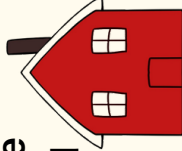
Question



How can you use less plastic in your kitchen?

You can use containers that you can wash and use again. You can buy big packages instead of many small ones. You can also cook your own snacks and meals at home.

Zero Waste Household



A zero-waste household means producing no waste at all.

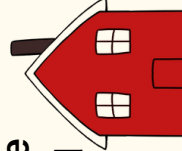
True

Zero-waste means reducing waste as much as possible, not producing zero waste.

Activity



Zero Waste Household



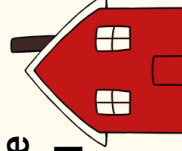
Make it at home

Talk about one product you can make yourself at home instead of buying it in a package. For example: cleaning spray, soap, or deodorant.
If you don't know one, you can ask someone for help!

True or False



Zero Waste Household



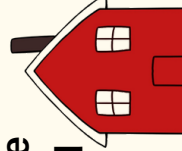
Buying food in bulk using your own containers can help reduce packaging waste.

True

Question



Zero Waste Household



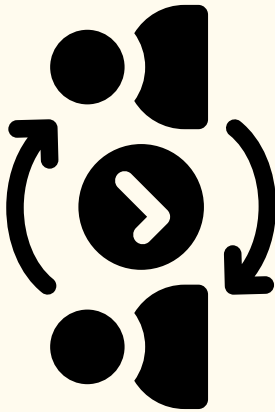
How can you use less energy at home?

You can turn off lights and unplug things when you don't use them. You can use special light bulbs and machines that need less energy. You can also change the temperature on your heater or air conditioner to save energy.



Swap places

Change positions with
player of your choice



Social Media Ban

No phone use for the next
10 minutes.



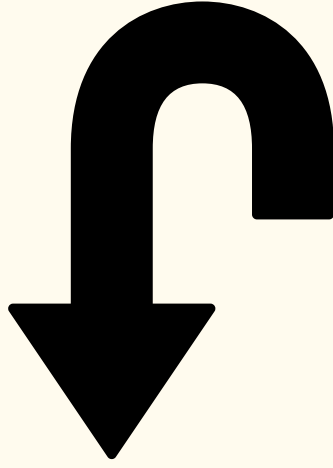
Sing a line

Sing one line from a
well-known song.



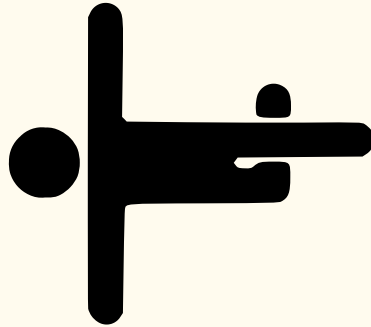
Go back

Return to the start



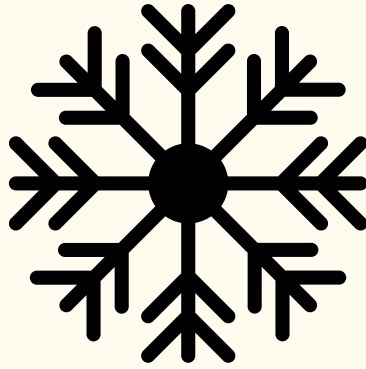
Stand on one leg

Stand on only one leg for the
following round.



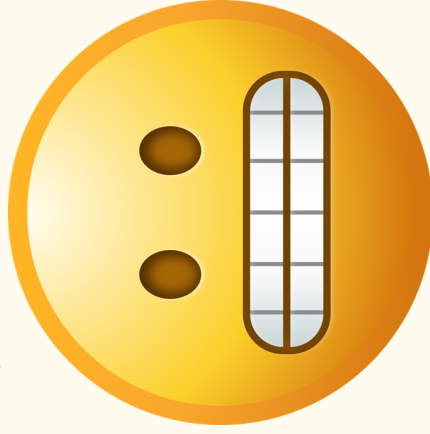
Freeze!

Stay completely still
for one turn.



Cringe Mode

Share an embarrassing (or
made-up) story about
yourself.





True or False

Green

Tourism



Green tourism means traveling in a way that respects nature and local people.

True

Activity



Green

Tourism



The participant that picks the card has to think of 3 local products his/her local area has to offer for tourists in 30 seconds.

True or False

Green

Tourism



Green tourism only means staying in expensive eco-hotels.

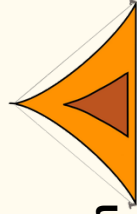
False

Activity



Green

Tourism



Ask each participant to think of 1 thing they would do to make their next trip greener.

1 minute limit

True or False

Green

Tourism



“Ecotourism” and “Sustainable Tourism” mean the same thing.”

False.

Ecotourism focuses mainly on nature and protecting the environment, while sustainable tourism also includes local people, culture, and the economy.

True or False

Green

Tourism



“Green tourism” only refers to environmental protection and not to social responsibility and economic development.

False.

Green tourism also includes helping local communities and supporting the local economy, not only protecting nature.

Question

Green

Tourism



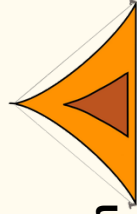
What is soft tourism?

It is a form of travel based on 3 fundamental principles: minimizing the impact on nature, experiencing nature in a simple and real way, and adapting as best as possible to the culture of the country you are visiting.

Question

Green

Tourism



What is the difference between soft tourism and mass tourism?

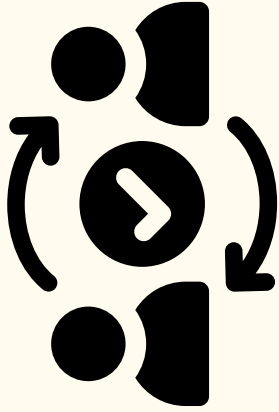
Soft tourism is gentle and sustainable. It protects nature, respects local people, and keeps groups small.

Mass tourism brings many people to the same place, using large hotels and organized trips, with a bigger impact on the environment and local culture.



Swap places

Change positions with player of your choice



Social Media Ban

No phone use for the next 10 minutes.



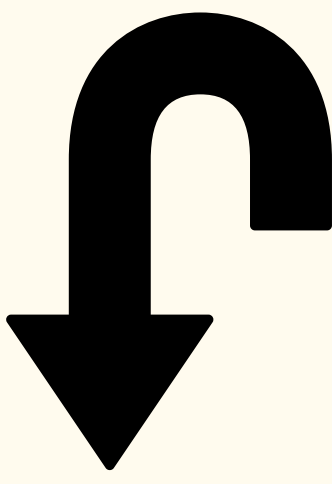
Sing a line

Sing one line from a well-known song.



Go back

Return to the start



Emoji only

Communicate only with facial expressions or emojis until your next turn.

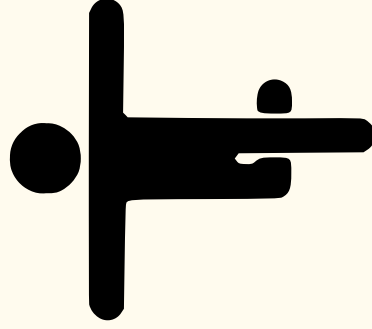


Skip a turn



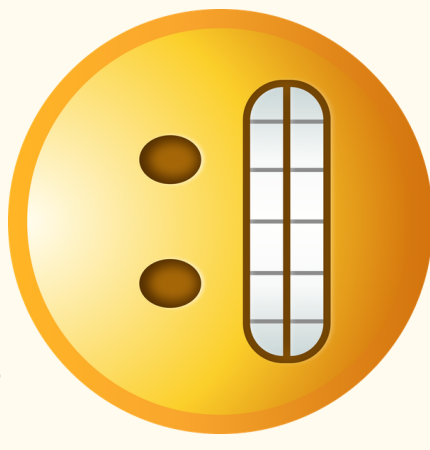
Stand on one leg

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Cringe Mode

Share an embarrassing (or made-up) story about yourself.

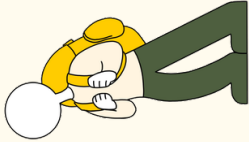




True or False



Eco Sports



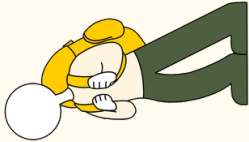
Doing sports like cycling or running helps the environment because they do not need fuel.

True

Activity



Eco Sports

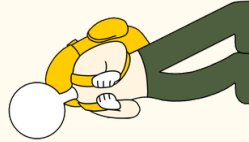


The player who takes a card must describe a sport without saying its name.
The player on their right must guess the sport.
If they cannot guess in 1 minute, they lose 1 point.

True or False



Eco Sports



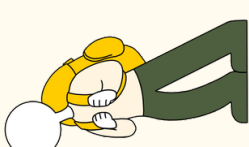
Smart lighting systems can help reduce energy consumption in sports facilities.

True

Question



Eco Sports



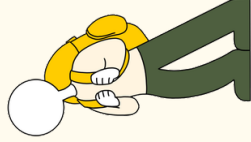
What are some examples of green sports activities?

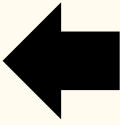
Examples: hiking, cycling, kayaking, and running.

True or False



Eco Sports





Two steps Back

Eco sports mean you must stop having fun and play only very slow sports.

False

Activity



Eco Sports

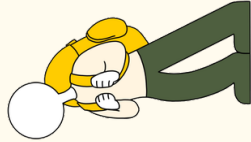


Choose 1 player and ask to them: "Name 2 sport that leaves little to no environmental impact." Set a 30 second timer on your phone if the player cannot name 2 sports they lose a turn

True or False



Eco Sports



Renewable energy sources like solar and wind power can be used to power sports facilities and events.

True

Question



Eco Sports



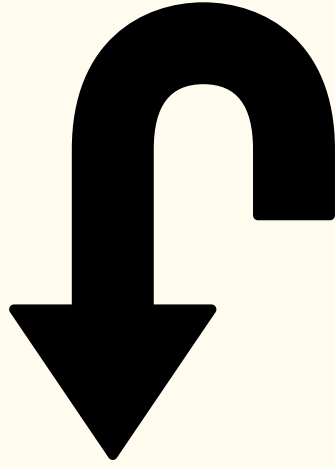
How can sports equipment be made more sustainable?

Sports equipment can be made more sustainable by using recycled or eco-friendly materials, and by designing products that are durable and can be easily repaired.



Go back

Return to the start



Activity



**Volunteering
for the
environment**



Check objects for eco-friendliness: Point to an object in the room and say if it's eco-friendly or not—explain in one sentence.

Activity



**Volunteering
for the
environment**



Trash race:

Pretend there's a pile of trash and name an item you are "throwing away" correctly (e.g., "I throw a plastic bottle in the recycling bin!"). The next player must continue quickly.

True or False



**Volunteering
for the
environment**



Helping the environment can make you feel better in your body and mind.

True

True or False



**Volunteering
for the
environment**



Volunteering for the environment only helps for a short time and does not fix real problems.

False

Volunteering helps nature now and also teaches people how to care for the environment in the future.

Question



**Volunteering
for the
environment**



Can anyone be a volunteer?

Yes, anyone can help the environment.

People of all ages and skills can join.

There are many ways to help, like cleaning, planting, or doing office work.

Question



**Volunteering
for the
environment**



What do environmental volunteers do?

They help take care of nature by picking up litter, planting plants, and teaching others to protect the Earth.



Volunteering for the environment



Applause for volunteering:

Each player names one way someone can help the environment. Every new idea gets applause.

Social Media Ban

No phone use for the next
10 minutes.



Sing a line

Sing one line from a
well-known song.



Emoji only

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Volunteering for the environment

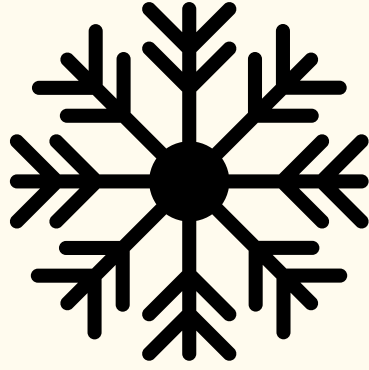


Act it out:

Mime a volunteering action (e.g.,
planting trees, collecting litter).
Others guess what it is.

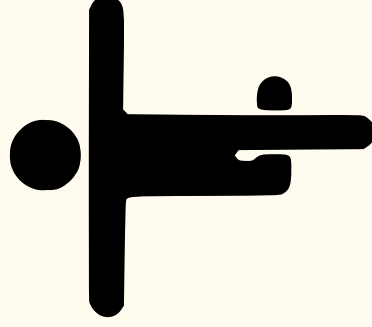
Freeze!

Stay completely still
for one turn.



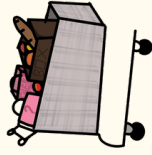
Stand on one leg

Stand on only one leg for the
following round.





Avoiding Overproduction & Overconsumption



Buying only what you need helps
reduce overproduction.

True

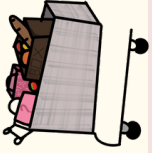
Avoiding Overproduction & Overconsumption

Activity



One Item, Many Uses

Choose one everyday object
(for example: glass jar, t-shirt, or
tote bag).
Try to think of as many different
ways to use it again in 15
seconds.



Avoiding Overproduction & Overconsumption

True or False



Eating too much food does affect the
environment and uses up resources.

False



Avoiding Overproduction & Overconsumption

Question

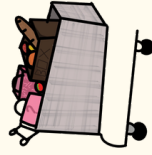


How do things like plastic, shoes, or
clothes hurt the environment?

Making and throwing away these items
uses up natural resources, makes a lot
of waste, and creates pollution. This can
cause climate change, dirty air and
water, and harm nature.



Avoiding Overproduction & Overconsumption



Overconsumption has no effect on
the environment.

False

Avoiding Overproduction & Overconsumption

Activity



Swap & Save

Name one thing you have
bought second-hand or
swapped instead of buying new.
Say what you saved by doing
this, like money or less waste.



Avoiding Overproduction & Overconsumption

True or False



Overconsumption means using too
many goods and resources, more
than we need for a good life.

True



Avoiding Overproduction & Overconsumption

Question



What are some examples of
overconsumption?

- Throwing away food you don't eat
- Buying clothes you wear only a few times
- Using plastic bottles that you throw away
- Often buying toys, new electronics, shoes, or makeup products

