



Climate and Nature

BINGO



How to play: Tick off every action you already do at home. Add up the total number of ticks at the end. What is your result?

My result: _____ **x BINGO!**

☐

1

I know what the ventilation and heating systems in my home are like. I know how to adjust them if necessary.



☐

2

I use some energy-saving device (for example, a water-saving shower head, a thermostat, an extension cord with a switch).

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3

I walk, cycle or use public transport for short daily journeys.



☐

4

I go on vacation or a trip by train or bus instead of flying.



☐

5

My diet includes legumes such as peas, beans and lentils and/or other plant-based proteins.



☐

6

I reduce food waste (for example, red-labelled products, trusted recipes that utilize leftovers, freezing leftover food, first in-first out principle in the refrigerator).

☐

7

I have left part of the yard in a natural state.



☐

8

I take care of trees, both mine and the common ones.



☐

9

I have received/given used goods or bought/sold something at a flea market or on another used goods marketplace.

☐

10

I have repaired the item or device myself or had it repaired instead of buying a new one.



When you implement at least one of the claims, you are a winner! The prize is a benefit for the climate and nature, and of course also for your health! You can find more tips for climate, nature and health actions in the climate programs of The Organisation for Respiratory Health in Finland.