



# GOOD CARDS FOR A GOOD CLIMATE

IDEAS FOR  
CLIMATE WISE  
BEHAVIOUR.  
AS POSTCARD OR  
DAILY INSPIRATION.





WHERE'S THE NEXT  
WATER?



GO FOR A SWIM, FOR A  
WALK OR SIT BY THE  
WATER AND LET IT  
SOOTH YOU.



HOW MUCH DO  
YOU FILL THE  
KETTLE WHEN  
YOU'RE AFTER  
JUST ONE CUP OF  
TEA OR COFFEE?

# HOW CAN YOU AVOID OR REPLACE UNNECESSARY PACKAGING?





WHAT DO YOU CONTINUE  
ALTHOUGH IT DESTROYS THE  
PLANET?

WHAT'S THE NEED BEHIND IT AND  
HOW CAN YOU SATISFY IT  
OTHERWISE?

**WHICH SINGLE-USE  
ITEMS DO YOU USE?**

**WHY?**

**HOW CAN YOU USE  
LESS?  
MUCH LESS?  
NONE?**

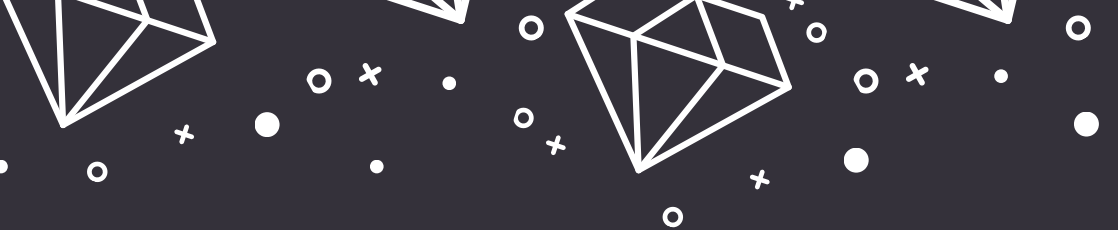




HOW DO YOU ENGAGE WITH  
OTHERS WHO HAVE NO CONCERN  
ABOUT POLLUTION?

FIND A GOOD WAY FOR YOU AND  
START THE CONVERSATION  
WHEREVER YOU SEE  
UNNECESSARY WASTE.





What's the most urgent thing at  
your job that needs changing  
for a better climate?

Both socially and  
environmentally.



**ISN'T NATURE SUBLIME!?**

**GO FOREST BATHING,  
HIKING, SWIMMING,  
FOR A WANDER,  
FOR A BIKE RIDE OR SLOW  
DOWN TO NATURE'S  
FREQUENCY.**

**DO YOU LET WATER RUN  
FOR HOT TAP WATER  
BEFORE YOU BOIL IT?  
CATCH THE COLD  
WATER TO WATER  
PLANTS, CLEAN  
SURFACES OR TO DRINK.**



Talk to a colleague today

WHAT CAN YOU DO AT  
WORK TO REDUCE  
POLLUTION?



*Pay attention to  
wastefulness*

WHERE DOES IT HAPPEN  
AND WHY?

Think about it with friends or  
colleagues:

**Which habits are bad  
for the environment  
and how can you  
shift them together?**

A perspective view of a suspension bridge made of dark metal beams and wooden planks, stretching into a dense, green forest. The bridge has metal railings on both sides. The background is filled with various types of green foliage, including large ferns and trees. The lighting is soft, suggesting a shaded forest environment.

**WALK BAREFEET  
ON A NATURAL PATH  
TODAY!**



LOOK FOR SHARED  
ACTIVITIES THAT  
ARE FUN AND  
HELP NATURE.



# ***COUNT!***

HOW OFTEN COULD  
YOU SWITCH OFF  
LIGHTS WHERE THEY  
NEEDN'T BE ON?



WHICH CHILDHOOD  
STORY DO YOU STILL  
CHERISH?

SHARE IT WITH  
SOMEONE TODAY.

what do you feel  
like?

WHAT WOULD YOU LIKE TO  
CHANGE IN YOUR EVERYDAY  
LIFE?



WHICH TRASH IS A  
RIDDLE FOR YOU  
REGARDING ITS  
RIGHT BIN?



what's your favorite song  
atm and which part  
specifically?

Sing!

who could you share a  
ride to work with?

Go ahead and schedule  
rideshare days!





*find out*

**WHERE'S THE NEXT DECIDIOUS TREE.**



Go outside  
under a tree  
*and breathe consciously*

TREES PRODUCE  
THE AIR  
YOU'RE  
BREATHING.

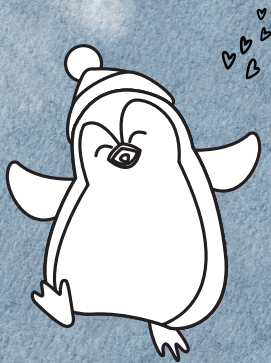


BE BRAVE!


DANCE WITH  
STRANGER OF  
YOUR CHOICE.



# WHAT ANNOYS YOU?



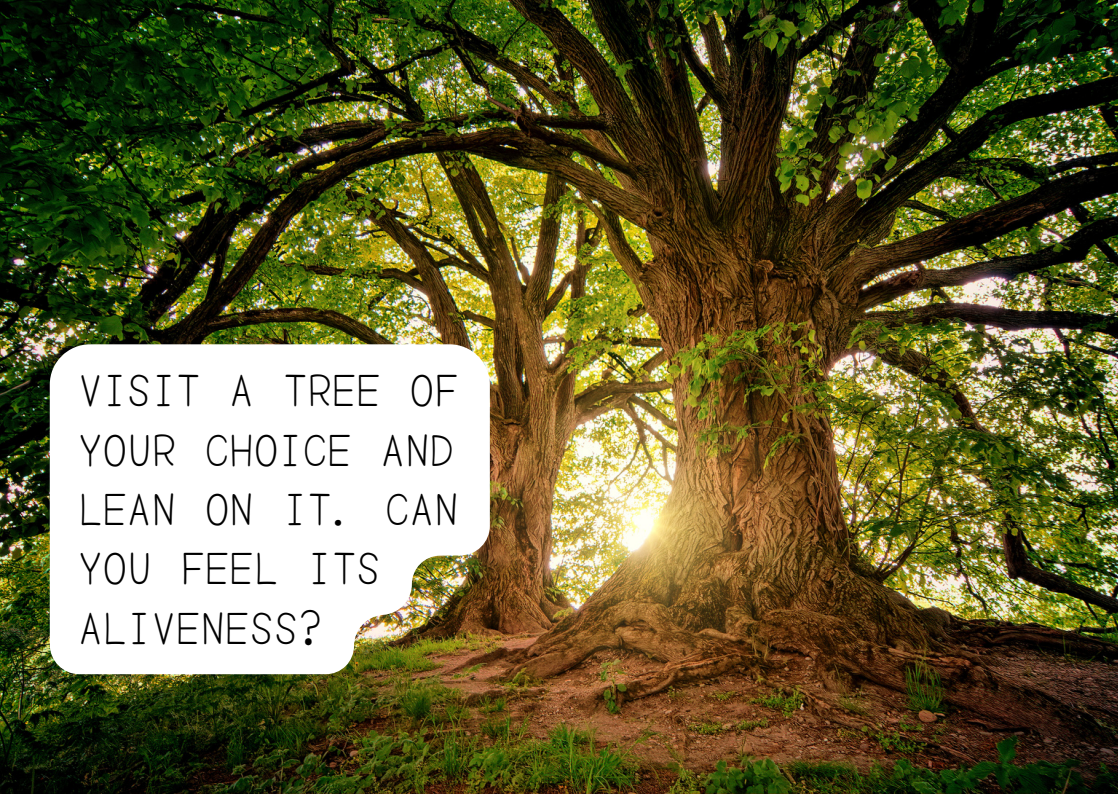
CAN YOU LAUGH  
ABOUT IT?

The background is a dark blue space scene. It features several stylized planets: a green planet with a ring in the top left, a grey planet with a ring in the top right, a large orange planet with horizontal stripes in the bottom right, a large red planet with horizontal stripes in the bottom left, and a small grey planet in the bottom left. Scattered throughout are several yellow five-pointed stars.

what time is a good time  
for a rest?

**TAKE SOME SPACE**





VISIT A TREE OF  
YOUR CHOICE AND  
LEAN ON IT. CAN  
YOU FEEL ITS  
ALIVENESS?



A green fern frond is positioned on the left side of the image, its feathery leaves extending towards the center. The background is a dark, textured rock surface, possibly a cave wall, featuring a prominent spiral pattern that resembles a labyrinth. The text is overlaid in the center, in a white, sans-serif font.

GO ON A MATE  
DATE WITH A  
LOVED ON AND  
WALK A  
LABYRINTH  
TOGETHER.



# Smartphone?

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## USING ONE?

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How often do you really need a new one? Why?

Ask friends how it is for them?

Consider a fair phone.

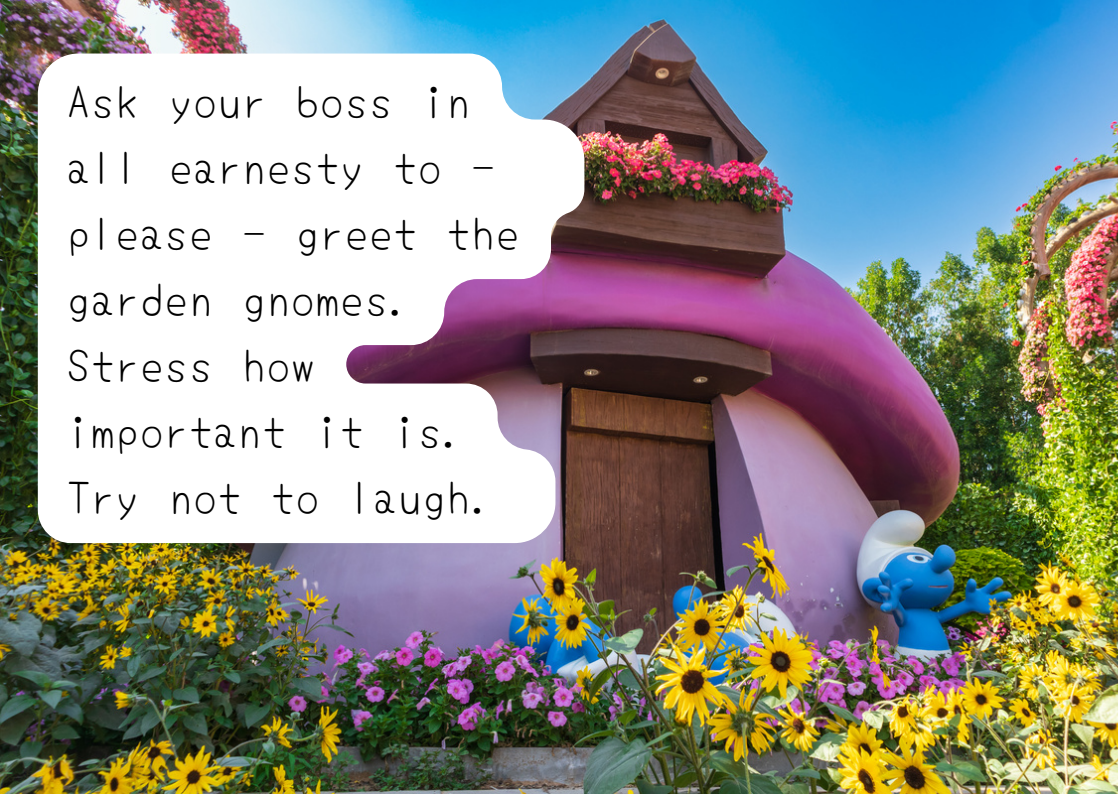


A close-up photograph of a field of yellow flowers, likely daisies, with green stems and leaves. The flowers are in various stages of bloom, and the background is softly blurred. A white rectangular box with a thin black border is centered over the image, containing text.

WHO LIVES ON YOUR WAY TO WORK? STOP  
BY AND GIFT THEM A

**FLOWER**

Ask your boss in  
all earnesty to -  
please - greet the  
garden gnomes.  
Stress how  
important it is.  
Try not to laugh.





**WHAT'S YOUR  
FAVOURITE VEGETARIAN  
RECIPE?  
WRITE IT UP AND  
GIFT IT TO SOMEONE!**



**WHICH PLANT  
NEAR YOU  
DO YOU  
LOVE MOST?**



When did you last  

---

use public  
transport despite  
your car?



DO YOU KNOW ACTIVISTS,  
NGOS, OR OTHER  
ORGANISATIONS THAT  
PROTECT SOMETHING YOU  
LOVE?

JOIN OR SUPPORT THEM!



WHICH GADGETS DO  
YOU USE DAILY THAT  
ARE HIGH ENERGY?

HOW CAN YOU  
REDUCE YOUR  
FOOTPRINT?