

## POSITIVE IMPACT CARDS

### The Food Flow Tracker

You take part in a school or community activity to understand how food reaches households and where waste occurs.

#### IMPACT

Understanding food systems helps reduce waste, emissions, and resource loss through better planning and awareness.



### Ocean-Friendly Shopping

You refuse to buy products containing microbeads (tiny plastic particles) and switch to a solid soap bar instead of bottled wash.

#### IMPACT

This directly reduces microplastic pollution entering rivers and oceans, protecting marine life and food chains.



### The Coastal Defender

You join a local group that plants and protects mangrove saplings along the coastline.

#### IMPACT

Mangroves are excellent blue carbon sinks, storing up to four times more carbon than land forests. They also protect coastal communities from storm surges (SDG 13 resilience).



## POSITIVE IMPACT CARDS

### Zero-Waste Hydration

You strictly use a reusable water bottle and coffee cup every day, avoiding all single-use plastic drink containers.

#### IMPACT

Impact: This significantly reduces demand for virgin plastic production, which is highly energy-intensive and lowers the amount of waste that ends up in landfills and nature.



### Carrying Home-Cooked Food

You bring food from home in a reusable container instead of buying packaged snacks or meals outside.

#### IMPACT

Impact: This reduces plastic packaging waste, lowers demand for processed foods, and cuts the energy and emissions involved in food packaging, transport, and disposal.



### The River Clean-Up

You organise or join a drive to collect trash and clear debris from the banks of a nearby river.

#### IMPACT

Impact: Stopping pollution at the source prevents plastic and chemicals from reaching the ocean, protecting both freshwater and marine biodiversity.



## POSITIVE IMPACT CARDS

### Powering Down Devices

You make it a habit to switch off the main plug point (not just the remote) for all electronics when you leave the house.

#### IMPACT

Impact: This conserves energy, which in turn reduces the need for fossil fuel power generation, thereby decreasing overall GHG emissions.



### Advocating for Greenspace

You write a letter to your local council supporting a proposal to turn an empty lot into a new urban garden or park.

#### IMPACT

Impact: Increasing urban greenspace improves air quality, provides habitat for local species (biodiversity), and mitigates urban heat.



## NEGATIVE IMPACT CARDS

### Open Burning of Household Waste

You burn mixed household waste (plastic, leaves, and packaging) near your home or street to “clean up” quickly.

#### IMPACT

Burning waste releases toxic pollutants and greenhouse gases, harms human health, and contributes to air pollution and climate change.



### Festival Waste Dumping

After a local festival or religious event, plastic plates, food waste, and decorations are dumped near a lake, river, or roadside.

#### IMPACT

Festival waste blocks drains, pollutes water bodies, harms animals, and increases methane emissions as organic waste decomposes unmanaged.



### The Pesticide Spill

You misuse powerful chemical pesticides in your home garden, and the runoff drains directly into the local stream.

#### IMPACT

These chemicals pollute water bodies, killing fish and other aquatic life, severely damaging the health of freshwater ecosystems.



## NEGATIVE IMPACT CARDS

### The Fast Fashion Habit

You buy a cheap new T-shirt every week. They are often made from synthetic materials and require huge amount of energy and water to produce.

#### IMPACT

Impact: Supports a highly polluting, resource-intensive industry that generates significant GHG emissions and massive textile waste globally.



### Poaching/Illegal Hunting

You are aware that someone in your area engages in illegal hunting or wildlife trade (poaching) for personal gain.

#### IMPACT

Impact: Directly destroys local biodiversity by pushing vulnerable animal populations towards extinction, disrupting the entire ecosystem.



### Running the Tap Faucet

You leave the water running for several minutes while you brush your teeth or wait for the shower to heat up.

#### IMPACT

Wasting processed water uses unnecessary energy for purification and pumping, which increases the energy sector's GHG emissions.



## NEGATIVE IMPACT CARDS

### The Plastic Wrap Obsession

You pack every lunch item separately in cling film or plastic sandwich bags, which go straight to the bin after one use.

#### IMPACT

Impact: Contributes heavily to non-recyclable plastic waste, increasing landfill size and the likelihood of plastic entering the environment.



### Ignoring the Leak

You notice a slow, dripping water leak in a public tap or your school bathroom but decide it's not your problem and do not report it.

#### IMPACT

Impact: Leads to the inefficient use of clean water and wastes the energy used to treat and pump that water, increasing the carbon footprint.

