# Climate Action Bingo

Pick a card, get a climate action!

These cards were co-designed with hair stylists on the 'A Brush With Climate' project and are intended to make everyday climate actions more fun and accessible.

The rules of the game are simple: just pull a random card from the deck and have a chat in your salon or with your client about how they might take up the action on their card in their everyday life.

A Brush With Climate

**CONVERSATIONS ABOUT CLIMATE ACTION**

# A Brush With Climate

## CONVERSATIONS ABOUT CLIMATE ACTION

A Brush With Climate aims to inspire interest and spark conversations in everyday life about climate action, focusing on positive action-orientated messages and debunking climate delay discourses. It aims to support and empower hairstylists to lead conversations about climate change with their clients, with the goal of inspiring behaviour change through climate action pledges.

This is a Research Ireland funded project, coordinated by University College Cork in partnership with The Environmental Forum.

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The Environmental FORUM

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# What if...

I switched to public transport for my daily errands or my commute for one week?

A typical double decker bus replaces 16 cars from Irish roads.
(Department of Transport)

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# What if...

# I carpooled with a colleague to work?

Carpooling to work and back can cut
$CO_2$ emissions by up to 28%.
(Bruck et. al., 2017)

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# What if...

## I cut out fast fashion for one month?

Extending the life of clothes by just 9 months of active use reduces carbon, water and waste footprints by 20-30% each.
(Oxfam)

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# What if...

# I thrift all my new clothes for one season?

Buying and wearing secondhand clothing instead of new reduces carbon emissions by an average of 25%.

(ThredUP)

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# What if...

## I cut out meat from my diet or ate more vegetables?

Everyone (in the UK) transitioning to lower meat diets would be the climate equivalent of taking 8 million cars off the road.

(University of Oxford)

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# What if...

I tried to reduce
my energy and
electricity usage
at home?

Turning your thermostat down by 1°C can
save 10% on your heating bill and 300kg of
carbon emissions.

(The Guardian)

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# What if...

# I started a conversation about climate action with family or friends?

89% of Irish people report that climate change is important to them personally.
(Environmental Protection Agency, 2024)

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# What if...

# I started volunteering with an environmental charity or campaign?

Eco-volunteering has many co-benefits for human health and well-being, as well as for the environment.

(Patrick et. al., 2021)

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# What if...

## I cut down on food waste?

By cutting out food waste, Irish households could save up to €700 a year.
(Environmental Protection Agency)

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# What if...

# I tried to shop locally and seasonally?

Every €10 spent locally on Irish products generates more than €40 of benefit to the local community in terms of employment.
(ISME, 2020)

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# What if...

# I started a conversation about climate action at work or school/college?

A majority of Irish people believe that climate action will provide opportunities to create new jobs.
(Environmental Protection Agency, 2024)

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# What if...

## I retrofitted my home to make it more energy efficient?

A home energy retrofit has wide-ranging benefits including saving costs, improving health (especially in the winter), creating jobs, and reducing carbon emissions.

(Sustainable Energy Authority of Ireland)

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# What if...

## I considered going electric for my next car?

You can save between 50%–60% of fuel costs for an electric vehicle compared to a similarly sized petrol vehicle.

(Sustainable Energy Authority of Ireland)

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# What if...

I emailed my local TD or local councillor about a climate issue impacting me?

Contact information for all local TDs is available on www.oireachtas.ie – while contact information for local councillors can be found on your local council's website.

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# What if...

# I bought only organic or zero-waste food for my meals for a month?

Buying organically farmed food can help support local businesses and organic farms have environmental benefits too - including up to 30% improved biodiversity.

(Teagasc)

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# What if...

I donated to an environmental NGO or climate charity supporting a cause I care about?

The Irish Environment Network (IEN) represents e-NGOs and charities – check out their website (www.ien.ie) for ideas of where to donate.

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# What if...

I invested my pension in climate-friendly funds, or researched climate-friendly investments?

90% of people surveyed indicated that it was important to them that their pension was not invested in fossil fuel projects.

(Friends of The Earth / Divest Ireland)

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# What if...

## I planned a holiday that does not involve flying?

A 2.5hr Cork to Faro (Portugal) flight emits 312 kg of CO2, which is equivalent to cutting down 22 evergreen trees.

(MyClimate / Tree Council)

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# What if...

## I repaired an item at home instead of buying new?

Ireland is the second-largest producer of textile waste in the European Union - consider attending a repair café session for your next household or textile repair.

(European Environment Agency, 2020)

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# What if...

## I traded in my phone or bought my next phone second-hand?

You can save between 20% - 50% by buying a second-hand or refurbished phone compared to a new phone.

(Which?)

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