

Planet Action Bingo

Talk to someone about sustainability	Switch off appliances and lights when not using them	Have a look at the UN's Lazy Person's Guide to Saving the World	Use a reusable water bottle or coffee cup	Go for a walk in nature
Use up something you already own rather than buying new	Unsubscribe from 3 mailing lists	Take part in 1 activity for Climate and Social Action Week	Recommend something sustainable/ethical to a friend, family member or colleague	Learn about the UN Sustainable Development Goals (SDGs)
Share your food to reduce waste e.g. at work, via an app, with neighbours	Write to your local representative about climate or social justice issues	Donate something to charity e.g. food, clothes	Look up your banking providers commitment to the environment	Cook 1 meat-free or plant-based meal
Do something you enjoy to support your mental health & wellbeing	Read up on UCEM's sustainability strategy	Switch off the tap when brushing your teeth	Bin your rubbish/litter pick to support wildlife	Identify a climate action you would like to take
Recognise someone for sustainability in action on the recognition portal (staff only)	Share something on social media about something like women's rights or climate change	Bike, walk, car share or take public transport to work 1 day	Suggest an idea to UCEM by emailing sustainability@ucem.ac.uk	Find out what can be recycled in your area