



COUNTY KILDARE CHAMBER

**SUSTAINABLE
KILDARE**

PROJECT SPONSORED BY INTEL

Social Climate Activities

Engage Your Team

It's more fun to do activities and log them if we do it together! Here are some suggested activities that you can organise and do together, so that you can tick off the activities in the Climate Action Championship. Create your own and let us know. It's a win-win for you and your team:

- **Repair day**

This is an activity in the competition that gives a lot of points and saves a lot of CO₂e, but can be boring to do alone. How about inviting everyone to a video conference one afternoon or maybe stay a little after work to fix some items together?

- **Meat Free Monday**

Give tips on how to go meat free on Mondays. Then encourage everyone to eat vegetarian on Monday - and feel free to encourage participants to take pictures. Maybe you can post it on social media.

- **Cycle to work day**

Have a day where everyone bikes to work, and you take a nice group photo of all the sporty employees together!

- **The leftovers lunch banquet**

One day, instead of eating out have a leftovers banquet for lunch and share your recipes with your colleagues. Leftovers directly reduce food waste and reduce additional consumption every now and again.

- **Donation drive**

Create a fundraiser through the 3 week challenge and link it towards your CO₂e savings. The more you save, the more your organisation will donate. Find a charity that is working with those who are impacted by the climate crisis to make your donation go further

- **Clothes Swap Shop**

This is not directly linked to an activity on Ducky, but is a great way to avoid buying new things! Bring preloved clothes you'd like to share and create a space in your company where people can swap and take home what they like. Any clothes left can be donated to your nearest charity store.

Share your stories on Social Media and show your community the positive actions that you are taking as a team. Use the hashtags:
#sustainablekildare
#businessforgood



Ducky





Bring The Competition In-House

Engage Your Team

For some people triggering the competitive instinct will cause them to engage much more. Drive the competition in your company and it will drive you up the Sustainable Kildare leaderboard. Rewards are a great way to get competition going in your company - climate friendly awards are a great way to highlight the message of the campaign too. Here are some suggestions on how this can be done:

- **Set your own team goals**

Set a goal for how much your team will cut in the entire competition: Our experience is that each participant saves an average of 140 kg CO₂e during a 3 week competition. Set an overall goal for the team? Set a goal for each week? Give a climate friendly reward to the team if they reach the goal.

- **Celebrate the Climate Heroes!**

Celebrate the climate heroes that shine through during the campaign. Those who saved the most CO₂e or completed the most activities; Those who ran social events in your business or in the community; Those who got their whole family involved including their grandmother and the neighbour's dog. Celebrate with climate friendly rewards - plant a tree in their name and share their story on your social media (don't forget to tag us - #sustainablekildare)

- **Climate Friendly Bingo**

Make bingo sheets for the activities, and preferably ensure that they must be done X number of times before they can be ticked off. Prizes are awarded for 1 row, 2 rows and a full board. Prizes are always nice when you win at bingo, even better when the bingo is helping our planet

- **How long can you go....?**

Maybe uncomfortable for some, but very fun for others: How long can you go without: Changing clothes? Shower? Eat meat? Using electronics in the evening? Prize for those who go the longest! Free soap and towel for the winner!

- **First Past the Post!**

First person to save a set amount of CO₂e! First person to save 100, 150 and 200 CO₂e and so on! The Ducky app lets you set individual targets - ask your team what their targets are and reward them if they reach them. Now, do check in to make sure that people are not ticking activities just to win. Remember the planet doesn't win when you tick and don't act.

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