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**Sustainable Future Leaders: Empowering Youth Workers
for a Green Tomorrow**

Stowarzyszenie na rzecz efektywności energetycznej i
rozwoju odnawialnych źródeł energii HELIOS

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EcoLeaders GameKit



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Welcome & Introduction

Welcome to the **Eco-Leaders GameKit** 🌱🌍🌟

This GameKit is the result of a collective journey taken by youth workers, educators, and young people from across Europe during the *Sustainable Future Leaders* project. It brings together fun, interactive, and meaningful activities designed to inspire learning, teamwork, and creativity around three key themes: **sustainability, inclusion, and leadership**.

The idea behind this GameKit is simple:

- **Games are powerful learning tools.** They engage both the body and the mind, making complex ideas easier to understand.
- **Sustainability can be fun.** Protecting our planet doesn't have to be taught in heavy lectures; it can be experienced through movement, storytelling, and play.
- **Inclusion and leadership matter.** A sustainable future must be inclusive of everyone, and young people need the skills to lead change in their communities.

By playing and adapting the activities inside this kit, you will:

- Learn about environmental challenges and solutions in a practical way.
- Practice inclusive approaches that ensure everyone has a voice and role.
- Develop leadership skills to inspire action and advocacy.
- Strengthen teamwork and creativity among youth groups.

This GameKit is designed for **youth workers, educators, trainers, and community leaders**. It can be used in workshops, non-formal education sessions, schools, camps, and local community events. All activities are tested with young people and can be adapted for different ages, group sizes, and contexts.

We encourage you to **adapt, remix, and share**. The best activities are the ones that grow and change with the people who use them. Add your own ideas, combine games, and most importantly—make them fit your group's reality.



Thematic Anchors of the GameKit

The Eco-Leaders GameKit is built around three interconnected themes. Each game and activity you find here is designed to strengthen awareness, skills, and attitudes linked to **Sustainability, Inclusion, and Leadership**. These anchors provide the guiding vision of the toolkit.

Sustainability

Sustainability is about protecting the planet's resources, ensuring fairness between generations, and making choices that respect both people and nature. It goes beyond environmental protection—it includes how we produce, consume, move, and live.

Through the games in this kit, participants will:

- Discover how everyday actions (waste, energy, food, mobility) affect the planet.
- Explore creative, hands-on ways to reduce their ecological footprint.
- Connect sustainability with local realities and global challenges (like climate change, biodiversity loss, or pollution).

Key message: **Sustainability is not just knowledge—it's action, and it can be fun.**

Inclusion

True sustainability is impossible without inclusion. Every person—regardless of age, gender, ability, culture, or background—has the right to take part in shaping the future. Inclusive youth work makes sure that no voice is left out and that diversity becomes a source of strength.

Through the games in this kit, participants will:

- Experience what it means to be included or excluded.
- Learn how to adapt activities to different needs and abilities.
- Appreciate the value of diversity in finding solutions.

Key message: **A green future must be a fair and inclusive future.**

Leadership

Leadership in sustainability is not about titles or power—it's about responsibility, empathy, and action. Young people can lead by example, inspire their peers, and influence communities through creativity and courage.



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Through the games in this kit, participants will:

- Practice teamwork, decision-making, and problem-solving.
- Experiment with different leadership styles in safe, playful contexts.
- Develop confidence to design campaigns, lead projects, and advocate for change.

Key message: **Leadership is learned by doing—through play, mistakes, and collaboration.**



Practical Guidelines for Using the GameKit

The activities in this GameKit are designed to be flexible, engaging, and easy to use. To get the most out of them, here are some practical tips and guidelines:

Group Size & Timing

- **Group size:** Most activities work well with **10–25 participants**. For larger groups, divide into smaller teams.
- **Timing:** Each game takes **15–40 minutes**, depending on group energy and reflection time. Always allow extra time for debriefing.
- **Adaptation:** Shorten or extend activities by adjusting the number of rounds, questions, or challenges.

Facilitator's Role

- Think of yourself as a **guide, not a teacher**. Your role is to set the frame, encourage participation, and create a safe environment.
- Give **clear instructions** before starting, then step back and let participants lead.
- Ensure **fair play and inclusion**—adapt rules if needed to allow everyone to join.
- After the game, lead a **reflection** so participants connect fun with learning.

Safety & Inclusion

- Check the space (indoors/outdoors) to avoid accidents.
- Adapt activities for physical or cognitive differences (e.g., provide visual aids, simplify instructions, use accessible materials).
- Create a group agreement at the start (respect, listening, support).
- Use inclusive language and ensure **all voices are heard**.

Materials Checklist

You don't need expensive materials. Most activities require only:

- Reused or recycled items (paper, bottles, bags, rope, cardboard).
- Simple sports equipment (balls, cones, markers).
- Stationery (flipcharts, markers, sticky notes, tape).



- Prepared word cards or question sheets (can be handwritten).

Tip: Wherever possible, **use sustainable and reusable materials** to walk the talk.

Reflection & Debriefing

Reflection is where **the real learning happens**. Always end with 5–10 minutes of guided discussion. Some useful questions:

- What happened in the game?
- How did you feel?
- What made it difficult or easy?
- What does this tell us about sustainability / inclusion / leadership?
- How can we apply this in real life?

Encourage honest sharing and link experiences back to the **three anchors** of the project.

Adaptation & Creativity

- Feel free to **modify rules** or combine games to fit your group.
- Encourage participants to **invent their own variations**—this strengthens ownership and creativity.
- Remember: there is no “perfect” way. The best version is the one that works for your group’s reality.

✦ With these guidelines in mind, you are ready to explore the activities inside this GameKit. Each game is a doorway into playful learning about sustainability, inclusion, and leadership



Games Collection

The following section contains the **core activities** of the Eco-Leaders GameKit. Each game was co-created and tested by international teams of youth workers during the *Sustainable Future Leaders* project. They combine fun, movement, and teamwork with meaningful learning around **sustainability, inclusion, and leadership**.

For each game, you will find:

- A **short description** of its objectives and methods.
- A link to a **presentation (PPT)** with visual instructions to help you run it with your group.
- Reflection questions to guide participants in connecting the activity to real-life challenges.

We invite you to **explore, adapt, and remix** these games. Every group is different—so feel free to adjust rules, timing, or materials. What matters most is that participants **learn by doing**, discover new perspectives, and leave inspired to act as **Eco-Leaders**.

Name of the Game	Crocodile – Sustainability Edition
National Team	Estonia
Sustainability topic addressed	Waste management, recycling, renewable energy, climate change, biodiversity, pollution, water conservation
Objectives	<ul style="list-style-type: none">- To increase awareness about sustainability concepts in a fun and interactive way.- To improve vocabulary related to sustainability.- To promote teamwork and creativity.
Materials	<ul style="list-style-type: none">- Word cards (with sustainability-related terms)- Timer/stopwatch
Roles of Facilitators	<ul style="list-style-type: none">- Explain the rules of the game.- Distribute the cards.- Keep track of time and score.- Ensure fair play and engagement from all players.
Duration	20–30 minutes (depending on number of rounds)
Target Groups - Age	10 years and older (adaptable for teens and adults)
Step by step / Rules	<ol style="list-style-type: none">1. Divide players into two teams.2. Each team takes turns sending one player to act out a sustainability-related word from a card without speaking or writing.3. The team has 1 minute to guess the word.4. If the team guesses correctly, they earn 1 point; if not, no points are awarded.5. Continue until all cards are used or time is up.6. The team with the most points wins.
Reflection questions	<ul style="list-style-type: none">- Which words were easiest to guess? Why?- Which concepts were hardest to understand?- What did you learn about sustainability from this game?- How can you apply these concepts in real life?



Name of the Game	<u>Sustainable Floor is Lava</u>
National Team	Poland
Sustainability topic addressed	Renewable energy, energy efficiency, sustainable agriculture, circular economy, plastic reduction
Objectives	Connect fun physical activity with environmental reflection
Materials	Large open space (outdoors, indoors)
Roles of Facilitators	Explain the rules and safety. Guide reflection after the game.
Duration	10 minutes
Target Groups - Age	Youth
Step by step/Rules	Set up a Start and Safe Zone. The facilitator reads a statement, and those who agree stay in place, making themselves “safe” by sitting or standing on something higher. Those who disagree must quickly swap places with someone else who also disagrees. Once everyone has moved, the facilitator announces the correct answer and briefly explains before moving on to the next statement.
Reflection questions	Which strategies worked best to get everyone across? If you had more time/resources, what would you do differently? How can teamwork help solve environmental challenges in real life?



Name of the Game	<u>Country, country we want soldiers.</u>
National Team	Romania
Sustainability topic addressed	Raising awareness about environmental issues, help young children acquire knowledge regarding said issues and how to address them at a personal level.
Objectives	Instruct younger generation about recycling Increase awareness regarding environmental issues Promote teamwork after a competitive game
Materials	None for the game Coloured bags for trash collection
Roles of Facilitators	No need for facilitators
Duration	Any
Target Groups - Age	5 to 13 years
Step by step/Rules	The group divides in 2 teams and form 2 opposing lines, each member holding the hands of the ones next to him Each team will act in turns One team will call out a member of the opposing team, that member will have to answer a sustainability question. If the answer is wrong he will join the opposing team, if the answer is correct, he can try to break the opposing team by running towards them and targeting the joined hands. If he manages to break the opposing side, he can pick a member to join his team, if he fails, he will join the opposing team. After the game ends, both teams will go and collect trash according to the sustainability rules.
Reflection questions	Did you like the game? Did you increase your knowledge about sustainability issues?



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Name of the Game	<u>Eco-ball</u>
National Team	Turkey
Sustainability topic addressed	Trash Segregation, Pollution, renewable energy, etc...
Objectives	Participants will be able to identify new sustainability concepts, strengthen their understanding of previously known concepts, and apply these concepts to real-life contexts.
Materials	Volleyballs (numbers depending on the number of people), chalk or rope to draw lines
Roles of Facilitators	Controlling groups to get in line, make the game start, and on quiz part asking question
Duration	10mins - 5 rounds, 2 minutes for each round
Target Groups - Age	minimum 12 years old every age group over 12 can play
Step by step/Rules	<p>Preparation: Making 3 lines with same distance between each other. the first area between the first and second lines is the area for the first team and area between second and third line is for the second team. The volleyballs are placed on the second line which is in the middle.</p> <p>Gameplay: The participants are divided into two groups. The first team is placed on the first line and the second team is placed on the third line. When the start is given, players run to volleyballs to grab them and whoever gets a volleyball throws the volleyball to the opponent team and try to shoot them. Whenever someone gets shot they sit down wherever they were when they got shot. After the round ends players who sat down are asked questions about sustainability and the ones who got it right can return to play for the next round. The ones who couldn't answer get eliminated. The team which has more players after the quiz ends wins the round and gets one point. The team which gets most points at the end wins.</p> <p>Rules:</p> <ol style="list-style-type: none"> 1. When someone shoots and the volleyball touches the ground before touching someone, they do not sit down. 2. If the volleyball first touches a player and then touches the ground, they need to sit down. 3. If a player catches the volleyball, then the player who threw the volleyball needs to sit down. 4. Players cannot leave the area that was assigned to them.
Reflection questions	<ol style="list-style-type: none"> 1. Which sustainability-related terms or concepts were you already familiar with before playing the game? 2. Which new terms or ideas did you learn during the game? 3. Was there any term you found confusing or surprising? 4. How would you explain one of the new terms you learned to a friend? 5. Did playing the game increase your interest in sustainability? Why or why not?



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	<ol style="list-style-type: none">6. Do you feel more motivated to learn about sustainability after this game?7. Would you like to explore sustainability topics further outside of the game?8. How did you feel while playing this game?
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Name of the Game	<u>Eco- Ring</u>
National Team	Lithuania
Sustainability topic addressed	Recycling, Pollution, renewable energy, sustainable development goals etc
Objectives	To encourage participants to learn from each other about sustainability.
Materials	At least 8 people, and a small object. (it could be a pebble, a small stick, or a piece of waste)
Roles of Facilitators	explaining the game and showing an example. Facilitator chooses who will be a "observer" and "sharer" A person who was given an object will become a spectator afterwards, and spectator will become a donator.
Duration	About 30 min
Target Groups - Age	8+
Step by step/Rules	<ol style="list-style-type: none"> 1. Group gathers in a circle; 2. Two people are counted off and stand up. One person will be the OBSERVER and the other will be the SHARER of the "ring". 3. The sharer has a "ring" in his/her palms, which he/she puts in each person's cupped hands as if walking in a circle. One person is lucky enough to actually have the "ring" secretly appear in his palm! 4. Now the Observer looks around and tries to guess who has the "ring" ? All the people in the circle pretend to have a ring. 5. The Observer takes a guess if a certain person has the ring. If the guess is wrong for a second time, observer have to explain at least one SDG. 6. This keeps on going until the observer finds "ring". The person with whom the ring is found becomes the Sharer. A new Observer is counted out and the game continues... <p>The short titles of the 17 SDGs are: No poverty (SDG 1), Zero hunger (SDG 2), Good health and well-being (SDG 3), Quality education (SDG 4), Gender equality (SDG 5), Clean water and sanitation (SDG 6), Affordable and clean energy (SDG 7), Decent work and economic growth (SDG 🕶️), Industry, innovation and infrastructure (SDG 9), Reduced inequalities (SDG 10), Sustainable cities and communities (SDG 11), Responsible consumption and production (SDG 12), Climate action (SDG 13), Life below water (SDG 14), Life on land (SDG 15), Peace, justice, and strong institutions (SDG 16), and Partnerships for the goals (SDG 17).</p>
Reflection questions	<ol style="list-style-type: none"> 1. What new things have you discovered from each other? 2. Which SDG we talked about today is most important to you? Why? 3. Can you think of one action you can do at home or school to support that Goal?



Name of the Game	"Granica" (Border)
National Team	Macedonia
Sustainability topic addressed	Waste collection, recycling, teamwork in keeping the environment clean
Objectives	<ul style="list-style-type: none">● Encourage participants to collect and separate waste while playing● Raise awareness of the importance of recycling and proper waste disposal
Materials	<ul style="list-style-type: none">● Waste items● Two bins/boxes for each team (attackers' bin and defenders' bin)
Roles of Facilitators	Explain rules and ensure fair play
Duration	20–30 minutes (or until 20 points are obtained from one of the sides)
Target Groups - Age	Children and youth
Step by step/Rules	<ol style="list-style-type: none">1. Draw a triangular border on the ground.2. Divide participants into two teams: Attackers and Defenders and mark the participants with ribbons on the arms3. Attackers try to collect waste and bring it into their bin inside the border4. Defenders try to stop them by tagging and taking away the waste5. Scoring:<ol style="list-style-type: none">a. 2 points for each piece of waste successfully delivered by Attackers.b. 1 point for each piece of waste taken by Defenders.c. If an attacker is tagged without waste, they leave the game.d. When the attacked is tagged, has to answer a question on sustainability topic in order not to leave the game6. The first team to reach 20 points wins
Reflection questions	<ul style="list-style-type: none">● How did teamwork help your group succeed?● Why is it important to separate and recycle waste in real life?● How did you feel when collecting waste under pressure?● What can we do in our daily lives to reduce the amount of waste around us?



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Name of the Game	<u>“Barra ao lenço/lencinho” adapted to sustainability</u>
National Team	Portugal
Sustainability topic addressed	Trash Segregation, Pollution, renewable energy, etc...
Objectives	<ul style="list-style-type: none"> - Spread awareness about themes related to sustainability; - Playing with recycled materials; - Inclusion of different nations (the names of the players as countries); - Dynamic and interactive competition between all participants.
Materials	Reused materials as the main object– ex: water bottle, plastic bag, ...
Roles of Facilitators	<p>We need 2 facilitators:</p> <ul style="list-style-type: none"> - One will organize the participants by dividing them into 2 teams. Then he will give a new name to each person, on this case, the new name will be a country, from anywhere in the world. The teams will have the same names given to them, to experience direct confrontation while playing the game; - The other facilitator will be holding the recycled item, mentioned previously, in the middle of the teams. He will, also, be doing the questions – related to sustainability. After the question are asked the facilitator will call a country (player) to come answer.
Duration	20-40 minutes
Target Groups - Age	8 - 60, but mainly for children – adolescents.
Step by step/Rules	<ol style="list-style-type: none"> 1. The game starts by dividing the participants in two teams; 2. Each team will have the same number of participants – if there is one more person on a team, the other will have a player named after two countries instead of one, therefore the participant will be representing two countries. On this case, the team will be able to choose the participant representing the two countries; 3. With the teams done, the facilitator will name the participants after the countries of his choosing. The players will then mix themselves to confuse the opponent team and stand in a straight line facing their rivals; 4. After everyone is named, the second facilitator will place himself in the middle of the two teams (to be fair its best to count the difference by taking big steps, ex.: 3 steps to each side and meeting in the middle); 5. When everybody is named and standing correctly, the second facilitator will hold the reused item (bottle, plastic bag, ...) in front of him. He will ask the questions out loud, so each team hears it and then, before calling out the countries, he will say “There it goes...”and two participants will come running to answer the question – there are exceptions: when the



	<p>facilitator says the name of a continent, every player representing a country belonging to the called continent should present themselves to answer. This also applies to the unions and organizations known worldwide (ex: NATO, UE, ...). Another exception is when the facilitator calls out “the whole world”, in this case everybody should present themselves to answer;</p> <ol style="list-style-type: none">6. After the respective participants arrive, the facilitator will ask the question to the one who arrived first. If the players answer correctly, they will give a point to their team, if not, the player arriving later will be given a chance to answer;7. The games ends when the players and the facilitators agree – establish a limit of points, ex: the team who gets to 10 points first wins;8. The game can have multiple rounds.
Reflection questions	<p>After the game, the facilitators can ask the players for feedback to know what they learned about, if there were any doubts, if this was a dynamic learning experience,...</p> <p>Some examples of this can be:</p> <ul style="list-style-type: none">- “Were you satisfied with the group dynamic?”- “Did you feel included?”- “What did you learn with this game?”- “Did the game enlighten you more about sustainability and all the topics around it?”



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Name of the Game	Energy Circuit Game
National Team	Hungarian
Sustainability topic addressed	Trash Segregation, Pollution, renewable energy, etc...
Objectives	Build teamwork and focus Show how energy systems depend on every connection Raise awareness about sustainable energy through play
Materials	None (just players)
Roles of Facilitators	1 facilitator starts and controls the game Acts as the “Energy Source” and sometimes as the “Energy Cutter”
Duration	10 minutes total (can be shortened or extended depending on group size)
Target Groups - Age	Teenagers, Youth workshops, Erasmus+ groups, schools, sustainability camps
Step by step/Rules	Step by step / Rules <ol style="list-style-type: none">1. Participants stand in a circle, holding hands.2. Facilitator gives a hand squeeze to start the “electric pulse.”3. Each player quickly passes it on to the next.4. If the pulse makes it around the circle in under 10s → success!5. Twist: Facilitator interrupts as “Energy Vampire” (blocks, breaks, or reverses flow).6. Team must quickly adapt and reconnect.7. Double points if they succeed despite the sabotage.



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Reflection questions	<p>What happened when the chain was broken?</p> <p>How is this similar to real energy systems?</p> <p>What can we learn about teamwork and sustainability from this activity?</p>
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Extra Tools Section

In addition to the games, the Eco-Leaders GameKit provides a set of **practical tools** to support facilitators in making their activities more engaging, inclusive, and impactful. These tools can be used on their own or combined with the games to create richer learning experiences

Persona Cards

Short character descriptions that represent different perspectives (e.g., a migrant youth, a café owner, a wheelchair user, a farmer).

- **How to use:** Hand them out during roleplays, storytelling sessions, or debates. Participants retell a story or play a game through the lens of their persona.
- **Impact:** Helps youth step into others' shoes, build empathy, and understand inclusivity in sustainability work.

Campaign Canvas Template

A one-page guide to help participants design effective sustainability campaigns.

- **Sections include:** Goal, Target Audience, Key Message/Slogan, Actions, Channels, Partners, Timeline, Impact.
- **How to use:** In workshops, ask groups to design a campaign using the canvas, then present it to others.
- **Impact:** Encourages leadership, creativity, and practical advocacy skills.

Inclusion Checklist

A quick reference list for making activities accessible to all.

- **Examples:**
 - Use clear/simple language.
 - Provide visual aids and subtitles where possible.
 - Ensure physical accessibility of the space.
 - Offer alternative roles in games for different abilities.
- **Impact:** Builds awareness and makes sure no participant is left out.

Green Event Checklist



Tips for reducing the environmental footprint of youth activities.

- **Examples:**
 - Use reusable materials and avoid single-use plastics.
 - Encourage walking, biking, or public transport.
 - Provide vegetarian/vegan options in catering.
 - Minimize printing—go digital when possible.
- **Impact:** Ensures that events “walk the talk” on sustainability.

Storytelling Prompts

Questions and sentence starters that help participants create inclusive, powerful stories.

- **Examples:**
 - “The first time I felt connected to nature was when...”
 - “One challenge my community faces is...”
 - “If I were the mayor for one day, I would...”
- **How to use:** In storytelling games, digital content creation, or reflection circles.
- **Impact:** Makes storytelling easier and helps link personal experiences to global sustainability goals.

✦ These extra tools are meant to be flexible. Facilitators can combine them with the games, use them in preparation or reflection, or adapt them into new activities. They are here to make your workshops **more inclusive, more sustainable, and more impactful**.



Final Words

The **Eco-Leaders GameKit** is more than a collection of games. It is a reminder that learning can be joyful, inclusive, and transformative. By playing, reflecting, and adapting these activities, youth workers and young people can experience what it means to live sustainably, to include everyone, and to lead with empathy.

This kit is only a starting point. The real impact happens when you take these tools into your own communities—running workshops, inspiring action, and planting the seeds of change. Every time you play one of these games, you are helping build a generation of **Eco-Leaders** ready to care for our planet and each other.

Acknowledgments

This GameKit was co-created by youth workers and participants from across Europe as part of the *Sustainable Future Leaders* project. We thank all partner organisations, facilitators, and young people whose creativity and energy made these activities possible. Special thanks to the Erasmus+ Programme of the European Union for supporting this journey

Further Resources

To continue exploring sustainability, inclusion, and leadership, we encourage you to check out:

- **SALTO Youth Resource Centre:** <https://www.salto-youth.net>
- **European Youth Portal:** <https://youth.europa.eu>
- **UN Sustainable Development Goals:** <https://sdgs.un.org/goals>
- **Council of Europe Youth Work Resources:** <https://www.coe.int/en/web/youth>
- **Climate Action Toolkit for Youth Workers (UNICEF/UNEP):** [link]

Final Tip for Youth Workers

- Keep activities **fun and participatory**—learning sticks best through experience.
- Always include **reflection and debrief**—that’s where awareness turns into action.
- Remember: **there is no one-size-fits-all**. Feel free to adapt, remix, and create new versions of the games for your context.

✨ Thank you for using the Eco-Leaders GameKit. Together, let’s play, learn, and lead the way toward a greener, more inclusive future



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