



BIN-GO-GREEN Methodology

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Table of Content

| | |
|--|----|
| 1. Introduction | 2 |
| 2. Sustainable Development Goals | 3 |
| 3. Bingo cards as educational tool | 5 |
| 4. Let's go, BIN-GO!..... | 6 |
| Step 1. Prepare yourself | 6 |
| Step 2. Prepare parents..... | 6 |
| Step 3. Playing the bingo cards..... | 7 |
| Step 3.1 Using the BIN-GO-GREEN bingo cards | 7 |
| Step 3.2 Co-creating bingo cards with your pupils..... | 7 |
| Step 4. Evaluation of the bingo card activity | 8 |
| 5. Concluding remarks..... | 10 |
| Annex A – Lesson card 1 | 12 |
| Annex B – Lesson card 2 | 14 |
| Annex C – Example evaluation questions | 16 |
| Annex D – BINGOGREEN card 4-7 years | 17 |
| Annex E – BINGOGREEN card 8-12 years..... | 18 |



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1. Introduction

Welcome to this BINGOGREEN Methodology!

At BINGOGREEN we believe in the power of early education to shape a sustainable future. Our mission is to instil sustainable skills and a healthier lifestyle in children between 4 and 12 years old, and equip educators with the tools to teach these vital life lessons.

Why BINGOGREEN?

- **Empowerment:** We foster a sense of ownership in children over their well-being and the planet's future.
- **Innovative Learning:** We've reimagined education to be interactive, encompassing, and fun! From school to home, we engage children, their families, and their communities in the learning process.
- **Gamified Learning:** Motivation through play! Our approach uses gamification to make learning about sustainability and health an exciting adventure.
- **Tools for Change:** We provide educators with a toolbox filled with resources in English, Dutch, and Greek to help them champion the cause of sustainable living in their classrooms.

Whether you're a young learner, an educator, or a parent, there's something here for everyone. Dive in and discover the magic of BINGOGREEN!

Together, we can make every child an agent of change, fostering communities that prioritize the environment and well-being for years to come.

PROJECT GOALS

• Create awareness

To create more awareness on sustainable skills and healthy lifestyle among children and their teachers

• Sense of ownership

To create a sense of ownership of children's own healthy lifestyle and sustainable skills at an early age

• An innovative learning approach

Where active learning and parent involvement come together.

How to reach these BINGOGREEN goals?



- **Go Healthy Toolbox**

By providing a toolbox with 10+1 good practices from Greece and the Netherlands schoolteachers have hands-on information on other tools, activities (good practices) on the topic of a healthy lifestyle and sustainable skills, the teachers' awareness of a healthy lifestyle and sustainable increases, but they will also be able to increase that awareness among their pupils. The 11th and special good practice is the one you are now looking at!

- **BINGOGREEN Bingo methodology**

This innovative learning approach will be an extra tool for teachers to promote a healthy and sustainable lifestyle in their classrooms. Teachers and pupils will be encouraged to actively learn more about it, but also to act on it. By acting on it, pupils will realise they have their own, active role in their own healthy lifestyle which increases their independency and self-efficacy.

In this document you will find the BINGOGREEN Methodology. This will help you to implement the use of the bingo cards in your classroom. We will explain what is needed to implement this method, different options for running the BINGO (for different age groups, level of pupil involvement etc.), how much time is needed and we provide templates (a lesson card, bingo cards). But first, we would like you to give some background information about the Sustainable Development Goals, at heart of the project.

2. Sustainable Development Goals

BIN-GO-GREEN is an interactive tool to encourage children to engage in physical activity and become aware of their lifestyle and environment. For this, we are referring to the sustainable development goals developed by the United Nations. The Sustainable Development Goals are visualized below.



SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD



With BINGOGREEN we want to address primarily SDG3 and SDG4:

SDG 3 (Health and Well-being)

- BINGOGREEN emphasizes the importance of sustainable skills and a healthy lifestyle by integrating activities that promote physical and mental wellness among children.
- The collaboration between IKC Alexia and the Primary school of Vareia will share best practices to get inspiration on how to promote sustainable skills and a healthy lifestyle among their pupils.
- By fostering a culture of health-consciousness, BINGOGREEN will encourage children to become proactive advocates for their own well-being and that of their peers.

SDG 4 (Inclusive & Good Education for All)

- BINGOGREEN fosters an inclusive educational environment where children, regardless of their background, have equal access to quality education focused on sustainability and a healthy lifestyle.
- The partnership between schools from different countries will facilitate the exchange of innovative teaching methods, ensuring that children receive a diverse and holistic educational experience.



- Through hands-on projects and interactive learning modules, BINGOGREEN will make education more engaging, helping children grasp complex concepts related to sustainability, health and the environment.

For more information about the Sustainable Development Goals you can visit <https://sdgs.un.org/goals>.

3. Bingo cards as educational tool

From community halls to classrooms, the game of Bingo has long been a source of entertainment and social connection across generations. Its universal appeal lies not only in its simplicity but also in its ability to bring people together in anticipation and shared excitement. It is this and engaging spirit of Bingo that inspired us to adapt its methodology for a unique educational purpose: promoting sustainable skills and a healthy lifestyle among pupils.

In the traditional game of Bingo, players eagerly mark their cards, hoping to be the first to complete a specific pattern and call out "Bingo!" Their reward is often nothing more than the thrill of winning and a small (or sometimes a big) prize. However, in our innovative adaptation, the stakes are much higher, and the rewards far more profound. Our bingo cards don't just represent a game; they are a roadmap to responsibility, sustainability, and the development of healthy habits that can last a lifetime.

The challenges listed on these special bingo cards are tasks that encourage pupils to engage with the United Nations' Sustainable Development Goals (SDGs) and adopt a healthier lifestyle. They include simple yet impactful activities that pupils can undertake during their vacation, such as monitoring their daily water intake, embracing the joy and health benefits of walking, or learning the value of water conservation by shortening their shower time.

Upon their return from vacation, pupils who have completed their bingo cards will hand them in to their teachers, and will be receiving a small surprise. But more importantly, teachers and parents know they've taken significant steps toward becoming more responsible global citizens. These completed cards are more than just tokens of personal achievement; they are



testaments to a commitment to a healthier, sustainable future, and they signify the pupil's readiness to take an active role in that collective journey.

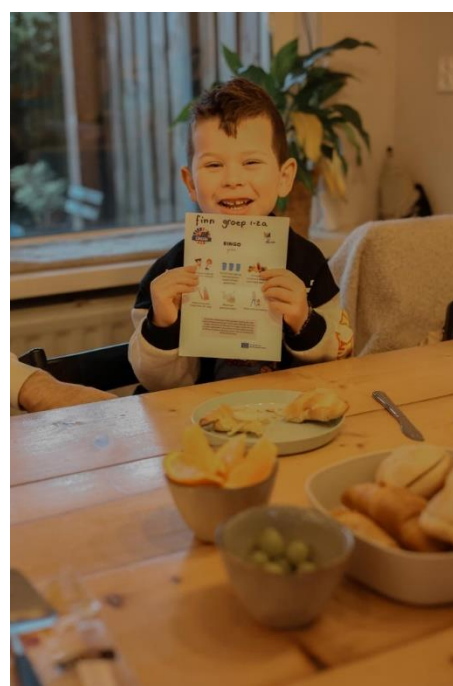
This guide is intended to illustrate how the classic game of Bingo, known and loved around the world, was the inspiration for a transformative educational tool. By participating in Sustainable Skills Bingo, pupils won't just be playing a game; they'll be embarking on a journey of personal growth and global responsibility.

4. Let's go, BIN-GO!

Let's get to the core of this methodology! In this chapter we will describe how you, as a teacher, can use the bingo cards in your classroom. It's quite simple to use, but there are multiple options. We take your hand and guide you through the steps.

Step 1. Prepare yourself

First you make sure that you have some knowledge on the Sustainable Development Goals, sustainable skills and the background of the BIN-GO method. In the prior chapters you can read more about the SDGs and the BIN-GO method and find extra reading materials.



Step 2. Prepare parents

Parental involvement is essential for the success of the bingo cards. If you have the parents on board, supporting the pupils to complete their card, the likeliness of completing the card immensely increases. Therefore, it is important to announce the use of the bingocard in advance. You can do this via your own communication channels: think of your communication app (for example Social Schools), via your newsletter, blog, Whatsapp groups, or any other way that you deem appropriate.



Step 3. Playing the bingo cards

There are multiple ways to use bingo cards:

1. Using the available bingo cards of BIN-GO-GREEN
2. Co-create your own bingo cards with your pupils

Step 3.1 Using the BIN-GO-GREEN bingo cards

On <https://begreen-bingo.eu/methodology/> you can find this document, but you can also download the special BIN-GO-GREEN cards. You can find multiple versions:

- A5-format for printing in English, Greek and Dutch
- A3-format for printing in English, Greek and Dutch

To support the use of these bingo cards, we have developed a lesson card. This one can be found in Annex A.

If you would like to use the bingocard in another language, or if you would like to replace activities in the bingo card, feel free to use this link to create your own in Canva: canva.com/bingogreencard. You can make a copy of the design and adapt according to your wishes. Please also get in touch with the project lead, because we would love to make your translation also available via the project's website!

Contact: Linda Verhaag - ikc-alexia@pcboleeuwarden.nl

Step 3.2 Co-creating bingo cards with your pupils

A more extensive version of the use of the bingo cards is by also involving the pupils in the development of the bingo card. By involving them actively in co-creating the challenges for the bingo cards, you:

- Raise the awareness of SDGs and a healthy lifestyle more than by just presenting a ready-to-go bingo card.
- Increase the likelihood that pupils are going to complete the bingo card, since they feel ownership.





To support this way of using bingo cards in your class, we have developed a lesson card. This one can be found in Annex B.

As mentioned in the lesson card, you can make a copy of the existing design and create a copy in Canva which you can edit as much as you like: canva.com/bingogreencard. Please also get in touch with the project lead, because we would love to make your bingo card also available via the project's website!

Contact: Linda Verhaag - ikc-alexia@pcboleeuwarden.nl

Parents have a pivotal role in the success of the bingo cards. During the holiday it is really important that the parents also motivate the pupils to do the activities and help them complete them. They can do this, by for example reminding the pupils, but also by offering to do it together, make pictures etc.

Step 4. Evaluation of the bingo card activity

When the pupils have handed in their bingo card, it's of course time for the announcement of the winner! You can draw a winner blind from the cards and award the prize.

That's the most fun element for the pupils, but it's also time for evaluating the activity with the bingo cards. This activity should give insight in whether you have achieved the learning objectives.

Evaluation will take place in two ways:

- Quantitative evaluation:
 - o Percentage of children that can mention multiple effective options to improve their current lifestyle and contribute to a sustainable environment (>80% of the children is considered as succesful)
 - o Percentage of completed (and handed in) bingo cards (>70% is considered as succesful)



- Percentage of parents experiencing a positive change in attitude towards SDGs and healthy lifestyle among pupils (>50% of the parents is considered as succesful)
- Qualitative evaluation: from the perspective of the pupil, the teacher as well as from the parents.

Regarding the second part of the evaluation, we want to advise to keep it as close as possible to the target group of evaluation. The information you want to gather is:



- Degree of fun
- Feasibility of the activities
- Level of awareness of SDGs and sustainable skills
- Level of self-responsibility in the field of own healthy lifestyle and sustainability

A teacher can make a short survey to evaluate the above. Think of creative ways to do this, since although this is nobody's favourite part of the process, it is one of the most important. In the Annex you can find examples of

questions to put in a short evaluation survey for pupils, teachers and parents.

5. Concluding remarks

As we reach the culmination of our journey with the BINGOGREEN methodology, it becomes clear that this isn't just a program; it's a catalyst for enduring, meaningful change. By intertwining the joy of gaming with profound educational content, we're not merely teaching; we're inspiring a generation of environmentally conscious, health-oriented change-makers.

Nurturing Future Stewards: Our children are the stewards of the future, and the BINGOGREEN methodology is an investment in that future. By engaging young minds with the Sustainable Development Goals through interactive play, we're planting seeds that will one day grow into a forest of knowledge, action, and advocacy for a healthier planet.



Beyond the Classroom: The ripples of this initiative extend beyond the classroom walls. By involving parents and communities, we're building a supportive ecosystem that nurtures and values sustainable living and well-being. This holistic approach ensures that the lessons learned and the habits formed are not fleeting but remain a lifelong guiding force.

A Shared Journey: Every marked bingo card represents a story, a lesson, and a step forward. Every small action taken collectively leads to progress. Our role as educators is to initiate and guide this journey, but we're also learners in this continuous process of growth and improvement.

A Call to Action: So, dear educators, remember that every moment of fun, every challenge, and every 'Bingo!' is a building block in the foundation of a healthier, sustainable future. We invite you to dive into this adventure with open hearts and eager minds, ready to nurture the budding agents of change in your classroom.

Limitless Possibilities: We believe that the bingo cards are a very interactive, engaging activity to learn pupils about the SDGs, sustainable skills and a healthy lifestyle. However, we also believe that this method can be used for many other fields! Think of the promotion of reading skills, STE(A)M topics, topography and many more.



If you are planning on using the BINGOGREEN card, or adapt it to your own topics, we would love to hear from you! Please let us know via the following contact persons.

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Georgia Tsagkou - tsagkoug@gmail.com



Annex A – Lesson card 1

The bingo card is an interactive tool designed to motivate children to engage in more physical activity, make healthier food choices, and care for the environment.

This lesson plan is intended for the teacher and provides a step-by-step description of the process. The context may vary depending on the location, so the teacher should adapt the process accordingly.

Learning objectives

- Increased awareness on sustainable skills and healthy lifestyle
- Increased sense of ownership among the children of their own healthy lifestyle and sustainable skills at an early age

Before:

1. Prepare a lesson to get the pupils acquainted with the sustainable development goals and healthy lifestyle.
Here you can find some inspiration for lessons:
 - <https://www.un.org/sustainabledevelopment/pupil-resources/>
 - <https://www.bookwidgets.com/blog/2019/12/10-ready-to-use-lesson-plans-on-the-sustainable-development-goals>
 - <https://scotdec.org.uk/resources/explore-the-global-goals-17-activities-for-primary-schools/>
 - <https://www.foodafactoflife.org.uk/> (healthy lifestyle)
2. Download the bingo cards from the website of BIN-GO-GREEN:
<https://begreen-bingo.eu/methodology/>
3. Print a bingo card for each pupil.
 - 6 activities for children aged 4 to 7 years old
 - 9 activities for children aged 8 to 12 years old
4. The teacher discusses all the activities with the pupils. Is the objective of each activity clear to the pupils?
5. The children take the bingo card home.

During:

1. The children perform the activities. When they complete an activity, they capture visual material (e.g., photos or videos). The visual material is shared with the teacher.
2. Once an activity is completed, the children mark the corresponding square on the bingo card.
3. When the bingo card is complete, the children submit it to the teacher.

At the end:



1. The children submit their completed bingo cards on the agreed-upon date. The date will be determined by the school.
2. Two cards will be randomly selected from all the submitted cards.
3. The two selected pupils will receive a reward to encourage physical activity, such as a jump rope or a ball.

Considerations:

1. Ensure there is visual material throughout the process.
2. Encourage some pupils to write about their experiences with the process.
3. Motivate the children to complete as many activities as possible.
4. Ensure that parents/guardians are aware of the process to garner support for the project. Parents/guardians can also encourage the children.
5. Above all, have fun! That is the most important aspect.



Annex B – Lesson card 2

The bingo card is an interactive tool designed to motivate children to engage in more physical activity, make healthier food choices, and care for the environment.

This lesson plan is intended for the teacher and provides a step-by-step description of the process. The context may vary depending on the location, so the teacher should adapt the process accordingly.

Learning objectives

- Increased awareness on sustainable skills and healthy lifestyle
- Increased sense of ownership among the children of their own healthy lifestyle and sustainable skills at an early age

Before:

1. Prepare a lesson to get the pupils acquainted with the sustainable development goals and healthy lifestyle.
Here you can find some inspiration for lessons:
 - <https://www.un.org/sustainabledevelopment/pupil-resources/>
 - <https://www.bookwidgets.com/blog/2019/12/10-ready-to-use-lesson-plans-on-the-sustainable-development-goals>
 - <https://scotdec.org.uk/resources/explore-the-global-goals-17-activities-for-primary-schools/>
 - <https://www.foodafactoflife.org.uk/> (healthy lifestyle)
2. The last part of the lesson will be dedicated to the creation of a bingo card. Divide the pupils in groups of 4 and ask them to come up with 5 challenges:
 - The challenges should be able to complete on your own
 - Feasible to complete within the holiday

Gather all challenges and let them vote on each challenge to be included in the card or not. The 6 or 9 challenges (you can choose yourself) with the most votes will be included in the bingo card. Recommendation:

 - 6 activities for children aged 4 to 7 years old
 - 9 activities for children aged 8 to 12 years old
3. Go to the design in Canva: <https://www.canva.com/bingocard>, make a copy for yourself and adapt the bingo card with your own challenges.
4. Print a bingo card for each pupil.
5. The teacher discusses all the activities with the pupils. Is the objective of each activity clear to the pupils?
6. The children take the bingo card home.

During:





4. The children perform the activities. When they complete an activity, they capture visual material (e.g., photos or videos). The visual material is shared with the teacher.
5. Once an activity is completed, the children mark the corresponding square on the bingo card.
6. When the bingo card is complete, the children submit it to the teacher.

At the end:

4. The children submit their completed bingo cards on the agreed-upon date. The date will be determined by the school.
5. Two cards will be randomly selected from all the submitted cards.
6. The two selected pupils will receive a reward to encourage physical activity, such as a jump rope or a ball.

Considerations:

6. Ensure there is visual material throughout the process.
7. Encourage some pupils to write about their experiences with the process.
8. Motivate the children to complete as many activities as possible.
9. Ensure that parents/guardians are aware of the process to garner support for the project. Parents/guardians can also encourage the children.
10. Above all, have fun! That is the most important aspect.



Annex C – Example evaluation questions

Example evaluation questions for the teacher

1. Did the process run smoothly?
2. What problems/challenges did you encounter?
3. Do you have points of improvement for next time?
4. Did the children execute the activities/challenges? (review photos/videos)
5. Did the children have fun?
6. Are the children now motivated to exercise now more and more often/eat healthier/play an active role in sustainability issues in their environment etc.?

Example evaluation questions for pupils

1. What did you like?
2. What didn't you like?
3. What would you like to do differently next time?

Annex D – BINGOGREEN card 4-7 years



BINGO *green*



Do as much as possible jumps in 1 minute



Register the amount of glasses of water each day



Try a piece of fruit you never had before



Brush your teeth twice per day



Prepare 1 healthy breakfast



Go for a walk

Complete all challenges and hand in the complete card with your teacher! Pictures and videos are more than welcome. Please send them to your teacher. Among the completed cards, 1 winner will be drawn!



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Annex E – BINGO GREEN card 8-12 years



BINGO *green*



Bike 3 days 30 minutes



Do every night 20 jumping jacks



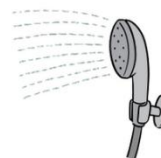
Play a game outside



Prepare a meal with vegetables



Try a piece of fruit you never had before



Shower within 5 minutes



Check all plugs in the house. Is it not being used? Pull it out!



Pick up a piece of waste during a walk



Go for a walk

Complete all challenges and hand in the complete card with your teacher! Pictures and videos are more than welcome. Please send to your teachers. Among the completed cards, 1 winner will be drawn!



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