

Title: CLIMATE FEELING MAP

Goal:

One of the keys to emotional wellbeing is being able to name and communicate about feelings. This map provides a simple way for people of all ages to share their own feelings and see others'.

Intro:

What are some of the feelings people have about the environment and climate change? This map opens up a conversation about climate emotions.



Resources:

In-person: A wall, post-its or papers+tape for people to add words
Online: Make the + graph on a white board (such as Jamboard) or an online doc where people can write

Instructions:

Make a space on the wall for a graph with two axes intersecting in the middle (like a + sign). Label the left-hand end UNPLEASANT and the right-hand end PLEASANT. Label the top INTENSE and the bottom MILD.

Think about the earth and what's happening locally and globally in terms of climate change. What are some of your feelings? Place a few of your own example words on the graph

Write one feeling at a time, then post each one on the + graph.

For example, if you write "Grateful" probably it goes to the right (toward PLEASANT) and, if you're feeling that with a mild level of intensity, perhaps it's on the lower-right quadrant.

After you've written 3-5 different feelings, notice your own and others' feelings on the chart.

Discussion:

Did you find that your feelings were all in one area, or spread around on the graph? What does that tell you? What are some feelings you see others have written that are like your feelings? How do you feel seeing that? What are some feelings that others have written that are different from your feelings? How do you feel about that?

What's one feeling on the left side that you think is very important or motivating? How about on the right? Sometimes people describe the feelings on the left as "negative" and try to avoid these feelings; what do you like or dislike about that?

Overall, how big is the range of feelings? What does that tell you?



POP-UP FESTIVAL