

Title: POWERLINES

Goal:

A sense of “agency” -- knowing you can make a difference -- is an essential part of addressing any challenge, and it’s key to managing climate anxiety. In this activity, participants identify what increases and decreases their sense of agency.



Intro:

One of the major challenges in addressing SDG13 is that climate change is a vast, global issue -- can individuals make a difference? In this activity we’ll explore if, and how, we can work on climate change.

Resources:

In-person: a string, copy of Powerlines thoughts, feelings, and actions cards
Virtual: digital whiteboard/a place to type answers, digital copy of Powerlines thoughts, feelings, and actions cards

Instructions:

Consider: What was one of the first times you started thinking about climate change? How much power did you feel then? How powerful do you feel now about changing climate change?

If you are doing this activity virtually/online, you can use a digital whiteboard or other place to type answers (eg a Google Jamboard). If you are doing this activity in-person, label each end of the string: POWERFUL and POWERLESS; add an example

Example: < --- Powerless ----- Powerful --->
“I can’t do anything”

Pick one of the words / phrases from the Powerlines Thoughts, Feelings & Actions list and consider:
How much power do you feel in relation to this? PAGE 1/2

Discussion:

For you, what was the purpose of this activity?

How did you feel seeing where other people put some of the words? Was there any you would have put in a very different location? Why might that be?

What is a feeling, thought, or action on the powerline that could help you? What could you do with that idea? What could we add to this list that feels empowering?



POP-UP FESTIVAL

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Place your word/phrase on the continuum from POWERLESS to POWERFUL and think about why you put it in that location.

Notice what other people have put on the continuum -- to what degree do you agree with others’ perspectives on what thoughts, feelings, and actions are powerful or powerless? PAGE 2/2

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POP-UP FESTIVAL