

Title: Climate Feelings Frame

Goal:

Learn about the complexity of your emotions and express what climate change means to you.



Intro:

At this station, you'll explore your feelings around climate change by creating a picture frame that represents your emotions about climate change.

Resources:

Blank paper or
Climate Change Frame sheet
Markers or colored pencils

Instructions:

Pick up a blank piece of paper and draw a line about 3cm from the edges to make a "frame." or use the Climate Change Frame sheet.

Next, take a few deep breaths & quietly think about climate change. What are some of your thoughts about climate change? What does "climate change" mean to you?"

Inside the frame you made, creatively express your ideas about climate change. The purpose of this activity is to express what climate change means to YOU, so there is no right or wrong way to do this. It's up to you to draw or write or doodle your own thoughts.

Once you are done with your creative expression inside the frame, the next step is to color the outside of the frame to express how you are feeling.

Ask yourself: "What is one feeling I have about climate change?" Choose a color that expresses this emotion & add it however you'd like to the frame. Next, ask yourself: "What else am I feeling?" Choose a color for this next emotion, and add that color to the frame. Keep asking yourself "What else am I feeling?" until all your feelings about climate change have been expressed through the colors on the frame.

Share your picture with someone else and tell them one part of your picture that is important to you.

Discussion:

How did it feel to express your emotions through art?

Notice that no one needs to know what the colors mean to you... you get to choose whether you share your feelings with others or not. If you did want to share your feelings about climate change with someone, who could you go to who would listen to your feelings?

Most of the time, people feel many different emotions at the same time. How many different feelings are on your frame? Sometimes, people have opposite feelings at the same time (such as feeling happy about a beautiful tree, and also sad that people cut trees down). Do you have any opposite feelings at the same time? What is that like for you?

In this activity, you have ideas about climate change "framed" by your feelings. In real life, how do your feelings and thoughts about climate change go together (or not go together)?



POP-UP FESTIVAL