



# How do you feel about climate change?

“ I am frustrated by the slow pace of change to tackle things. ”

“ I am inspired by stories about people taking action. ”



“ I feel guilty when I think about the impact of some of my choices. ”

“ I feel overwhelmed by how many problems there are to solve. ”

## How to build a climate emotions paper chain

1. Which emotions do you feel when thinking about climate change? Use the Climate Emotions Wheel<sup>1</sup> above as a guide.
2. Choose a paper strip in a matching colour for each emotion.
3. Write the emotion on the strip and link your pieces together.
4. Add your link to build a climate emotions paper chain.

[1] Pihkala, P., & Kamenetz, A. (2024). A Guide to Climate Emotions (Climate Emotions Wheel). Climate Advocacy Lab & Climate Mental Health Network. © 2024.



For more support download our Caring for Emotions in Climate Change Education guide.