

### Teaching instructions:

This activity aligns with lessons about the impacts of climate change on plants and people. The goal here is to prepare for the **DEEP THOUGHTS** and **DARK FEELINGS** that can arise when discussing the threat climate change poses to the planet's ecosystems. Remind students that when our hearts hurt about climate change, it's because we love the people, places, plants, and animals around us. And that's a wonderful thing! **LOVE** is the source of our **COURAGE** to act and our **COMPASSION** for each other. So let's dive in!

**SAY:** In order to move from **AWARENESS** of climate change to **ACTION**, we need to dive into some deep - and sometimes dark - feelings. Here are some questions to help you through.

**DO:** Ask the kids to think about how climate change makes them feel. Invite them to circle the emotions they feel (or have felt in the past). If they're comfortable, invite kids to share with a friend or their parents.

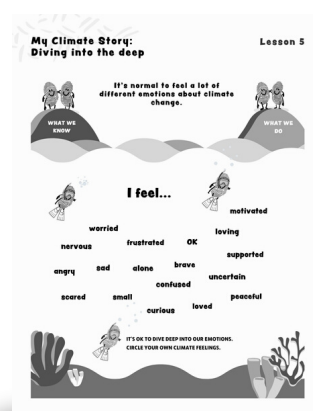
**Option:** Use the prompts on the teacher worksheet to open up discussion about managing deep feelings. Tie this activity to a mindfulness practice, a yoga session, a walk in nature, or another quiet opportunity for reflection.

Climate stories are about using our



This lesson focuses in on **VALUES** and **EMOTIONS** - heart stuff in the context of climate change.

Lesson 5 Worksheet



### How do we get from climate awareness to climate action?

**Does climate change make you feel...**

**Confused?  
Scared?  
Worried?  
Uncertain?  
Determined?**

Big feelings about climate change are normal, and it's OK to feel a lot of different feelings at once. Emotions bubble up because you are linked to other people, and to plants and ecosystems. If you get stuck feeling a certain way, take a deep breath. Find a quiet place.

**What do you hear your mind saying?  
What do you feel your body telling you?**

**Try out some of these practices:  
Smile.  
Tune into your thoughts and feelings.  
Turn to someone you trust.**

As thoughts come into your mind, smile, say "thank you" to the thought bubble, and picture it floating away. Remember that there are people around you who love you, and who want to help you work through your thoughts and feelings.

**Who can you reach out to for support?**

**It's good to sit with difficult feelings, but it can also feel good to turn feelings into actions! Connect with others and share your story.**

It helps when you can channel your fears into action. This won't make your tangled feelings go away altogether, but it's a great way to connect with other people and make the world better than it would otherwise be. We each have a role to play!

**Who can you join up with to take action?  
What does helping mean to you?**

# My Climate Story: Diving into the deep

## Lesson 5

**It's normal to feel a lot of different emotions about climate change.**

**WHAT WE KNOW** **WHAT WE DO**

**I feel...**

**worried** **motivated**

**nervous** **frustrated** **OK** **loving**

**angry** **sad** **alone** **brave** **supported**

**scared** **small** **confused** **uncertain** **peaceful**

**curious** **loved**

**IT'S OK TO DIVE DEEP INTO OUR EMOTIONS.  
CIRCLE YOUR OWN CLIMATE FEELINGS.**