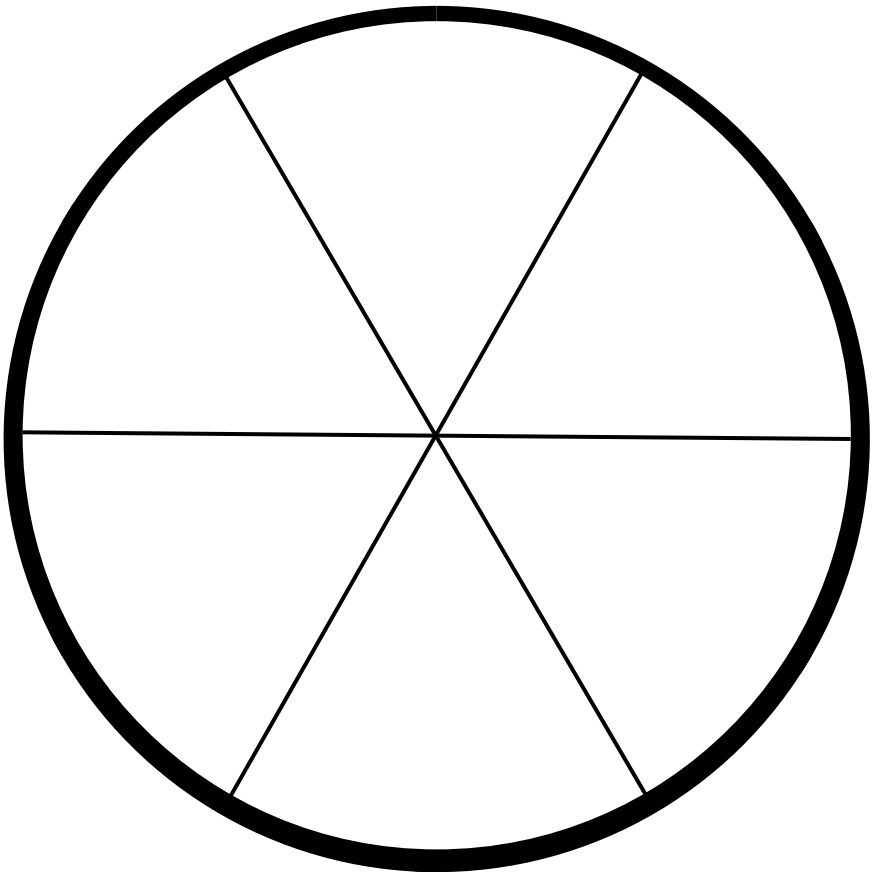


# Climate Emotions Wheel



# Climate Emotions Wheel Activity Sheet



# Climate Emotions Wheel Activity

Any emotions that you feel about the climate crisis are normal and valid. Explore and connect with these emotions using the Climate Emotions Wheel Activity. This activity is for people of all ages and can be done with family members, in a classroom, with friends, work colleagues, etc. Print out the blank Climate Emotions Wheel and write and draw whatever representation of the climate emotions you most often feel in each segment. Please refer to the complete Climate Emotions Wheel for possible emotions to include. When you're done, share with someone about what you created, why, and discuss ways to address your emotions & practice self care. To learn more check out our [Self Care & Taking Action Worksheets](#), [Creative Arts Therapy Guide](#), [Resources Page](#) and [Parents Guides](#).