

WHAT'S YOUR INNER WEATHER REPORT?*

Tackling climate change can provoke anxiety. It's important to learn how to address these emotions to prevent burnout. This activity will promote inner reflection about the emotions that surge in relation to climate change to help you build your inner resilience.

Climate Change

Time

45 minutes

Difficulty

Medium

Resources

Large piece of paper, regular paper, colored markers

*This activity was created as a continuation of learning connected to the [Tu Dilo](#) Limitless Project.

Instructions

Step 1

- Form a circle with all of the participants and ask them to kindly close their eyes, connect to their breath, start thinking how are their emotions in that moment and keep breathing for a couple of minutes.

Step 2

- After the time, ask them to open their eyes again and give every participant a piece of paper and markers of different colors. Ask them to draw how they are feeling using the question: "What is your inner weather report for this day?" You can think about the weather report on TV but turning it into your inner emotional state. For example, if you are feeling happy and optimistic, you can draw a very shiny sun or if you are having a lot of thoughts your draw could be full of clouds.

Step 3

- When everyone has their drawings give them a couple of minutes to share about their drawing and emotions.

Step 4

- After that ask them another question: "What is your inner weather report when you hear about the effects of climate change?" "Comparing it to your first drawing would you change anything?" Give the group a couple of minutes to modify their drawings.

Step 5

- When everyone finishes, ask them to share how their emotions change when they think about climate change impact.



For more Climate Change activities, visit www.preparecenter.org/TeenPrepKit

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Instructions Continued

● Step 6

- Remind them that when there are situations that are out of our control, sometimes it's difficult to know what is the next step or to find hope. Highlight that they can take action with the things they can control, such as their behavior.

● Step 7

- Ask them to think of something they can commit to contribute to climate action. Maybe learn more about the topic, involve in local clubs or groups for climate advocacy, start talking about it with their family and friends.

● Step 8

- Invite the participants to write their commitment on a big piece of paper and sign it as a symbolic way to take climate action.

● Step 9

- End the activity with a short breathing exercise.
- "I invite you to kindly close your eyes and bring your attention to your breathing. Gently recognize your thoughts and emotions, maybe there is worry about the future, anxiety of their uncertainty or hope to highlight the changes that you can make. Keep focusing on your breath and remember how brave and capable you are. Remember that you have everything that you need to take action and contribute to make the world a better place. Remember that you are doing your best right now and that it is completely fine. Remember that you are special. Keep breathing and let all the heavy emotions and thoughts flow and welcome calm and inspiration. Kindly be aware of your surroundings and when you feel ready open your eyes."



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