Climate Emotions Dinner Party

Worksheet

> "Think of your feelings as guests in your home. By greeting them all and learning their names, you can host a big gathering without getting stuck in the corner all evening with just one guest."
> - Leslie Davenport, as described by Britt Wray

Host a climate emotions dinner party

Imagine you are hosting a dinner party and the guests are all climate emotions. Look at the climate emotions wheel and choose 2-3 (or more) to invite to your dinner party.

1. Name each guest (each emotion).

Do they have a particular look? (e.g., Do you associate this emotion with a particular kind of person, or a particular kind of voice or vibe?)

What do they feel like to be around? (e.g., Do they make your heart beat faster or make your stomach hurt? Do they feel like a calming presence?)

2. Consider each guest, or emotion, and ask "Why is this emotion at the table?" What is this emotion showing me or telling me about climate change?

Our emotions help us tune into what we value. But that doesn't mean we have to get stuck in one feeling all the time. Which emotions feel "uninvited"? Which emotions leave you feeling connected and mobilized?