

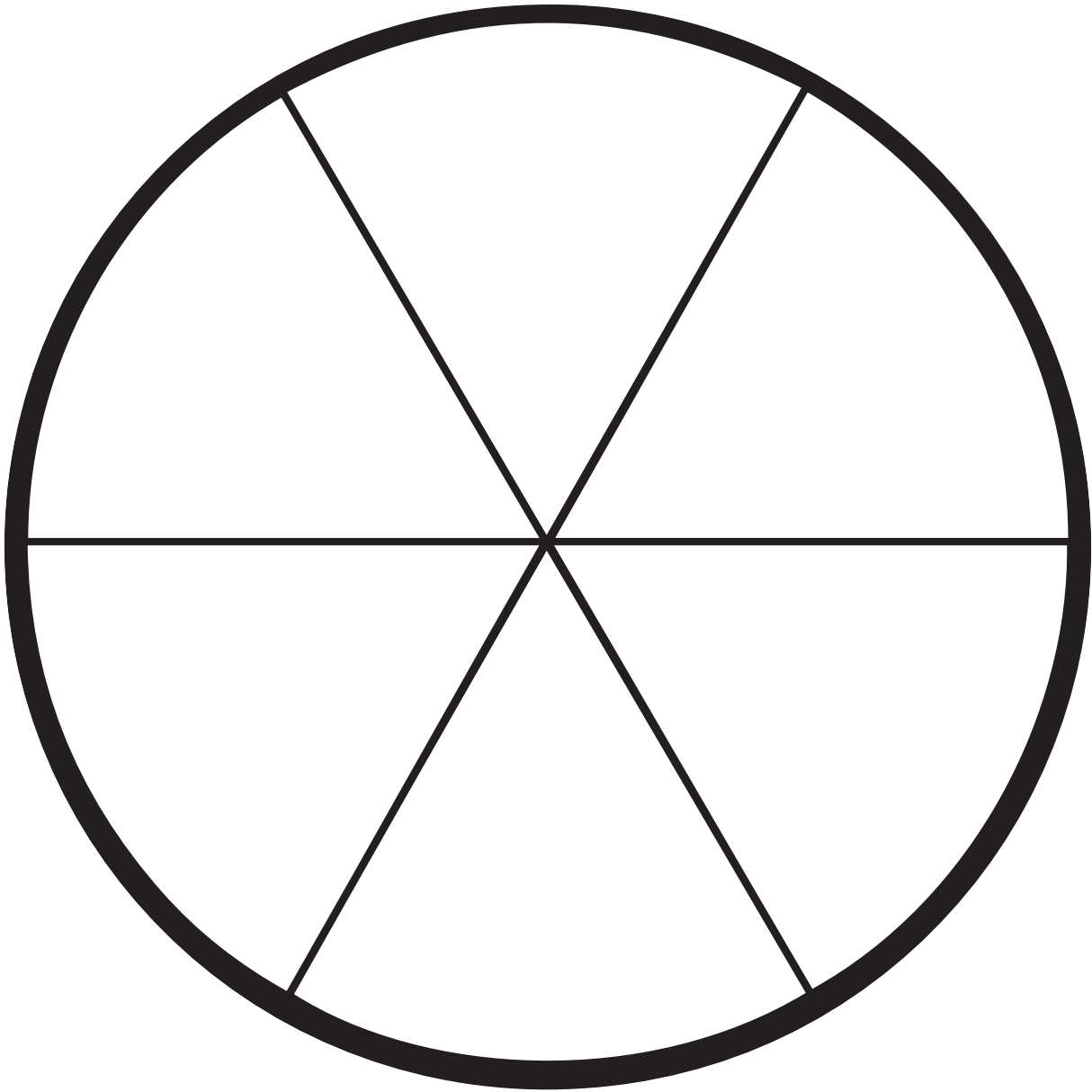
# Climate Emotions Wheel



# Climate Emotions Wheel

Emotions wheel na visual tool wey psychologists dey use for decades to help people understand and understand their own feelings well. Dis Climate Emotions Wheel come from research wey Panu Pihkala for University of Helsinki do, especially for him paper for 2022 wey them call **Toward A Taxonomy of Climate Emotions**. Dis no be to cover everything or be final, and e no dey show true size; positive emotions no dey often identify like other emotions for dis scale for most research. We dey hope say as you look this wheel, e go help you recognize your own emotions and how you fit handle those feelings.

# Climate Emotions Wheel Activity Sheet



# Climate Emotions Wheel Activity

Climate Emotions Wheel Activity Any emotions wey you feel about di climate crisis dey normal and correct. Use dis Climate Emotions Wheel Activity sheet explore and connect how climate change dey make you feel. Dis activity fit be for people of all ages and you fit do am with family members, for classroom, with your friends, and di people wey you dey work with and even other people too. Print out di blank Climate Emotions Wheel, write and draw wetin dey represent di climate emotions wey you dey feel pass for each segment. Abeg refer to di complete Climate Emotions Wheel for possible emotions wey you fit include. Wen you don finish, share with somebodi wetin you create, why, and discuss di way to address your feelins and practice self care. If you wan learn more, make you check out our [Personal Care & Taking Action Worksheets](#), [Creative Arts Treatment Guide](#), [information Page](#) and [Parents Guides](#).