

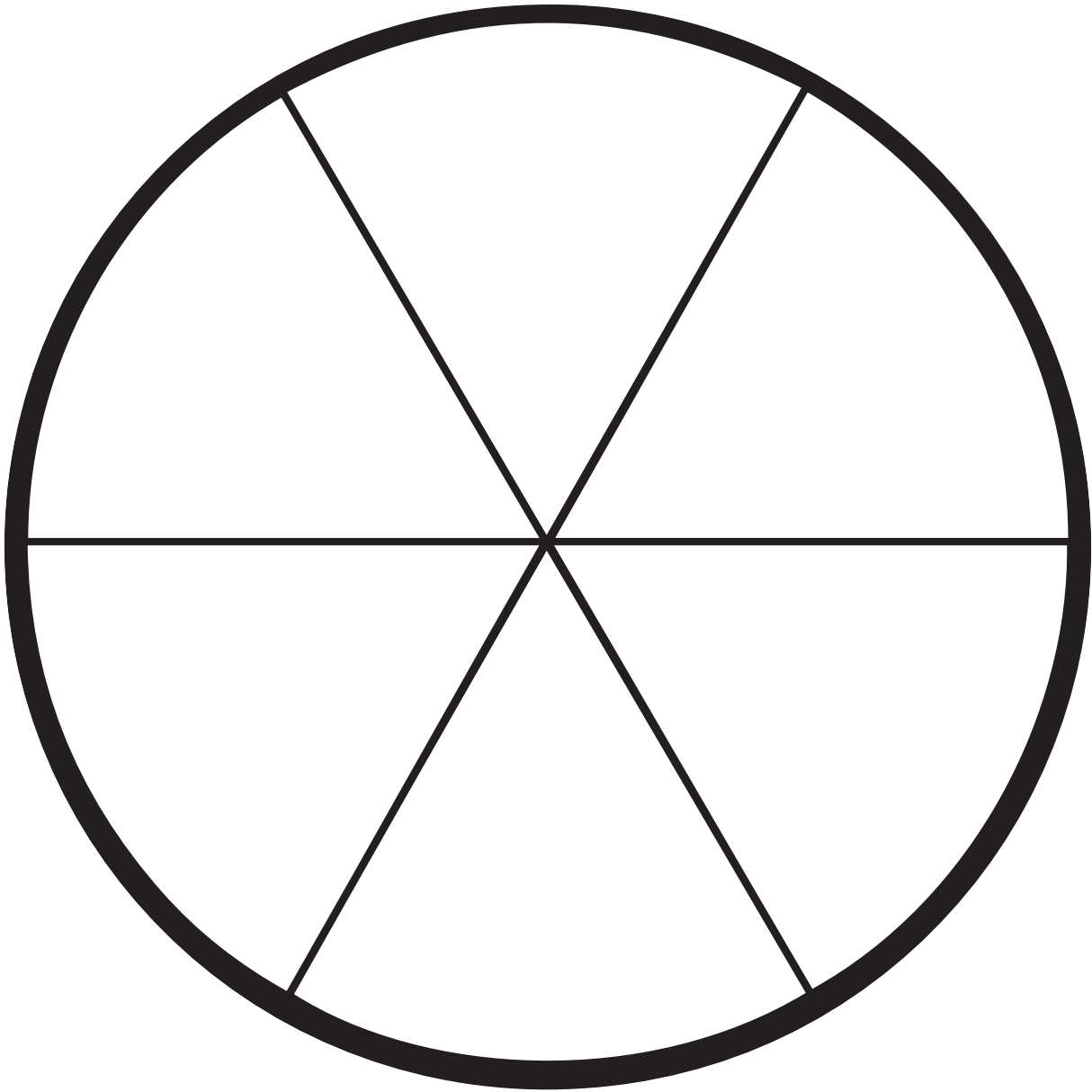
# Climate Emotions Wheel



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Emotions wheels have been a visual tool used by psychologists for decades to help people better understand and interpret their own feelings. This Climate Emotions Wheel is based on the research of Panu Pihkala at the University of Helsinki and particularly his 2022 paper [Toward A Taxonomy of Climate Emotions](#). It is not intended to be comprehensive or definitive, and it is not to scale; positive emotions are not typically identified in most research as often as other emotions on this scale. Our hope is that looking at this wheel will help you identify your own emotions and work with them.

# 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](#), [Tips](#), and [Parents Guides](#), at [ClimateMentalHealth.net](https://ClimateMentalHealth.net).