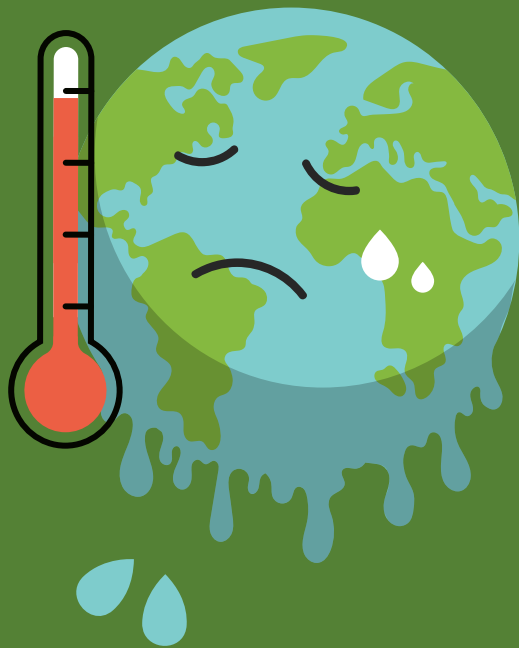


Guidelines for a Climate Circle

Amnesty International Canada

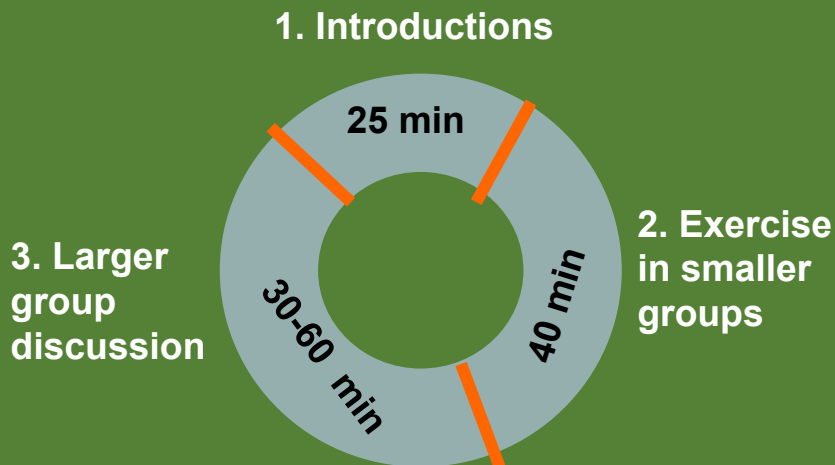


A **climate circle** is a 1-2 hour exercise where everyone spends time speaking about their experience with the climate crisis and sharing strong emotions related to climate or eco-anxiety: fear, grief, despair, anger... This is not meant to be an activity to necessarily make people feel better, but instead this exercise is meant to offer a comfortable and safe space for people to share their feelings.

Main exercise: The basic format for “Climate Circle” small-group exercises is a 10 minute “monologue” in groups of three. Each person takes turns speaking about their experiences related to climate crisis, while the other two participants listen silently. This can be an open-ended exercise, or can be based on prompts, such as quotes or questions, provided by the facilitators.

From- [Climate Circle](#)

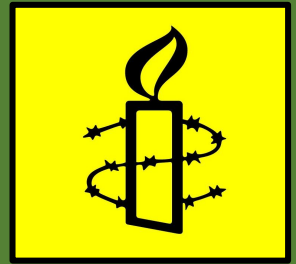
Format



Materials:

- Meeting space
- Chairs
- Bell or sound to indicate the start and end of meeting
- Tea and coffee

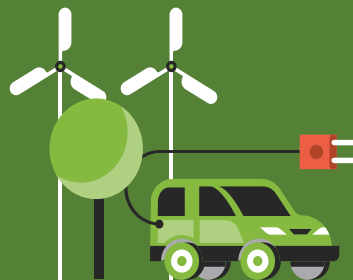




For more **information and actions** visit:
<https://www.amnesty.ca/what-we-do/climate-justice/>

Some helpful prompts:

1. What kinds of feelings have you been having lately about climate change?
2. What do you love and appreciate about the Earth?
3. What do you love and appreciate about being alive on Earth?
4. What climate-related feelings do you carry around with you during the week?
5. What feelings come up, when you think about the future?
6. How do you experience grief as it relates to climate change?
7. What do you find hard about working on climate issues?
8. How do your feelings about climate affect your body?
9. What do you need to help you take care of yourself in the face of challenging feelings? **From** - <https://www.climateandmind.org/climate-circle>



Helpful resources:

- [Climate Circle](#)
- [Circles](#)
- [Climate Circle — We Heal For All](#)
- [Climate Cafes](#)