

# THE ECO-EMOTIONS GAME



START



WHAT MAKES YOU HAPPY?

COMPLETE THIS SENTENCE:  
I FEEL SAD FOR NATURE WHEN...

NAME THREE DIFFERENT EMOTIONS YOU'VE FELT TODAY.



NEWS OVERLOAD IS EXHAUSTING. MISS A TURN AND TAKE A REST.

A THOUGHT THAT CALMS MY ECO-ANXIETY IS...

THREE THINGS THAT MAKE LIFE GOOD ARE...



## Special tasks:

Listen to your heart – answer with whatever comes to your mind first!



Debate pro – take a stand and justify your opinion!



Dilemma of the day – how would you deal with it?



YOUR FRIEND DOESN'T CONSIDER ENVIRONMENTAL ISSUES TO BE IMPORTANT. WHAT DO YOU DO?

SAY SOMETHING NICE TO THE OTHER PLAYER AND THROW THE DICE AGAIN!

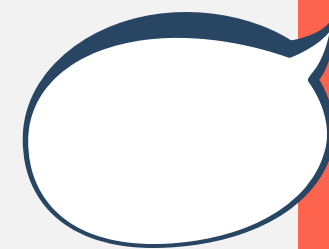


COMPLETE THIS SENTENCE:  
WHEN I FEEL AFRAID ABOUT THE FUTURE...



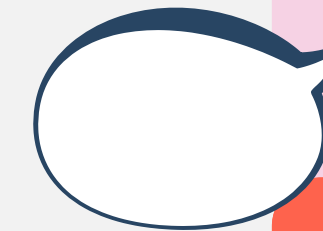
COMPLETE THIS SENTENCE: I FEEL SAD ABOUT ENVIRONMENTAL ISSUES WHEN...

"THE DECISION-MAKERS WILL TAKE CARE OF THINGS."



"IT'S ALWAYS WORTH TRYING TO DO WHAT'S BEST FOR THE CLIMATE."

YOU LISTEN TO A FRIEND'S WORRIES. THAT'S NICE OF YOU! THROW THE DICE AGAIN.



IF THE FOREST COULD SPEAK, IT WOULD PROBABLY SAY...

Remember that YOU decide how much you want to reveal about yourself in the game. **Good luck!**

YOU SPEND A RELAXING MOMENT IN THE FOREST. MOVE FORWARD TWO SPACES.



WHAT ENVIRONMENTAL ACTIONS COULD YOU DO RIGHT NOW?



WHAT ORDINARY THINGS MAKE YOU HAPPY IN YOUR DAILY LIFE?

OH DEAR, TOO MUCH DOOMSCROLLING! MOVE BACK TWO SPACES.

WHEN THE NEWS REPORTS CLIMATE-RELATED ISSUES, HOW DOES IT MAKE YOU FEEL?

"MY CHOICES MATTER."



WHAT IS YOUR DREAM FUTURE FOR THE PLANET?

WHEN I TALK ABOUT MY CONCERNS, I'D LIKE THE LISTENER TO...

NAME THREE THINGS THAT INSPIRE YOU.



END

