

Reflection Cards for Climate Emotions: Hope and Harmony

Upper Primary | Set of 12 Cards

Each card is designed to prompt thoughtful reflection, creative expression, or meaningful discussion, focusing on the emotional themes of hope and harmony in relation to climate change and sustainability.

Hope Reflection Cards (6 Cards)

Harmony Reflection Cards (6 Cards)

Suggested Use

Discussion Circles: Use the cards as prompts in group discussions.

Journaling: Ask learners to write their responses in a reflective journal.

Creative Expression: Encourage learners to respond through art, music, or drama.

End-of-Day Reflection: Select a card to close lessons on a positive and reflective note.

These cards aim to empower learners with the emotional tools to navigate climate concerns while fostering positivity and collaboration.

Positive Emotion Vocabulary

Hopeful

Empowered

Inspired

Optimistic

Grateful

Motivated

Connected

Compassionate

Encouraged

Determined

Resilient

Proud

Picture the Future

Imagine a world where people work together to solve climate challenges.



What does this future look like to you?



Acting with Hope
Think of one small action you can
take today to care for the planet.
How might this action inspire others?

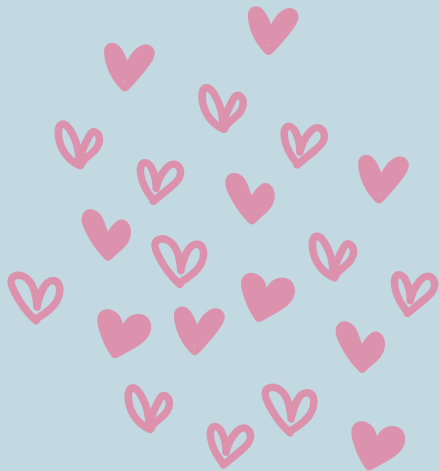




The Ripple Effect

**Describe a time when someone's
positive action gave you hope.**

How can you pass that feeling to someone else?





A World of Solutions

**Share an example of an innovative
solution to a climate problem you've learned about.
How does it make you feel hopeful?**





Hope in Nature
Spend a moment thinking
about a place in nature that makes you feel happy.
How does this place remind you of why protecting
the planet is important?



Messages of Hope
If you could write a message
to the next generation about the
planet, what would you say to give them hope?

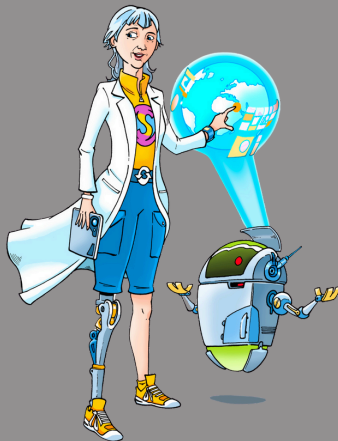




Working Together

**Describe a time when you worked with
others to achieve a shared goal.**

**How is teamwork important for
helping the environment?**



Harmony in Nature

Look outside or imagine a natural landscape.

How do the animals,

plants, and

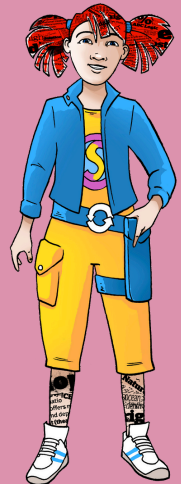
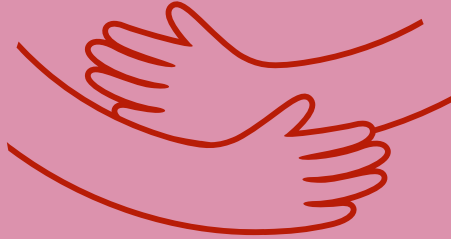
environment

depend on each other to stay in balance?





Caring for Each Other
How can caring for the planet
also help people and communities live
healthier and happier lives?





Living in Balance
What changes can we make
in our daily lives to live in harmony
with the environment?

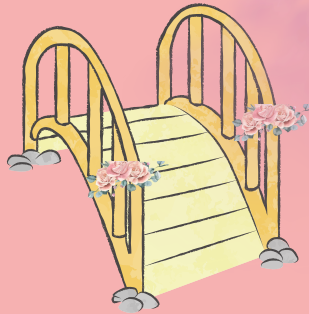




Harmony Through Art

**Create a drawing, poem, or story that shows
how people and nature can live in harmony.
What inspired your creation?**





Building Bridges

**Imagine you are speaking to someone
who doesn't believe climate change is important.**

**How can you share your views
in a way that promotes understanding and harmony?**

