



Climate
Mental Health
Network

Climate Catcher

Conversation Starters & Self-Care Game



Make your own Climate Catcher game!

WHY PLAY THIS:

Break the ice with friends, classmates, and co-workers. Start conversations about the emotional impacts of climate change and practice self-care together.

HOW TO MAKE IT:

1. Cut out the big square. Fold in the four corners to the middle. Fold in the four corners to the middle again.
2. On the outer flaps, add design such as animals or plants (written or drawn).

HOW TO PLAY:

1. Hold the Climate Catcher with the thumb and forefinger of both hands.
2. Ask your partner to choose from an OUTER flap. E.g. If they select "tree", spell it aloud and open/close the Climate Catcher once for each letter of "T R E E".
3. Ask your partner to choose from an INNER flap. E.g. If they select "fish", spell it aloud and open/close the Climate Catcher once for each letter of "F I S H".
4. Ask your partner to choose from an INNER flap. Unfold that flap, read it aloud, and invite your partner to follow the prompt.

3 VERSIONS:

- The "Conversation Starter" version contains conversation prompts.
- The "Self-Care" version contains self-care prompts.
- The "Mixed" version contains both conversation and self-care prompts.

GUIDELINES:

- This is meant to be a safe and supportive activity.
- Listen openly and respectfully. Leave your criticism at the door.
- When talking, use "I" statements.
- Be willing to try it and participate. You being open models that for others.
- If you feel overwhelmed, be honest and take a break.

DIFFERENT WAYS TO USE THIS:

- **Youth:**
 - In a “green team” or “eco club” meeting, pass a Climate Catcher around the circle and give each person a turn. You could do one round of “Self-Care” to help everyone feel more relaxed, and then one round of the “Conversation Starter” to have people share their feelings/thoughts about the climate.
 - Don’t have a team or club? Try this with a friend you trust. Since the “Mixed” version has both kinds of prompts, it could be more fun and interesting to mix things up!
- **Teachers:**
 - Try any version in an advising meeting with a student who is a climate activist or seems to be struggling about the climate.
- **Parents/Caregivers:**
 - If a young person you care for seems to be struggling about climate change, try any version to help start a conversation and/or encourage self-care practices. This can be a great activity to do together.
- **With colleagues at a workplace or friends at an event:**
 - Try any version for people to connect, talk about the challenges of working on the climate, and/or practice self-care.
- **Alone:**
 - Do you appreciate reminders for self-care? Keep the “Self-Care” version on your desk or beside your bed. When you feel stressed or overwhelmed, choose and follow the prompt.
 - Do you like having a variety of journaling prompts? Try the “Conversation Starter” as part of a regular journaling practice.

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Conversation Starter Version

When you think about the climate, how do you feel? (See Climate Emotions Wheel.)	How do you take care of yourself emotionally?
What things do you already do to help the climate?	What gives you courage or hope?
What things do you want to do more of to help the climate?	What community resources could help you with your climate emotions?
When did you start getting concerned about the climate?	How has climate change affected you or people you know?



Self-Care Version

Give yourself a hug.

Describe a special
place in nature.

Take 3 slow breaths
now.

Stretch or shake your
body (or imagine a
cat or dog).

Notice 2 things you
can hear or 2 things
you can touch
nearby.

Name 3 feelings
you've experienced
today.

Write down a positive
affirmation.

Take a moment to
pause, give yourself
some grace, and get
a drink of water.



Mixed Version

When you think about the climate, how do you feel?
(See Climate Emotions Wheel.)

Stretch or shake your body (or imagine a cat or dog).

What things do you want to do more of to help the climate?

Describe a special place in nature.

How do you take care of yourself emotionally?

Notice 2 things you can hear or 2 things you can touch nearby.

What gives you courage or hope?

Take 3 slow breaths now.

Climate Emotions Wheel



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