

ALL THE FEELINGS UNDER THE SUN

HOW TO DEAL WITH CLIMATE CHANGE

by Leslie Davenport ✨ Illustrated by Jessica Smith



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CLIMATE CHANGE

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illustrated by Jessica Smith



For Fiona, Will, and all the children brightening our world.
And for those yet to join us in this beautiful place—LD

Thank you to Magination Press and the American Psychological Association
for giving me the opportunity to illustrate a book that is so important
for everyone to learn a little more about right now!—JS



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INTRODUCTION



Climate change isn't just changing the **climate**: It's affecting every part of our world. To help you understand the transformation of our planet that's happening right now, this book will take you on a journey through many different branches of science, our history, our societies and cultures, and into your own mind and feelings. As you learn about **climate change**, you'll also be learning about yourself.

You'll discover all the ways that nature is beautiful, powerful, delicate, fierce, mysterious, and awesome. But nature isn't just outside of us in the trees, fish, clouds, and lakes: We humans are a part of nature. We share the same history and we're made from the same elements as everything else on the planet, like hydrogen, oxygen, and phosphorus. We live in and share the **biosphere**. We each have a place in our planet's living system with all of the world's plants and its other animals, from the sky to the earth to the sea.

This book will look back to the origins of the Earth and the evolution of life up to the present day. We'll learn about the different scientific predictions for our future, which depend on how successfully we humans can deal with climate change. You'll learn how climate

change started, why it's creating problems, and all the ways you can respond to its challenges.

You'll be introduced to some of the many people who are devoting their time and energy to finding climate solutions that will contribute to a safer and healthier world for everyone. You'll see how solutions from different fields—like farming, transportation, clean energy production, and the restoration and protection of land, water, and air—can join together to create a new and healthier world. Since we all contribute to the life force of the planet, you'll discover many things you do that can make a difference, and you'll find strength in learning about and making these choices. You might be inspired by the creative ideas you'll read about and the accomplishments of the many youth leaders in the climate movement.

A very important part of our journey into our own and our planet's future is learning how to build our inner resiliency: our emotional strength. It's a remarkable time to be alive, because we'll all be working together to deal with the huge challenges to our planet. As we learn more about the impacts of climate change, at times it may be frightening or sad and make us nervous or angry or more. You may experience all the feelings under the sun. These feelings are totally natural and healthy. You'll be learning more about what you're feeling and why, and this book will give you some new tools to express your feelings so they don't overwhelm you. In fact, strong feelings can be

helpful: They can give you the energy and focus you need to nourish your dreams and act in creative and productive ways.

This book is meant to be read slowly, and you'll find exercises in each chapter that explore how the feelings and ideas you read about fit into your own life. Take your time. Most of the activities use writing or drawing, so if you want, you can make a "Making a Healthier World Together" journal to use as you read this book. You can use a blank book and decorate it, or simply use sheets of paper.

FEELINGS AND CLIMATE CHANGE

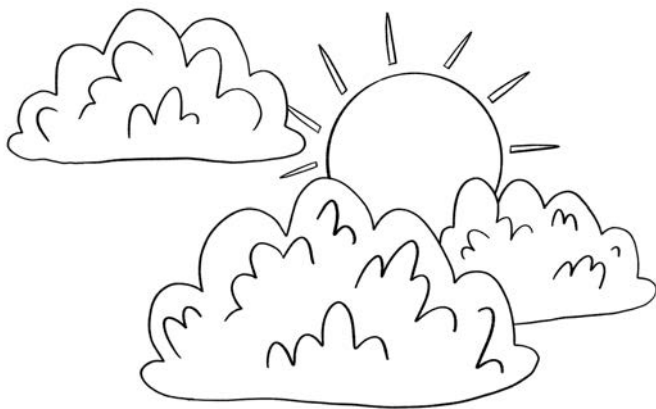
Paying close attention to our feelings will give us useful information about our life experiences and even help us move toward climate change solutions. For example, anger can help you take a stand in the world to protect who you are and what you feel and believe. But just like natural **ecosystems**, we need a healthy balance. Too much anger, and you risk hurting others—but if you don't acknowledge the natural anger that you feel in a situation, you risk giving up your valuable point of view and your individuality.

Fear is a feeling that lets us know that change is happening. It can help us take care of ourselves and avoid harm or injury. Too much fear, though, can prevent us from doing things that we might enjoy or need to do—and too little fear could put us in dangerous situations.

Feeling sadness can sometimes help us see that we need to let go of something: Maybe there's a situation that no longer works for us, and it's time to make room for something new. Or we've lost something we love, like our pet. But feeling sad all the time might make it hard to concentrate in school or hang out with friends.

A PAUSE FOR FEELINGS

Take five minutes and write in your journal or on a sheet of paper about some times you felt anger, fear, and sadness. As you remember those feelings, write about how they made sense with what was happening at the time.



Feelings are like the **weather**: They come and go, and they're always changing. There are days full of fun that feel like a bright sunny day, and on other days our feelings are dark and stormy. We often only pay attention