

Your 'awakening moment'

This task aims to get you thinking about what it is that motivated you to take action on climate change. This will help you to think about how to engage and effectively communicate with others.

Think about a moment when you saw or heard something that really made you decide that climate change and protecting the environment was an issue that was important to you. Fill out the table below with as much detail as you can.

<p>1. What was it that you saw or heard which had an impact on you? <i>E.g. news item, local event, documentary</i></p>	<p>2. Why do you believe it had such an impact on you? <i>E.g. it made you think about people you care about, it made it seem more tangible</i></p>
<p>3. How did it make you feel? <i>E.g. angry, sad, motivated</i></p>	<p>4. Was there a particular person or organisation that sparked this moment? Why did you trust them? <i>E.g. family member, friend, celebrity, charity</i></p>

5. What did you decide to do about it?

E.g. find out more, make a lifestyle change, talk to others

6. Is there anything this experience makes you think about when thinking about engaging with others?