

Join us to celebrate 

WORLD CHILDREN'S DAY
20 NOVEMBER

with a **FREE SEL activity!**

POP-UP FESTIVAL



2024 CAMPAIGN

See <https://6sec.org/popup24-languages> for more languages.



CLIMATE IN YOUR HAND

Try this activity, post a picture or video tagged **#EQPOPOPUP**, and submit them! You will be shown on the screen on Nov 20th at UNICEF Office in New York!



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CLIMATE IN YOUR HAND

GOAL

Through this activity, participants will get action plans towards climate change through reflecting and using their emotional resources.

00

Give yourself a minute to think about climate change. Take a few deep breaths & think about what it means to you.

01

Trace your hand on the piece of paper.

02

What are some feelings you have about climate? Color, draw, or write words inside your hand to share your emotions.

03

Now think about how you want to feel about climate? Color, draw, or write words outside your hand.

DISCUSSION

- How does it feel to share your feelings about climate?
- What are 1-2 actions would you take to get closer to the feelings on the outside of your hand?
- Adapting to changes in climate will require us to be energized. Who are some people that support you? Looking inside yourself, what are some inner resources that support you?





CLIMATE IN YOUR HAND



Source: EQ POP-UP Festival 6sec.org/popup

This activity is whole-heartedly brought to you by #EQPOPUP volunteer hosts at Six Seconds.

SUBMIT YOUR HAND & SHARE WITH ANYONE!

We're so happy that you're joining us! Please share this kit as printed or digital with your teachers, parents, afterschool educators, governors, communities or anyone around you! Let's celebrate UNICEF World Children's Day with #EQPOPUP!



6SEC.ORG/POPUP/24SUBMIT

WANT MORE FREE SEL RESOURCES?

6SEC.ORG/POPUP/JOIN

SIGN UP!

POP-UP Festival is the world's largest emotional intelligence activation supporting children's wellbeing. Six Seconds launched POP-UP Festival in partnership with UNICEF World Children's Day in 2017. Full of playful crafts, games and activities to help children and adults learn more about emotions, child rights and take action for SDGs.



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