

These working materials are part of the toolkit

Climate beyond Classism

transformative educational resources
on classism in the context of the
environmental and climate crisis

(Self-)Reflection on Classism

Creating a tree of life and reflecting the own position

What:

- Worksheet Tree of Life
- Worksheet: Reflection about Classism

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Worksheet Tree of Life

Part 1: Your Tree of Live

Take some time to reflect on your life so far. Different things, people, experiences, and situations have shaped who you are. The questions about your Tree of Live can help you think and reflect on this. You are also welcome to incorporate themes related to the climate crisis and classism. The Life Tree serves as inspiration, but feel free to adapt or change it if you don't like something or you want to add something.

- **Tree Crown:** What am I reaching for? (What are my goals?) What's in my crown? (What resources, skills, etc., do I have?) What fruits does my tree bear? What can I harvest? (What are things I've created in order to gain support or energy?)
- **Trunk:** What is my trunk like? (How do I stand in life?) What made it the way it is? (What has shaped or influenced me?)
- **Plaque "Tree of the Year":** How do I appear to others? How am I seen?
- **Roots/Ground:** What are my roots? How are they? (How secure do I feel in life?) What are my nutrients? (What gives me strength, courage, hope, joy, energy, and health?)
- **Around the Tree:**
 - o What weather does my tree face? (What external factors affect my life? What role does the climate crisis play?)
 - o What leaves would I like to shed? (What burdens me? What would I like to change?)
 - o On what ground does my tree stand? What surrounds my tree? (What is my environment like? Who are the people around me?)
 - o What connections do I have that are important to me? Which contacts do I benefit from?
 - o What is fertiliser for my tree? (What social structures support me?)
 - o What weakens my tree? (What social structures undermine me?)

You can draw your own Tree of Live or use another metaphor (such as Path of Live or River of Live) or simply make some notes for each question. This tree is your own and won't be shared with the larger group. However, you'll have the option to share what you feel comfortable sharing in small groups.

Part 2: Sharing about the Tree of Live

Pair up with someone you feel comfortable with and discuss your Trees of Live. It's up to you what you want to share or keep private. You can use these questions as a guide:

- How did it feel to draw your Tree of Life?
- What parts were easy to think about? Which were challenging?
- Which parts of your tree would you like to discuss with others?
- How is your Tree of Life affected by classism?

Worksheet: Reflection on Classism

This exercise may be very personal. Share only what you feel comfortable with in your group. We speak of classism when people experience exploitation, oppression, violence, or other forms of discrimination based on their social background or status. Take 5–10 minutes to answer the questions (you feel comfortable answering) individually, then discuss them in your small group. The aim is not to discuss each question, but to pick out the ones that resonate with you.

- Where do you encounter classism in daily life? When have you, your friends, or others been affected?
- When did you first encounter classism in your childhood or youth?
- What classist stereotypes and prejudices do you face? How do they impact your life?
- Have you ever acted in a classist way?
- If you are affected by classism yourself:
 - o What helps you cope with negative classist experiences or hurts, and what does not?
 - o Can you talk about these experiences? With whom, and what do you need to feel comfortable discussing them?
- Who is globally affected by classism? How does this influence your life?
- Where do you face classism in relation to the climate crisis? What are your experiences with classism in the climate movement or climate politics?
- What do you wish for in a climate movement or climate politics with less classism?
- What makes you angry about classism (and climate)?
- What role has money or lack of money played in your life?
- Do you discuss money or financial worries with people around you or in political contexts? With whom, and why or why not?
- In what ways do ideas about achievement, success, and the value of work affect you? When do you notice this in your daily life?
- Do you have friends from different social backgrounds? How does your social circle influence your views on classism?
- Do you know the class backgrounds of your friends or political contacts? Can you estimate them, and what indicators do you use?
- How does this influence your perception and interactions with others?
- Where, when, and how do you notice the intersections of classism with other forms of oppression?
- In your political journey, when and how have you become aware of your class background or position?
- Have you or have people dropped out of political groups because of obstacles related to class origin and position? How did you deal with this?
- When and how did you become aware that your political group excludes people due to class differences? How did you react?