

Climate justice

with Dr Sheena Wilson
and Dr Rachel Epp Buller

Talking points

Knowledge & Comprehension

1. What does it mean to have climate justice, and what are some examples of climate injustice?
2. What is attunement, and why is it important for addressing the climate crisis?
3. How does walking regularly help people connect with their local environment?
4. What benefits has regular walking had for 'Walking the Talk' participants?

Application

5. During Sheena's walks around Edmonton, what sort of knowledge do you think urban planners, engineers, hydrologists, artists, legal experts and Indigenous Elders each shared? Why is it important to hear from so many different perspectives?

Analysis

6. Rachel and Sheena mention the idea of trying to restore humanity's relationship with nature and our environment. Why does this relationship need restoring, and how will this help tackle the climate crisis?

Evaluation

7. How and why do you think climate change affects marginalised communities more than other populations? How is climate change linked to human rights?
8. "We make so many decisions every day in our lives. By making every decision a climate decision, we aren't powerless against climate change," says Sheena. How do you feel about climate change after having read this article? To what extent has Sheena and Rachel's 'Walking the Talk' project inspired you?

Creativity

9. What are some ways that you could take climate action in your local area and daily life?

Activity

Map out a path in your local area where you could go on a walk that will take at least ten minutes. Your task is to complete a weekly walking assignment where you will go on this walk once a week for the next six weeks.

Keep a walking diary to record what you notice each time. Touch the bark of trees, smell the flowers and listen to the sounds of wind, footsteps, birdsong, voices or traffic around you. "Walking repeatedly in a place allows you to listen deeply by developing familiarity with the sights, sounds, smells and specificities of that place," says Rachel.

When Rachel sets her students weekly walking assignments, she gives them different prompts to encourage them to pay attention to certain aspects around them. Each time you go on your walk, choose one of the following prompts to focus your attention:

1. What natural and human-made sounds can you hear?
2. How does the changing weather and season affect the place where you are walking?
3. What different plants do you notice? Can you identify any of them?
4. What is the ground that you are walking over like? Does it change throughout your walk?
5. What is above you as you walk? Are there buildings, trees or branches? What is the sky like?
6. What people or animals do you see on your walk? Do you ever see the same ones?

Once you have completed your six walks, reflect on what impact the walks have had on you. What environmental changes did you notice as the six weeks progressed? To what extent did the walks affect how connected you feel to nature? To what extent did they help you get to know your neighbours or local community?

Create an artistic depiction of your walking route, such as an illustrated map, and add images and/or text to highlight some of the features you noticed while going for your walks. Then share your map with others and encourage them to try your walking route.

More resources

- Watch Sheena's short film, *Petro-Mama*, about pollution and her son's asthma attack: [youtube.com/watch?v=1MvtoWoeanM](https://www.youtube.com/watch?v=1MvtoWoeanM)
- Listen to Rachel's sound piece, 'Walking, Lost and Found,' about learning to walk in new ways: soundcloud.com/user-283520522/walking-lost-and-found-stereo-mix
- Amnesty International provides a brilliant overview of climate justice: [amnesty.ca/what-we-do/climate-justice](https://www.amnesty.ca/what-we-do/climate-justice)
- Together with their walking participants, Sheena and Rachel have written *Walking the Talk: Climate Moves and Relational Attunement* (2026, University of Alberta Press: ualbertapress.ca). Your local library may have a copy.