

Structured discussion and debate – They wrote a speech to present their perspective to the class.

06 | 05 | 2024

COPING WITH CLIMATE ECO-ANXIETY

LEARNING OUTCOMES:-

- To understand what climate anxiety is and to learn practical strategies for coping with these feelings in healthy and empowering ways.

DO NOW

- storms force people out of their homes - species getting extinct easily
- factory gases released in the atmosphere - Red alert: warmest summer ever

WE DO

You are a student.

You feel upset when you see negative news about climate change. But the news has taught you how important it is that people work to slow climate change.

YOU DO

- There is too much bad news about climate change
- Some different reasons why you think this?
- What might happen if people only focus on negative d
- why should people hear positive news about the climate

There is too much bad news about climate change because and rising temperatures are increasing around the world, and If people only hear bad news, they may feel hopeless or stop them from taking action. People should also hear and encourage people to help the environment by mak

Speech

Good morning everyone,

Today, I would like to talk about climate change and how it affects us. Whenever I see negative news about climate change, I feel upset and worried about the future of our planet. Seeing floods, wildfires, pollution, and rising temperatures makes me realise how serious this problem has become.

However, this news has also taught me something important. It has shown me that we all have a responsibility to help slow climate change. Even though we are students, our actions can still make a difference. Simple steps like saving electricity, reducing plastic use, recycling, planting trees, and keeping our surroundings clean can help protect the environment.

Climate change is not just one person's problem - it is a global issue that requires teamwork and cooperation. If everyone works together and makes small positive changes, we can create a healthier and safer future for the next generation.

So, let us not ignore this issue, let us take action and become responsible citizens who care for our planet.

Thank you.

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COPING WITH CLIMATE ECO-ANXIETY

LEARNING OUTCOMES:-

- To know how climate change anxiety can affect a person and understand how to act when someone is experiencing eco-anxiety.

DO NOW

- Agree - Agree
- Disagree - Agree
- Agree

WE DO

- He could start sweating, trembling, have panic attacks, feel lightness in his chest, heart racing etc.
- Eco anxiety is an overwhelming fear of the environmental state. It includes fears about environmental issues and the future of the planet, while mainly stemming from climate change. It is a normal, rational response to environmental threats. People may feel sadness, frustration, helplessness, restlessness and intense fear.

YOU DO

- Connect with nature
- Spending time outside can help you feel calmer and less stressed. You can listen to the birds, feel the wind, or look at trees and plants.
- Share your feelings
- Talking to friends, family or teachers about your worries can help you feel supported and find peace.
- Find hope

TO KNOW

Eco-anxiety/climate anxiety = extreme worry about climate change and how to deal with it.

EXIT TICKET

Charlie could be researching how people made positive impacts on the climate. Practice mindfulness. Charlie could pause any time in a day and take notice and be aware of what he is feeling.

HELPING HAND

Definitely my friends, I genuinely can't tell anything to my parents.

Bringing home a trophy after winning 3rd place in an event. But I know someone else deserves it more than me.

Listening to sad songs or crying.

Having supportive and understanding friends or my brother too. I love them so much.