

# Climate emotions and helping our neighbours.

**Date:**

**Lesson:**

## Learning Objectives:

- What is eco-anxiety?
- How might different people experience the climate emergency?
- Why is it important to communicate our emotions with others?
- What are some terms that have been created to communicate how we feel about climate change?
- How can I best support myself and my neighbour?

## Materials Needed:

- [PowerPoint Presentation](#)
- Helping our neighbours with climate anxiety creative writing task
- A5 sheets with photographs on for main activity (see slides)
- Felt tip pens

## Structure

**Starter:** Students are asked to close their eyes. Teacher asks whether students have ever felt nervous / anxious etc. about the climate. Students can choose to respond anonymously by raising their hand but keeping their eyes shut. Students are told they can opt-out of this exercise and listen to the questions if they wish.

Teacher works through the PowerPoint, introducing students to how the connection between mental health and our environment can be understood. They are asked to think about how this relates to what religious texts say about our duty to the natural world and our neighbours.

**Main activity:** each table is given an A2 sheet of paper with one of the images stuck in the center. They are asked to write around the piece of paper how the image might make different people feel (locals, those in a country that contributes a lot/little to climate change, past and future generations etc.) and what the consequences might be for the living and non-living world. This activity can alternatively be organised as a round-robin activity with tables switching sheets after a few minutes. At the end, the class shares their contributions to each photograph.

**Alternative / extra activity:** students are tasked with writing advice about dealing with climate anxiety to the character on their sheet of paper.

## Assessment / Plenary:

- Students return to the questions asked at the start of the lesson and answer them using what they have learned throughout the lesson.



# Climate emotions and helping others.

## References:

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**Force of Nature, 2021.** *The Rise of Eco-Anxiety.* Available at:

[https://static1.squarespace.com/static/5ec405510f879d0420d5581d/t/603d35823bcb991173f60819/1614624142358/Force+of+Nature+\(THE+RISE+OF+ECO-ANXIETY\).pdf](https://static1.squarespace.com/static/5ec405510f879d0420d5581d/t/603d35823bcb991173f60819/1614624142358/Force+of+Nature+(THE+RISE+OF+ECO-ANXIETY).pdf). Accessed 07.08.22

**Harrison, 2020.** Generation Climate Europe. 'Putting on a brave face: what is eco-anxiety and climate care.

Available at: <https://gceurope.org/putting-on-a-brave-face-what-is-eco-anxiety-and-climate-care/>. Accessed 13.08.22

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