

Weather Together: eco-anxiety - how to cope



20 Minutes



Pairs



Practical



Apply your learning to understand how to take action when someone is experiencing eco-anxiety

What you need

- Print the 'be calm' slides [10,11], enough for one between two.
- Print the [coping with eco-anxiety factsheet](#), enough for one between two.

Success criteria

- Must identify how to help someone who is experiencing eco-anxiety.
- Should learn a way to cope when experiencing a challenging situation.

How to run the activity

1. Invite learners to start by taking a pause [3].
2. Review the objective and the big question [4,5].
3. If learners haven't met Charlie before, work through slide 6.
4. Ask learners to examine ways to help Charlie with their eco-anxiety by looking at the list of coping with eco-anxiety factsheet and selecting the best ones [7].
5. Invite learners to work in pairs to learn ways of coping that might help them [9]. Use the print-outs of the be calm slides [9,10]. Encourage learners to share how they found these calming activities.
6. Refer back to the big question and discuss how eco-anxiety can affect a person to review progress [11].

Ways to adapt

- Pair learners in a way that will support learners differing literacy abilities. Or, read all the ways to cope/be calm together as a class first.
- In addition to the be calm activities, encourage learners to share things that help them cope when they're feeling challenging emotions. This could be using apps, playing games, physical activities, etc.

Curriculum links

- England: PSHE, RSE
- Scotland: Health and wellbeing, Literacy
- Wales: Health and Wellbeing, Languages, Literacy and Communication
- Northern Ireland: Communication, Thinking skills and personal capabilities, Language and literacy.



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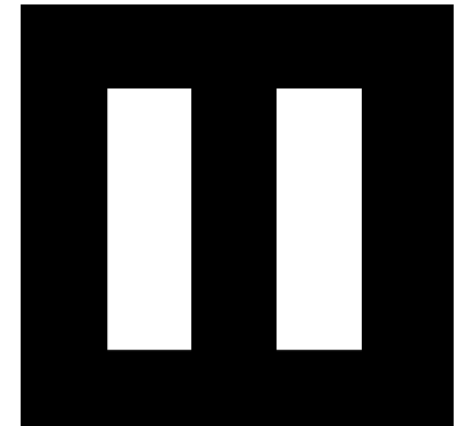
Practise gratitude

Gratitude is being thankful for the things we already have. When we experience challenging situations and feelings, it can help to think of things in our lives that we are grateful for.

1. Take some slow and deep breaths.
2. Think about your day so far.
3. Choose 2 things that you are grateful for

Ideas: a friend, a warm bed, some food, the blue sky or your phone.

Take a pause



gratitude

Pause

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Eco-Anxiety



How to cope



Apply





Objective: **Apply** your learning to understand how to take action when experiencing eco-anxiety.

To meet this objective, you'll learn ways to help a friend cope and then try some calming activities for yourself.

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Eco-Anxiety



How to cope



Apply





Next slide

Big question

How can you support a friend or yourself with feelings of eco-anxiety?

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Eco-Anxiety



How to cope



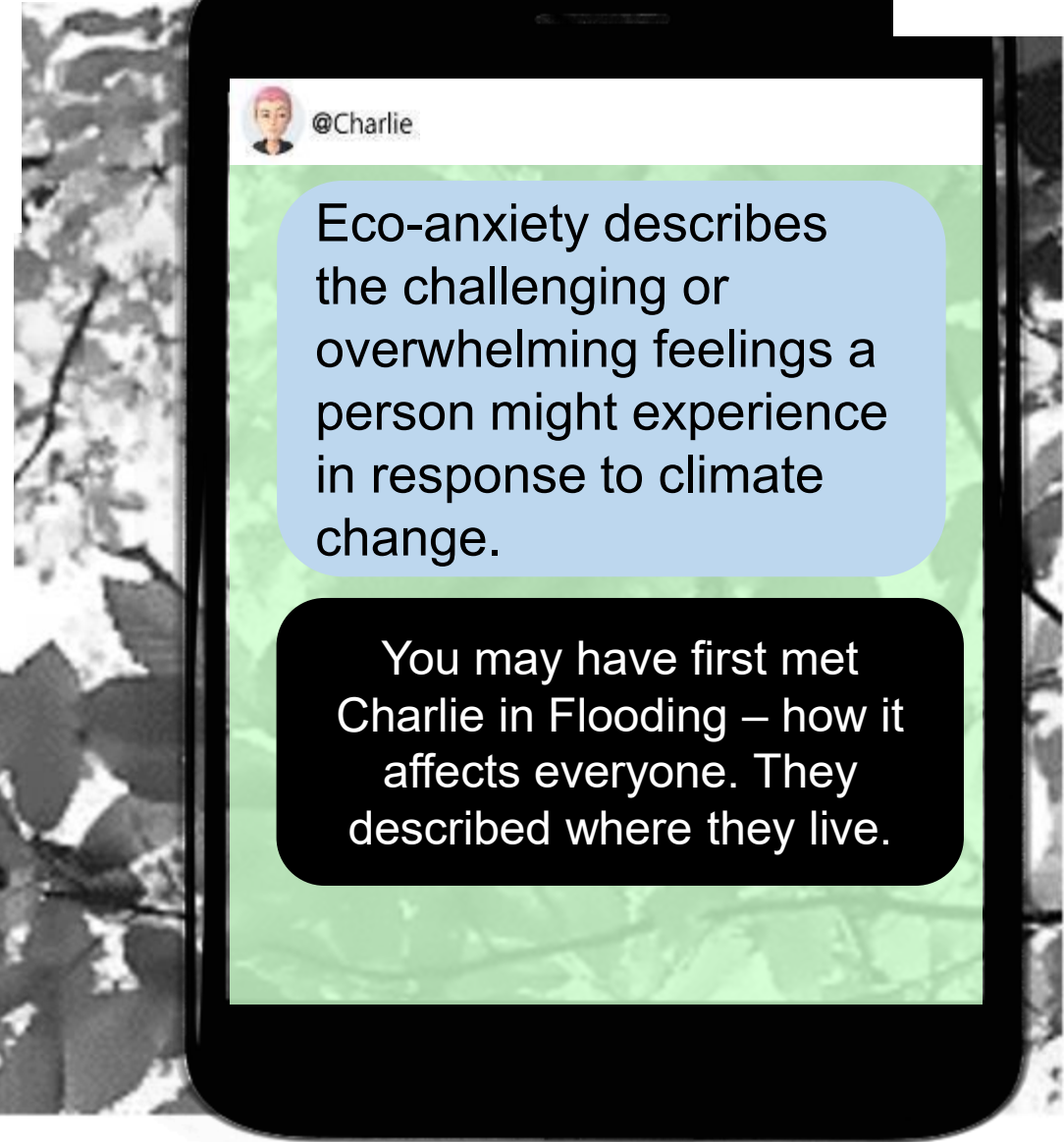
Apply



What is eco-anxiety?

In the flooding topic, Charlie explains their experience of eco-anxiety and helps define it.

What did they say?



■ Ta ■ Next slide ■

e to cope?

Discuss the



Navigation icons: a black square, a square with the letter 'T', a black square, and the text 'Next slide'.

- [illegible]

What about you?

Eco-anxiety can feel the same in our bodies as any stress or anxiety, even if the cause is climate change.

1. Try out the be calm activity in pairs after reading the instructions.



Finding ways to notice how you are feeling, connecting with your body and finding calmness can help. It is a way of being kind to yourself.

2. Then, team up with another pair and take turns to teach the activity to each other.
3. Once complete, discuss your thoughts on the activities.

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Eco-Anxiety



How to cope



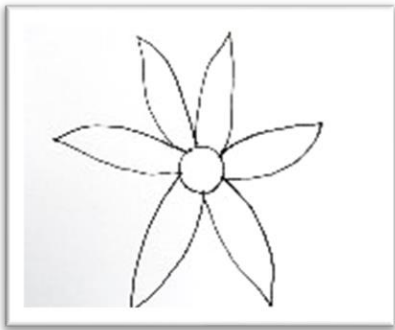
Apply



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Outline a flower

This activity is good to use when you're feeling like things are getting too much for you. It will help you notice how you're feeling.

1. Draw a circle in the middle of a piece of paper and place your pen on it. 	2. Without taking your pen off the page, breathe in as you slowly draw one side of a petal. 	3. Breathe out as you slowly draw the line back to the middle, completing the petal. 	4. Draw 6 petals. When your flower is complete, ask yourself how you're feeling. 
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Helping Hand

This activity will help you focus on the support you have, including your inner strength.

Spread your fingers wide and draw around your hand.

On each different finger, write:

Be calm

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Dad and Tremaine

Who you have for support (people, animals, places, images).

Keeping my room tidy

The things you are proud of.

Empathy, listening

Your skills and the activities you are good at.

Walking in nature

The things you can do to help yourself feel better.

My cat's paws

Something you are grateful for, that makes you smile.

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**How can you
support a friend
or yourself with
feelings of
eco-anxiety?**

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Eco-Anxiety



How to cope



Apply



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Big question

Thank you



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Resources and Support-

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Eco-Anxiety



How to cope



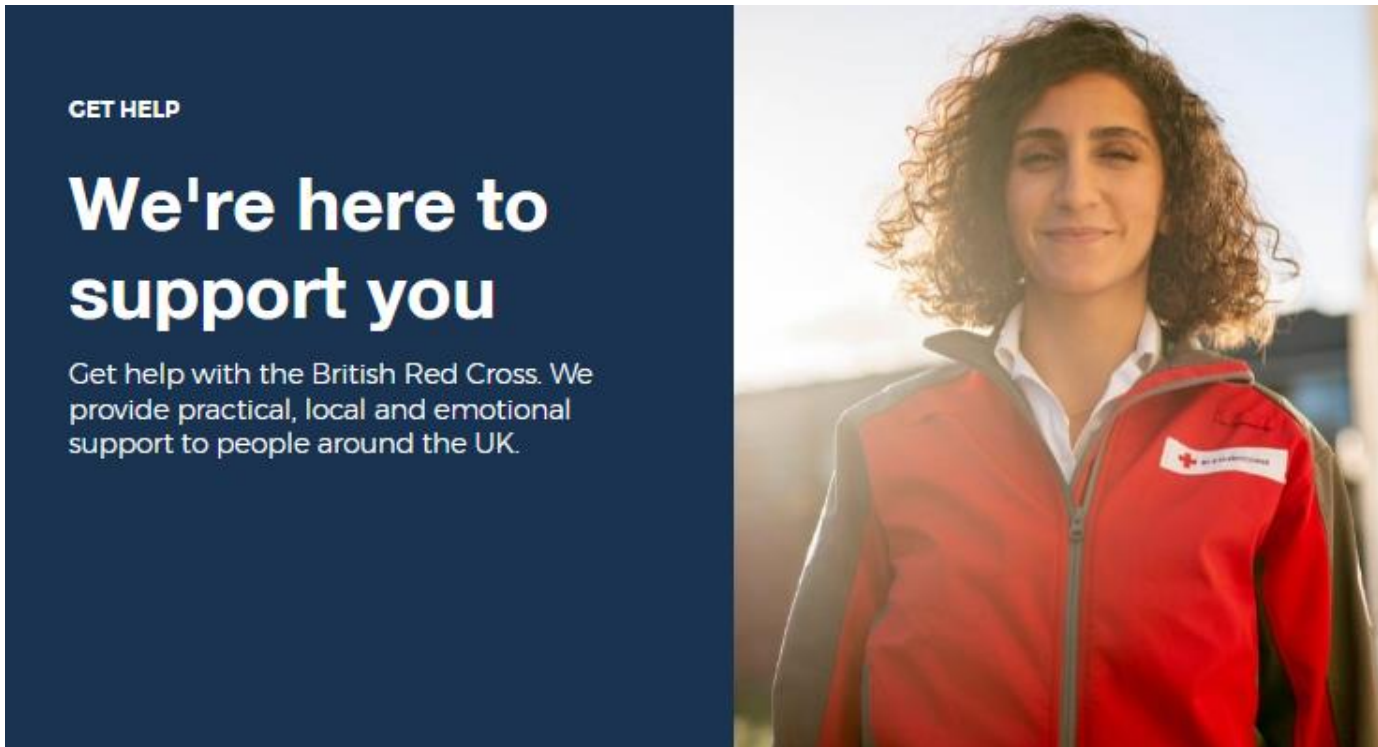
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Where to find more information

Learn how the British Red Cross is ready to help in a crisis.



<https://www.redcross.org.uk/get-help>

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Eco-Anxiety



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Information

Where to find hopeful stories

Climate change can be upsetting. The sad effects can be seen globally.

Conservation Optimism believe it is important to find stories of hope because we need to learn from these to build a sustainable future.

Follow them:
@conservationoptimism



**CONSERVATION
OPTIMISM**

Listen to their podcast about eco-anxiety or read their advice for budding conservationists:



<https://conservationoptimism.org/portfolio-items/youth-resources/>

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Hopeful stories

Where to find more information

The World Wildlife Fund are working to protect our world and build a sustainable future. Visit their website:

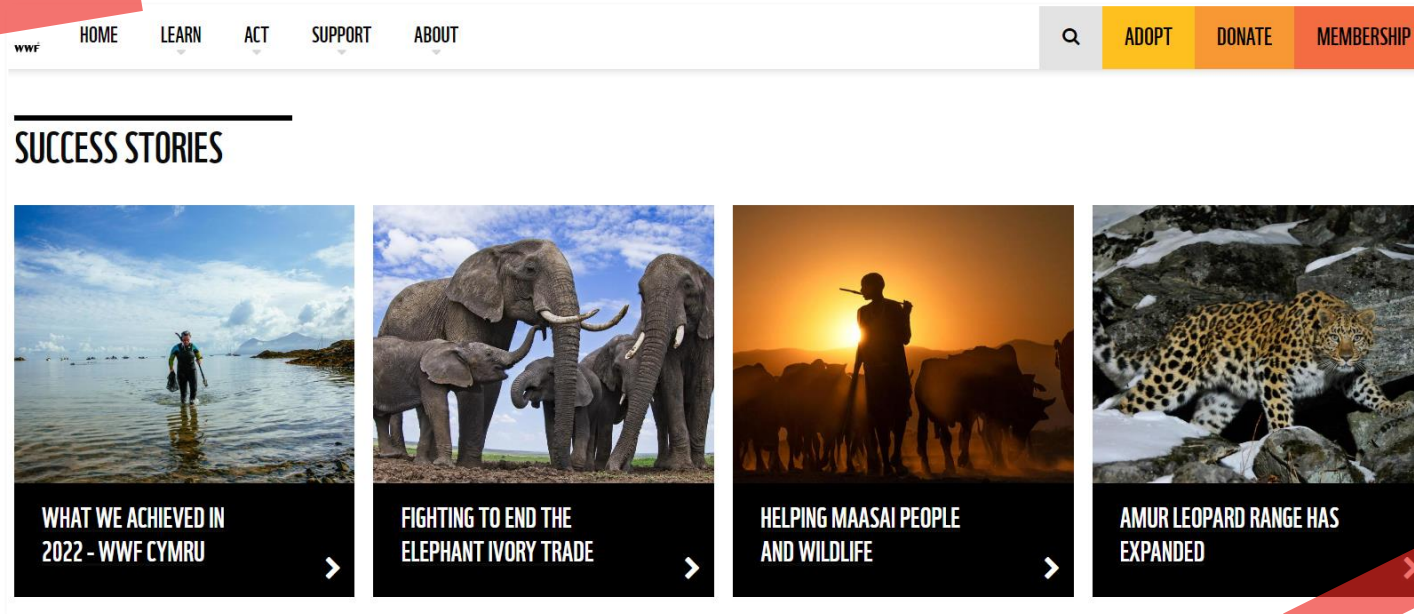


<https://www.wwf.org.uk/what-we-do>

Try the WWF carbon footprint calculator.



<https://footprint.wwf.org.uk/#/>



Resources

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Eco-Anxiety

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Sources of support

Contact Childline

You can contact Childline about anything. Whatever your worry, it's better out than in. They are here to support you.

You can reach them by:

- Call [0800 1111](tel:08001111) for free
- Have a 1-2-1 chat with a counsellor on their [website](#)
- Email them by following the instructions on their [website](#)

Contact YoungMinds

YoungMinds are the UK's leading charity fighting for children and young people's mental health.

You can reach them by:

- For 24/7 crisis support you can text YM to [8525](tel:8525)
- Find out about CAMHS, who's who in mental health services and who you can call if you need to talk to someone at their [website](#)

Contact Samaritans

Samaritans is not only for the moment of crisis, they are taking action to prevent the crisis.

You can reach them by:

- Call them for free, 24/7 on 116 123
- Email them: jo@samaritans.org



Support

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Eco-Anxiety



How to cope



Apply



Flooding

How it affects everyone Learn

Read 3 characters' flood stories and discuss how they could be affected.

Investigating your risk Learn

Look at local flood maps and the role of the emergency services to explore how flooding can affect us all.

Worksheet: note writing help

The dangers of flooding Learn

Examine images of flooding and identify the dangers.

Game of BOB Apply

Play a scenario game to find out about bug out bags and why it is important to have one ready.

Prepare your home Apply

Play a 'choose your own adventure' game to learn how to respond to flood alerts and warnings.

Sharing ways to prepare Share

Create resources to share with friends and family. This activity is designed to be repeated.

Heatwaves

Facts Learn

Find out about the effects of heatwaves through completing a quiz.

Worksheet: heatwave facts to print

Safety Apply

Learn how heatwaves affects our body and the first aid to help. Apply these to different scenarios.

Poster: heatwaves scenarios

Poster: heatwaves first aid

Help others cope Share

Create a decision flowchart to share with friends and family to help them prepare for a heatwave.

Worksheet: decision flowcharts



Rate these resources

Fill in this quick survey to help us improve Weather Together.

[Link](#)

Eco-anxiety

What is it Learn

Read a character's experience of eco-anxiety and use this to define what it is.

How to cope Apply

Examine a list of ways to cope and apply this to yourself and others.

Worksheet: coping with eco-anxiety

Helping others Share

Create a video/script for social media of how to cope with eco-anxiety to share with friends and family.

Worksheet: eco-anxiety video script

For use across all topics

Starters

Bronze certificate

Plenaries

Silver certificate

Weather Together award tracker

Gold certificate

Open another activity

Click here to open the full web index.

[Link](#)

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