

# Primary/ Elementary Eco and Climate Mental Health Curriculum Curriculum - Modeling Earth Stewardship to support Climate Anxiety.



## Strands for Teaching - Mental Health Education to aligned with Personal and Social Education

1.Introduction to Climate Change:	2.Exploring Feelings and Emotions:	3.Understanding Climate Anxiety:	4.Building Resilience:	5.Environmental Stewardship:
6.Connecting with Nature	7.Positive Action and Advocacy:	8.Hope and Optimism:	9.Cultural and Global Perspectives:	10.Reflection and Celebration:

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Curriculum Strand	Concepts For Teaching	Learning Objectives	Suggested Activities
<p><b>Introduction to Climate Change</b></p>	<p>Understanding the concept of climate change.</p> <p>Exploring the causes and effects of climate change in simple terms.</p> <p>Introducing the idea of the Earth's interconnected ecosystems.</p>	<ol style="list-style-type: none"> <li>1. <b>Understanding Climate Change:</b> <ul style="list-style-type: none"> <li>● Identify and name at least one change in the weather or environment they have observed.</li> <li>● Define climate change as changes in Earth's climate over a long period of time.</li> </ul> </li> <li>2. <b>Exploring Causes and Effects:</b> <ul style="list-style-type: none"> <li>● Identify and discuss simple causes of climate change, such as pollution or cutting down trees.</li> <li>● Describe simple effects of climate change, such as melting ice or changes in animal habitats.</li> </ul> </li> <li>3. <b>Introducing Interconnected Ecosystems:</b></li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Identify and name at least one change in the weather or environment they have observed:</b> <ul style="list-style-type: none"> <li>● Take children on a nature walk and encourage them to observe changes such as leaves changing color in autumn or flowers blooming in spring.</li> <li>● Create a simple weather chart where children can mark and discuss daily weather observations, such as sunny, rainy, or windy days.</li> </ul> </li> <li>2. <b>Define climate change as changes in Earth's climate over a long period of time:</b> <ul style="list-style-type: none"> <li>● Watch short educational videos or read picture books about climate change and discuss them together, emphasising the idea of long-term changes in the Earth's climate.</li> </ul> </li> </ol>

		<ul style="list-style-type: none"> <li>● Identify at least two different types of ecosystems (e.g., forest, ocean, desert).</li> <li>● Describe how plants, animals, and people are connected within an ecosystem (e.g., plants provide oxygen, animals help plants spread seeds).</li> </ul> <p><b>4. Observation and Exploration:</b></p> <ul style="list-style-type: none"> <li>● Observe and describe changes in a local environment, such as changes in temperature or the appearance of new plants or animals.</li> <li>● Explore the concept of recycling by sorting different materials (e.g., paper, plastic, metal) into appropriate bins.</li> </ul> <p><b>5. Hands-on Activities:</b></p> <ul style="list-style-type: none"> <li>● Engage in simple experiments or activities to demonstrate the greenhouse effect (e.g., using a jar and</li> </ul>	<ul style="list-style-type: none"> <li>● Engage children in a simple storytelling activity where they can draw or act out scenes depicting climate change over time, such as melting ice caps or changing weather patterns.</li> </ul> <p><b>3. Identify and discuss simple causes of climate change, such as pollution or cutting down trees:</b></p> <ul style="list-style-type: none"> <li>● Conduct a group brainstorming session to generate ideas about what causes climate change, emphasising simple concepts like burning fossil fuels or deforestation.</li> <li>● Use age-appropriate books or videos to explore the concept of pollution and its effects on the environment, discussing how everyday actions can contribute to climate change.</li> </ul> <p><b>4. Describe simple effects of climate change, such as melting ice or changes in animal habitats:</b></p>
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		<p>a thermometer to simulate trapped heat).</p> <ul style="list-style-type: none"> <li>• Participate in planting seeds or caring for plants to understand the importance of plants in ecosystems and mitigating climate change.</li> </ul> <p><b>6. Storytelling and Imaginative Play:</b></p> <ul style="list-style-type: none"> <li>• Listen to or participate in stories about nature, animals, and the environment.</li> <li>• Engage in imaginative play related to ecosystems and environmental conservation (e.g., pretending to be animals in a forest habitat).</li> </ul> <p><b>7. Visual and Creative Expression:</b></p> <ul style="list-style-type: none"> <li>• Create simple drawings or crafts depicting elements of climate change or ecosystems.</li> <li>• Use natural materials</li> </ul>	<ul style="list-style-type: none"> <li>• Create a visual display or collage showing before-and-after scenes of areas affected by climate change, such as shrinking glaciers or disappearing habitats.</li> <li>• Play a game where children act out different scenarios of how climate change affects animals and ecosystems, encouraging discussion about the consequences of these changes.</li> </ul> <p><b>5. Identify at least two different types of ecosystems (e.g., forest, ocean, desert):</b></p> <ul style="list-style-type: none"> <li>• Set up sensory bins representing different ecosystems (e.g., sand for a desert, water for an ocean) and let children explore and identify the elements of each ecosystem.</li> <li>• Use pictures or diagrams to introduce various ecosystems, discussing the unique characteristics of each one and the types of plants and animals that</li> </ul>
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		<p>(e.g., leaves, sticks) to create art representing interconnectedness in nature.</p> <p>8. <b>Discussion and Communication:</b></p> <ul style="list-style-type: none"><li>● Participate in group discussions about climate change, sharing observations and ideas.</li><li>● Use simple language to express thoughts and feelings about the environment and the importance of taking care of it.</li></ul> <p>9. <b>Outdoor Exploration:</b></p> <ul style="list-style-type: none"><li>● Spend time outdoors exploring different environments and observing natural phenomena (e.g., clouds, insects, plants).</li><li>● Discuss observations and connections between weather patterns and changes in nature.</li></ul> <p>10. <b>Building Empathy and Compassion:</b></p>	<p>inhabit them.</p> <p>6. <b>Describe how plants, animals, and people are connected within an ecosystem:</b></p> <ul style="list-style-type: none"><li>● Create a simple food web activity where children can draw or arrange pictures of plants, animals, and humans to illustrate their connections within an ecosystem.</li><li>● Watch short videos or documentaries about different ecosystems and discuss the interdependence of living organisms within each ecosystem.</li></ul>
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<p><b>Exploring Feelings and Emotions:</b></p>	<p>Identifying and expressing emotions related to climate change.</p> <p>Creating a safe space for children to share their concerns and fears.</p> <p>Teaching coping strategies for managing difficult emotions.</p>	<ol style="list-style-type: none"> <li><b>1. Identifying and Recognizing Emotions:</b> <ul style="list-style-type: none"> <li>● Identify and name basic emotions commonly associated with climate change, such as worry, sadness, or fear.</li> <li>● Recognize physical signs of emotions, such as changes in facial expressions or body language.</li> </ul> </li> <li><b>2. Expressing Emotions in Age-Appropriate Ways:</b> <ul style="list-style-type: none"> <li>● Practice expressing feelings through words, drawings, or</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li><b>1. Emotion Identification Collage:</b> <ul style="list-style-type: none"> <li>● Provide magazines, newspapers, or printed images depicting various emotions and scenes related to climate change.</li> <li>● Guide children to cut out pictures of people showing different emotions and scenes representing environmental changes.</li> <li>● Have children create collages by sorting and pasting the images onto a poster board or paper.</li> </ul> </li> </ol>

		<p>play activities related to climate change.</p> <ul style="list-style-type: none"><li>● Learn simple phrases or sentences to communicate emotions effectively, such as "I feel sad when I see trash on the ground."</li></ul> <p><b>3. Creating a Safe and Supportive Environment:</b></p> <ul style="list-style-type: none"><li>● Establish trust and rapport within the classroom or group setting to create a safe space for children to express their concerns and fears.</li><li>● Encourage empathy and listening skills among peers to foster a supportive community where everyone feels heard and respected.</li></ul> <p><b>4. Sharing Concerns and Fears:</b></p> <ul style="list-style-type: none"><li>● Provide opportunities for children to share their thoughts and feelings about climate change in a non-</li></ul>	<ul style="list-style-type: none"><li>● Encourage them to label each emotion depicted in the collage.</li></ul> <p><b>2. Emotion Charades:</b></p> <ul style="list-style-type: none"><li>● Write down different emotions related to climate change on small cards (e.g., worry, sadness, fear, hope).</li><li>● Have children take turns drawing a card and acting out the emotion without speaking while the rest of the group guesses the emotion.</li><li>● After each round, discuss the physical signs or facial expressions that helped identify each emotion.</li></ul> <p><b>3. Feelings Drawing Activity:</b></p> <ul style="list-style-type: none"><li>● Provide paper and drawing materials and ask children to draw a picture of how they feel when they think about climate change.</li><li>● Encourage them to express their emotions through their drawings, depicting scenes or symbols that represent their feelings.</li></ul>
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		<p>judgmental environment.</p> <ul style="list-style-type: none"><li>● Use storytelling or role-playing activities to explore different scenarios and discuss how they make children feel.</li></ul> <p><b>5. Teaching Coping Strategies:</b></p> <ul style="list-style-type: none"><li>● Introduce simple coping strategies for managing difficult emotions related to climate change, such as deep breathing, taking a break in nature, or talking to a trusted adult.</li><li>● Model healthy coping behaviours and encourage children to practise them in various situations.</li></ul> <p><b>6. Building Resilience:</b></p> <ul style="list-style-type: none"><li>● Foster a sense of resilience by emphasising the importance of hope, optimism, and problem-solving skills in the face of environmental</li></ul>	<ul style="list-style-type: none"><li>● Afterward, invite children to share and discuss their drawings with the group, emphasising that all feelings are valid.</li></ul> <p><b>4. Emotion Sentence Starters:</b></p> <ul style="list-style-type: none"><li>● Introduce simple sentence starters related to expressing emotions about climate change (e.g., "I feel sad when...", "I worry about...", "I hope that...").</li><li>● Guide children to complete the sentences using their own words or drawings to express their feelings.</li><li>● Practice saying the completed sentences aloud to reinforce effective communication of emotions.</li></ul> <p><b>5. Safe Space Sharing Circle:</b></p> <ul style="list-style-type: none"><li>● Create a designated "safe space" in the classroom with cushions or a rug where children can sit comfortably in a circle.</li><li>● Start a sharing circle where children take turns expressing their</li></ul>
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		<p>challenges.</p> <ul style="list-style-type: none"><li>● Highlight stories of resilience in nature and communities to inspire children and instil a sense of empowerment.</li></ul> <p><b>7. Promoting Positive Action:</b></p> <ul style="list-style-type: none"><li>● Encourage children to channel their emotions into positive actions, such as participating in environmental activities, advocating for change, or helping others in need.</li><li>● Empower children to make a difference in their own lives and communities by taking small steps towards sustainability and conservation.</li></ul> <p><b>8. Developing Emotional Awareness:</b></p> <ul style="list-style-type: none"><li>● Explore the concept of empathy and compassion towards others who are affected by climate change, such as</li></ul>	<p>concerns and fears about climate change in a supportive environment.</p> <ul style="list-style-type: none"><li>● Encourage active listening and empathy among peers, emphasising the importance of respecting each other's feelings.</li></ul> <p><b>6. Storytelling Role-play:</b></p> <ul style="list-style-type: none"><li>● Choose a simple story or scenario related to climate change (e.g., a polar bear searching for food, a community cleaning up a polluted beach).</li><li>● Divide children into small groups and assign roles for each character in the story.</li><li>● Encourage children to act out the story through role-play, allowing them to express emotions and explore different perspectives.</li></ul>
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		<p>animals or people in vulnerable communities.</p> <ul style="list-style-type: none"> <li>• Discuss the interconnectedness of emotions and actions, emphasizing how our choices impact the world around us.</li> </ul> <p><b>9. Reflecting on Emotional Growth:</b></p> <ul style="list-style-type: none"> <li>• Reflect on personal growth and learning throughout the curriculum, discussing how emotions have changed or evolved over time.</li> <li>• Celebrate achievements and progress in understanding and managing emotions related to climate change.</li> </ul>	
<p><b>Understanding Climate Anxiety:</b></p>	<p>Defining climate anxiety and its impact on mental health.</p>	<p><b>1. Defining Climate Anxiety and Mental Health:</b></p> <ul style="list-style-type: none"> <li>• Introduce the concept of climate anxiety as</li> </ul>	<p><b>1. Emotion Detective Game:</b></p> <ul style="list-style-type: none"> <li>• Provide a variety of picture cards depicting different emotions,</li> </ul>

	<p>Recognizing signs of climate anxiety in oneself and others. Discussing the importance of acknowledging and addressing emotions.</p>	<p>feeling worried, sad, or scared about the environment and its changes.</p> <ul style="list-style-type: none"> <li>● Help children understand that just like physical health, mental health is important, and feeling anxious about climate change is a normal response.</li> </ul> <p><b>2. Recognising Signs of Climate Anxiety:</b></p> <ul style="list-style-type: none"> <li>● Teach children to recognize physical signs of anxiety, such as feeling restless, having trouble sleeping, or stomachaches.</li> <li>● Help children identify emotional signs of anxiety, such as feeling overwhelmed, sad, or worried when thinking about environmental issues.</li> </ul> <p><b>3. Discussing the Impact on Mental Health:</b></p> <ul style="list-style-type: none"> <li>● Facilitate discussions about how feeling anxious about climate</li> </ul>	<p>including worry, sadness, and happiness.</p> <ul style="list-style-type: none"> <li>● Hide the cards around the room or outdoor area for children to find.</li> <li>● As they find each card, have them identify the emotion and share a time when they felt that way, including times they felt worried or scared about the environment.</li> </ul> <p><b>2. Feelings Puppet Show:</b></p> <ul style="list-style-type: none"> <li>● Set up a puppet theatre or create simple hand puppets using paper bags or socks.</li> <li>● Encourage children to act out short skits where the puppets express different emotions related to climate change, such as feeling anxious about pollution or sad about animal habitats.</li> <li>● After the puppet show, facilitate a discussion about the emotions portrayed and how they relate to climate anxiety.</li> </ul> <p><b>3. Nature Art Expressions:</b></p> <ul style="list-style-type: none"> <li>● Take children on a</li> </ul>
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		<p>change can affect mental well-being, such as feeling stressed or having trouble concentrating.</p> <ul style="list-style-type: none"><li>● Emphasise that it's okay to talk about and express feelings of anxiety, and that seeking help from trusted adults can be helpful.</li></ul> <p><b>4. Encouraging Expression of Emotions:</b></p> <ul style="list-style-type: none"><li>● Create a safe and supportive environment where children feel comfortable expressing their feelings about climate change.</li><li>● Provide opportunities for children to share their emotions through drawing, storytelling, or talking with peers and adults.</li></ul> <p><b>5. Promoting Empathy and Understanding:</b></p> <ul style="list-style-type: none"><li>● Teach children to be empathetic towards others who may be</li></ul>	<p>nature walk to collect natural materials like leaves, sticks, and flowers.</p> <ul style="list-style-type: none"><li>● Provide paper and glue for children to create nature-inspired art pieces that express their feelings about climate change.</li><li>● Encourage them to use the materials to depict emotions and scenes related to climate anxiety, such as a sad tree or a worried animal.</li></ul> <p><b>4. Feelings Charades:</b></p> <ul style="list-style-type: none"><li>● Write down different emotions on small cards and place them face down in a pile.</li><li>● Have children take turns picking a card and acting out the emotion without speaking while the others guess.</li><li>● After each round, discuss how each emotion might relate to climate change and environmental concerns.</li></ul> <p><b>5. Empathy Circle Time:</b></p> <ul style="list-style-type: none"><li>● Gather children in a</li></ul>
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		<p>experiencing climate anxiety, reassuring them that they are not alone in their feelings.</p> <ul style="list-style-type: none"><li>● Discuss how listening to and supporting others can help build a sense of community and reduce feelings of isolation.</li></ul> <p><b>6. Identifying Coping Strategies:</b></p> <ul style="list-style-type: none"><li>● Introduce simple coping strategies for managing climate anxiety, such as taking deep breaths, talking to a trusted adult, or engaging in calming activities like drawing or listening to music.</li><li>● Model and practice these coping strategies in various situations to help children build resilience.</li></ul> <p><b>7. Encouraging Positive Actions:</b></p> <ul style="list-style-type: none"><li>● Discuss how taking positive actions, such as participating in</li></ul>	<p>circle and pass around a soft object like a stuffed animal or bean bag.</p> <ul style="list-style-type: none"><li>● When someone holds the object, they share a time they felt anxious or worried about the environment, and the group listens attentively.</li><li>● Encourage supportive responses, such as nodding in understanding or offering comforting words.</li></ul> <p><b>6. Calm Down Yoga Adventure:</b></p> <ul style="list-style-type: none"><li>● Lead children through a series of simple yoga poses inspired by nature, such as tree pose or butterfly pose.</li><li>● As they move through each pose, encourage them to take deep breaths and imagine letting go of worries or fears about the environment.</li><li>● After the yoga session, discuss how the practice made them feel and how they can use it to manage anxiety in everyday life.</li></ul>
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		<p>environmental activities or talking about feelings with friends and family, can help alleviate climate anxiety.</p> <ul style="list-style-type: none"> <li>• Empower children to take small steps towards making a positive difference in their own lives and communities.</li> </ul> <p><b>8. Highlighting the Importance of Self-Care:</b></p> <ul style="list-style-type: none"> <li>• Teach children the importance of self-care for mental well-being, such as getting enough sleep, eating healthy foods, and spending time outdoors.</li> <li>• Emphasise that taking care of oneself is an essential part of staying mentally healthy, especially during times of stress or anxiety.</li> </ul>	
<b>Building Resilience:</b>	Teaching strategies for resilience in the	<p><b>1. Understanding Resilience:</b></p> <ul style="list-style-type: none"> <li>• Define resilience as the ability to bounce</li> </ul>	<p><b>1. Introduction to Resilience (Projection and Drama):</b></p> <ul style="list-style-type: none"> <li>• Begin with a short video</li> </ul>

	<p>face of environmental challenges.</p> <p>Fostering a sense of agency and empowerment through small actions.</p> <p>Highlighting stories of resilience and adaptation in nature and communities.</p>	<p>back or adapt to difficult situations, like changes in the environment.</p> <ul style="list-style-type: none"> <li>● Identify examples of resilience in everyday life, such as plants growing after a storm or animals finding new homes.</li> </ul> <p><b>2. Exploring Coping Strategies:</b></p> <ul style="list-style-type: none"> <li>● Introduce simple coping strategies for dealing with environmental challenges, such as taking deep breaths, asking for help, or finding ways to stay positive.</li> <li>● Practise these strategies through role-playing or storytelling activities to reinforce their effectiveness.</li> </ul> <p><b>3. Promoting Problem-Solving Skills:</b></p> <ul style="list-style-type: none"> <li>● Encourage children to brainstorm creative solutions to environmental</li> </ul>	<p>or slideshow presentation featuring examples of resilience in nature and everyday life, such as plants growing after a storm or people rebuilding homes after disasters.</p> <ul style="list-style-type: none"> <li>● After the presentation, lead a group discussion about what resilience means and why it's important. Ask open-ended questions to encourage children to share their thoughts and experiences.</li> </ul> <p><b>2. Exploring Coping Strategies (Role-Playing):</b></p> <ul style="list-style-type: none"> <li>● Divide children into small groups and assign each group a different environmental challenge, such as a drought or pollution.</li> <li>● Provide props and costumes for role-playing scenarios where children act out coping strategies, such as taking deep breaths to calm down during a storm or asking for help</li> </ul>
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		<p>problems, such as recycling, planting trees, or conserving water.</p> <ul style="list-style-type: none"><li>● Provide opportunities for hands-on activities where children can implement their ideas and see the impact of their actions.</li></ul> <p>4. <b>Fostering a Sense of Agency:</b></p> <ul style="list-style-type: none"><li>● Empower children by highlighting the importance of their actions in making a difference in the environment.</li><li>● Encourage them to take ownership of small tasks, such as caring for plants, picking up litter, or saving energy at home.</li></ul> <p>5. <b>Celebrating Small Victories:</b></p> <ul style="list-style-type: none"><li>● Recognize and celebrate children's efforts and achievements in facing environmental challenges, no matter</li></ul>	<p>to clean up litter in a park.</p> <ul style="list-style-type: none"><li>● After each role-play, facilitate a group discussion about the effectiveness of the coping strategies and how they can be applied in real-life situations.</li></ul> <p>3. <b>Promoting Problem-Solving Skills (Hands-On Activities):</b></p> <ul style="list-style-type: none"><li>● Set up hands-on stations where children can engage in problem-solving activities related to environmental challenges.</li><li>● For example, one station could be a recycling sorting game where children match recyclable items with the correct bins, while another station could involve planting seeds to create a mini-garden.</li><li>● Encourage children to brainstorm creative solutions and work together to implement their ideas.</li></ul> <p>4. <b>Fostering a Sense of Agency (Play and Exploration):</b></p>
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		<p>how small.</p> <ul style="list-style-type: none"><li>● Create a positive and supportive environment where children feel proud of their contributions to a healthier planet.</li></ul> <p>6. <b>Highlighting Stories of Resilience:</b></p> <ul style="list-style-type: none"><li>● Share stories or videos of resilience and adaptation in nature and communities, such as animals surviving in extreme environments or people coming together to rebuild after natural disasters.</li><li>● Discuss the key qualities that contribute to resilience, such as determination, creativity, and cooperation.</li></ul> <p>7. <b>Encouraging Perseverance:</b></p> <ul style="list-style-type: none"><li>● Teach children the importance of perseverance in</li></ul>	<ul style="list-style-type: none"><li>● Create a pretend play area where children can take on roles of environmental stewards, such as gardeners, wildlife rescuers, or energy-saving superheroes.</li><li>● Provide props and costumes to enhance the imaginative play experience, allowing children to take ownership of their roles and actions.</li><li>● Encourage children to make decisions and take small actions to care for their "environment" within the play area.</li></ul> <p>5. <b>Celebrating Small Victories (Group Activity):</b></p> <ul style="list-style-type: none"><li>● Gather children in a circle and pass around a "victory stone" or other token.</li><li>● Each child shares a small victory they've experienced in facing an environmental challenge, such as planting a tree or reducing their use of plastic.</li></ul>
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		<p>overcoming obstacles, even when faced with setbacks or failures.</p> <ul style="list-style-type: none"><li>● Provide opportunities for children to reflect on their own experiences of overcoming challenges and how they can apply these lessons in future situations.</li></ul> <p><b>8. Building a Supportive Community:</b></p> <ul style="list-style-type: none"><li>● Foster a sense of belonging and support among peers, encouraging teamwork and cooperation in facing environmental challenges together.</li><li>● Create opportunities for collaborative projects where children can work together towards common goals, strengthening their sense of community and resilience.</li></ul>	<ul style="list-style-type: none"><li>● Encourage the group to cheer and celebrate each success, fostering a sense of pride and accomplishment.</li></ul> <p><b>6. Highlighting Stories of Resilience (Storytelling and Discussion):</b></p> <ul style="list-style-type: none"><li>● Read aloud stories or show videos of resilience and adaptation in nature and communities, such as animals surviving in extreme environments or people coming together to protect the environment.</li><li>● Lead a discussion about the key qualities that contribute to resilience, such as determination, creativity, and cooperation, and how children can apply these qualities in their own lives.</li></ul> <p><b>7. Encouraging Perseverance (Reflection and Art):</b></p> <ul style="list-style-type: none"><li>● Provide art materials for children to create "resilience journals" where they can reflect on their own experiences</li></ul>
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			<p>of overcoming challenges and setbacks.</p> <ul style="list-style-type: none"><li>● Encourage children to draw or write about how they felt during difficult times and what helped them keep going.</li><li>● Display the journals in the classroom as a reminder of the children's resilience and perseverance.</li></ul> <p>8. <b>Building a Supportive Community (Collaborative Project):</b></p> <ul style="list-style-type: none"><li>● Facilitate a collaborative project where children work together to create a mural or display showcasing their ideas for protecting the environment.</li><li>● Encourage teamwork and cooperation as children brainstorm, plan, and create the project together.</li><li>● Display the finished project in a prominent place as a symbol of the supportive community they've built.</li></ul>
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<p><b>Environmental Stewardship:</b></p>	<p>Promoting a sense of responsibility towards the environment.</p> <p>Encouraging eco-friendly behaviours such as recycling, conserving energy, and reducing waste.</p> <p>Exploring the concept of sustainability and its importance for future generations.</p>	<p><b>1. Understanding Responsibility Towards the Environment:</b></p> <ul style="list-style-type: none"> <li>● Define responsibility as taking care of and making choices to protect the environment.</li> <li>● Identify simple actions that demonstrate responsibility towards the environment, such as picking up litter or turning off lights when not in use.</li> </ul> <p><b>2. Encouraging Eco-Friendly Behaviours:</b></p> <ul style="list-style-type: none"> <li>● Introduce the concept of eco-friendly behaviours, such as recycling paper, plastic, and cans, conserving energy by turning off lights and electronics, and reducing waste by reusing items.</li> <li>● Practise these behaviours through</li> </ul>	<p><b>1. Responsibility Relay Race:</b></p> <ul style="list-style-type: none"> <li>● Divide children into teams and set up a relay race course with stations representing different environmental responsibilities, such as picking up litter, turning off lights, or sorting recyclables.</li> <li>● At each station, children must complete a task related to environmental responsibility before passing the baton to the next teammate.</li> <li>● Encourage teamwork and enthusiasm as children race to demonstrate their understanding of responsibility towards the environment.</li> </ul> <p><b>2. Eco-Friendly Puppet Show:</b></p> <ul style="list-style-type: none"> <li>● Help children create puppets using recycled materials, such as paper bags or old socks, and decorate them with eco-friendly messages.</li> <li>● Have children write and</li> </ul>

		<p>hands-on activities and role-playing to reinforce their importance in preserving the environment.</p> <p><b>3. Exploring Sustainability and its Importance:</b></p> <ul style="list-style-type: none"><li>● Define sustainability as using resources in a way that meets the needs of the present without compromising the ability of future generations to meet their own needs.</li><li>● Discuss the importance of sustainability for future generations, emphasizing the need to protect natural resources and reduce environmental impact.</li></ul> <p><b>4. Identifying Simple Eco-Friendly Actions:</b></p> <ul style="list-style-type: none"><li>● Brainstorm and list simple eco-friendly actions that children can take in their daily lives, such as using reusable water</li></ul>	<p>perform short puppet shows that showcase eco-friendly behaviours, such as recycling, conserving energy, and reducing waste.</p> <ul style="list-style-type: none"><li>● After the puppet shows, facilitate a discussion about the importance of these behaviours and how they can be practised in everyday life.</li></ul> <p><b>3. Sustainability Scavenger Hunt:</b></p> <ul style="list-style-type: none"><li>● Create a scavenger hunt checklist with items related to sustainable practices, such as finding a reusable water bottle, locating recycling bins, or identifying energy-saving appliances.</li><li>● Divide children into small groups and provide them with the checklist and a designated area to explore, such as the classroom, school, or local park.</li><li>● Encourage children to work together to find and</li></ul>
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		<p>bottles, bringing reusable bags when shopping, or planting trees.</p> <ul style="list-style-type: none"> <li>● Discuss the impact of each action on the environment and how it contributes to sustainability.</li> </ul> <p><b>5. Practising Eco-Friendly Behaviours:</b></p> <ul style="list-style-type: none"> <li>● Set up recycling bins in the classroom or at home and encourage children to sort recyclable materials.</li> <li>● Implement energy-saving practices, such as turning off lights and unplugging electronics when not in use, and discuss the benefits of conserving energy.</li> </ul> <p><b>6. Exploring Natural Cycles and Resources:</b></p> <ul style="list-style-type: none"> <li>● Introduce the concept of natural cycles, such as the water cycle and the life cycle of plants and animals.</li> <li>● Discuss how human</li> </ul>	<p>check off items on the list while discussing their importance for sustainability.</p> <p><b>4. Eco-Friendly Action Plan:</b></p> <ul style="list-style-type: none"> <li>● Guide children in brainstorming and listing simple eco-friendly actions they can take in their daily lives, such as using reusable water bottles, bringing reusable bags when shopping, or turning off lights when leaving a room.</li> <li>● Have each child create a personalised action plan outlining specific steps they will take to implement these actions at home or school.</li> <li>● Encourage children to share their action plans with their families and commit to practising eco-friendly behaviours together.</li> </ul> <p><b>5. Nature Walk and Reflection:</b></p> <ul style="list-style-type: none"> <li>● Take children on a nature walk to explore natural cycles and resources in their</li> </ul>
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		<p>activities can disrupt natural cycles and the importance of preserving them for a healthy environment.</p> <p><b>7. Engaging in Sustainable Practices:</b></p> <ul style="list-style-type: none"><li>● Plant seeds or seedlings in a garden or outdoor space and discuss the importance of caring for plants and the environment.</li><li>● Participate in a waste reduction project, such as composting food scraps or repurposing materials for art projects, to illustrate the concept of sustainability in action.</li></ul> <p><b>8. Reflecting on Eco-Friendly Choices:</b></p> <ul style="list-style-type: none"><li>● Facilitate discussions about eco-friendly choices made by children and their families, such as using reusable containers for lunches or walking</li></ul>	<p>environment, such as observing plants, animals, and water sources.</p> <ul style="list-style-type: none"><li>● Facilitate discussions along the way about the importance of preserving natural cycles and resources for a healthy environment.</li><li>● After the walk, gather children in a circle to reflect on what they observed and discuss how they can contribute to sustainability through actions like planting trees or conserving water.</li></ul> <p><b>6. Sustainable Garden Project:</b></p> <ul style="list-style-type: none"><li>● Set up a garden area where children can plant seeds or seedlings and learn about caring for plants and the environment.</li><li>● Guide children in planting and caring for the garden, discussing concepts of sustainability and the importance of nurturing plants for a healthy ecosystem.</li></ul>
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		<p>instead of driving.</p> <ul style="list-style-type: none"><li>● Encourage children to reflect on the impact of their choices on the environment and celebrate their efforts to be responsible stewards of the Earth.</li></ul>	<ul style="list-style-type: none"><li>● Encourage children to take turns watering, weeding, and observing the garden's growth as they learn about their role in maintaining a sustainable environment.</li></ul> <p><b>7. Recycling Relay Race:</b></p> <ul style="list-style-type: none"><li>● Set up a relay race course with bins labelled for different types of recyclable materials, such as paper, plastic, and aluminium.</li><li>● Divide children into teams and provide them with recyclable items to sort and place in the appropriate bins.</li><li>● Encourage friendly competition as teams race to correctly sort the recyclables and discuss the impact of recycling on reducing waste and preserving resources.</li></ul> <p><b>8. Eco-Friendly Family Challenge:</b></p> <ul style="list-style-type: none"><li>● Send children home with a family challenge to identify and implement eco-friendly behaviours together.</li><li>● Encourage children to</li></ul>
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			<p>discuss the challenge with their families and brainstorm ideas for practising sustainability, such as using reusable containers for lunches or organising a neighbourhood clean-up.</p> <ul style="list-style-type: none"> <li>● Have children share their experiences and reflections with the class, celebrating their efforts to be responsible stewards of the Earth.</li> </ul>
<p><b>Connecting with Nature:</b></p>	<p>Spending time outdoors and connecting with the natural world.</p> <p>Engaging in nature-based activities such as gardening, hiking, or wildlife observation.</p> <p>Learning about the interconnectedness of all living things and</p>	<p>1. <b>Understanding the Importance of Spending Time Outdoors:</b></p> <ul style="list-style-type: none"> <li>● Define spending time outdoors as exploring and interacting with nature, such as playing in parks, hiking in forests, or visiting beaches.</li> <li>● Discuss the benefits of spending time outdoors for physical health, mental well-being, and fostering a sense of curiosity and wonder about the</li> </ul>	<p>1. <b>Nature Scavenger Hunt:</b></p> <ul style="list-style-type: none"> <li>● Create a list of items commonly found in nature, such as leaves, flowers, rocks, or animal tracks.</li> <li>● Give each child a list and a small bag or basket to collect their treasures.</li> <li>● Explore a nearby park or nature reserve, encouraging children to use their observation skills to find and collect items from the list.</li> </ul> <p>2. <b>Outdoor Sensory Exploration:</b></p> <ul style="list-style-type: none"> <li>● Set up sensory stations</li> </ul>

	<p>our role in preserving biodiversity.</p>	<p>natural world.</p> <p>2. Engaging in Nature-Based Activities:</p> <ul style="list-style-type: none"><li>● Introduce children to a variety of nature-based activities, such as gardening, hiking, birdwatching, or exploring local ecosystems.</li><li>● Provide opportunities for hands-on experiences in nature, allowing children to observe, touch, and interact with plants, animals, and natural materials.</li></ul> <p>3. <b>Learning about Nature's Wonders and Diversity:</b></p> <ul style="list-style-type: none"><li>● Explore different aspects of nature, such as plants, animals, weather, and landscapes, through age-appropriate books, videos, and outdoor experiences.</li><li>● Discuss the diversity of life on Earth and the interconnectedness</li></ul>	<p>outdoors with different materials for children to explore, such as bins of soil, water tables, or containers filled with leaves and twigs.</p> <ul style="list-style-type: none"><li>● Encourage children to use their senses to touch, smell, and listen to the natural materials, discussing their observations and discoveries.</li></ul> <p>3. <b>Nature Art Gallery:</b></p> <ul style="list-style-type: none"><li>● Provide art materials such as paper, crayons, paints, and natural materials like leaves, flowers, and sticks.</li><li>● Invite children to create nature-inspired artwork using the materials they find outdoors.</li><li>● Set up an outdoor "art gallery" where children can display and admire each other's creations, fostering a sense of creativity and connection with nature.</li></ul> <p>4. <b>Animal Habitat Exploration:</b></p> <ul style="list-style-type: none"><li>● Explore a local park or nature reserve with a</li></ul>
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of all living things, emphasising our role as caretakers of the planet.

**4. Developing Observation and Inquiry Skills:**

- Encourage children to use their senses to observe and explore the natural world, such as listening for bird songs, smelling flowers, or feeling different types of soil.
- Facilitate inquiry-based learning by asking open-ended questions and encouraging children to make observations, ask questions, and seek answers through exploration and investigation.

**5. Connecting with Local Ecosystems:**

- Explore nearby natural areas, such as parks, gardens, or nature reserves, to learn about local ecosystems and the

focus on observing and learning about animal habitats.

- Use binoculars or magnifying glasses to spot birds, insects, or small animals in their natural habitats.
- Discuss the importance of preserving and protecting these habitats for wildlife and how human actions can impact their survival.

**5. Gardening Adventure:**

- Set up a small garden area with child-friendly gardening tools, pots, and seeds or seedlings.
- Guide children in planting seeds or seedlings and caring for the plants as they grow.
- Discuss the importance of caring for plants and the environment, and how gardening helps us connect with nature and contribute to biodiversity.

**6. Nature Storytelling Circle:**

- Gather children in a circle outdoors and encourage them to share

		<p>plants and animals that inhabit them.</p> <ul style="list-style-type: none"><li>● Discuss the importance of preserving and protecting these ecosystems and how human actions can impact biodiversity and the health of the environment.</li></ul> <p><b>6. Cultivating Empathy and Respect for Nature:</b></p> <ul style="list-style-type: none"><li>● Foster empathy and respect for nature by encouraging children to care for plants, animals, and the environment through activities like planting trees, feeding birds, or cleaning up litter.</li><li>● Discuss the intrinsic value of nature and the importance of treating all living things with kindness and compassion.</li></ul> <p><b>7. Promoting Nature-Based Creativity and Expression:</b></p> <ul style="list-style-type: none"><li>● Provide opportunities for children to express their</li></ul>	<p>stories or experiences they've had in nature.</p> <ul style="list-style-type: none"><li>● Use props or puppets to act out nature-themed stories or create improvised stories together.</li><li>● Encourage children to use their imagination and creativity to express their connection with the natural world through storytelling.</li></ul> <p><b>7. Outdoor Yoga and Mindfulness:</b></p> <ul style="list-style-type: none"><li>● Lead children in a nature-themed yoga session outdoors, incorporating animal poses and natural elements into the practice.</li><li>● Practice mindfulness activities such as deep breathing exercises or guided nature meditations, encouraging children to connect with their surroundings and appreciate the beauty of nature.</li></ul> <p><b>8. Nature Journaling Adventure:</b></p>
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		<p>connection with nature through art, music, storytelling, or nature-inspired play.</p> <ul style="list-style-type: none"><li>● Encourage children to use their creativity to capture the beauty and wonder of the natural world and share their creations with others.</li></ul> <p><b>8. Fostering a Lifelong Love of Nature:</b></p> <ul style="list-style-type: none"><li>● Cultivate a sense of wonder and curiosity about the natural world by nurturing children's innate interest in exploring and discovering new things outdoors.</li><li>● Encourage children to develop a lifelong habit of spending time outdoors, connecting with nature, and advocating for its protection and conservation.</li></ul>	<ul style="list-style-type: none"><li>● Provide each child with a nature journal or notebook and art materials.</li><li>● Take children on a guided nature walk, stopping to observe and sketch interesting plants, animals, or landscapes.</li><li>● Encourage children to write or draw about their observations, thoughts, and feelings, fostering a deeper connection with the natural world and promoting reflection and self-expression.</li></ul>
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<p><b>Positive Action and Advocacy:</b></p>	<p>Encouraging children to become environmental advocates in their communities.</p> <p>Teaching the importance of collective action and grassroots movements.</p> <p>Empowering children to use their voices for positive change through projects and campaigns.</p>	<ol style="list-style-type: none"> <li>1. <b>Becoming Environmental Advocates:</b> <ul style="list-style-type: none"> <li>● Inspire children to develop a sense of responsibility for the environment and the well-being of their communities.</li> <li>● Encourage children to learn about environmental issues affecting their local community and the wider world, fostering curiosity and concern for the natural world.</li> <li>● Empower children to take action to address environmental challenges by advocating for sustainable practices and behaviours within their families, schools, and neighbourhoods.</li> </ul> </li> <li>2. <b>Understanding Collective Action and Grassroots Movements:</b> <ul style="list-style-type: none"> <li>● Introduce children to the concept of collective action and</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Community Environmental Scavenger Hunt:</b> <ul style="list-style-type: none"> <li>● Organise a scavenger hunt in the local community or school grounds, where children search for examples of environmental issues (e.g., litter, pollution, lack of green spaces) and positive actions (e.g., community gardens, recycling bins).</li> <li>● After the scavenger hunt, gather children to discuss their findings and observations, fostering curiosity and concern for the natural world.</li> <li>● Guide a reflection on how their discoveries relate to the well-being of their community and the importance of taking action to address environmental challenges.</li> </ul> </li> <li>2. <b>Grassroots Movement Storytime:</b> <ul style="list-style-type: none"> <li>● Read age-appropriate books or watch videos that showcase</li> </ul> </li> </ol>
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		<p>grassroots movements as ways for communities to come together to address shared concerns and create positive change.</p> <ul style="list-style-type: none"> <li>● Explore examples of grassroots movements related to environmental conservation and sustainability, highlighting how ordinary people can make a difference through collaboration and activism.</li> <li>● Foster a sense of solidarity and belonging within the classroom community, emphasising the importance of working together towards common goals for the greater good.</li> </ul> <p>3. <b>Empowering Children to Use Their Voices for Positive Change:</b></p> <ul style="list-style-type: none"> <li>● Teach children about</li> </ul>	<p>grassroots movements and collective action for environmental conservation, such as community clean-up initiatives, tree planting campaigns, or youth-led environmental projects.</p> <ul style="list-style-type: none"> <li>● Facilitate a discussion about the power of ordinary people coming together to create positive change, emphasising the role of collaboration and activism in addressing environmental issues.</li> <li>● Encourage children to brainstorm ideas for their own grassroots movements or projects to improve their local environment, fostering a sense of solidarity and empowerment within the classroom community.</li> </ul> <p>3. <b>Environmental Advocacy Campaign:</b></p> <ul style="list-style-type: none"> <li>● Guide children in researching environmental issues that they are passionate about, such as plastic</li> </ul>
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		<p>the power of advocacy and how they can use their voices to influence decision-makers and raise awareness about environmental issues.</p> <ul style="list-style-type: none"><li>● Provide opportunities for children to engage in projects and campaigns that allow them to express their ideas, opinions, and concerns about the environment in creative and meaningful ways.</li><li>● Support children in developing communication skills, such as public speaking, writing letters, and creating posters or videos, to effectively communicate their messages and inspire others to take action.</li></ul>	<p>pollution, deforestation, or endangered species.</p> <ul style="list-style-type: none"><li>● Help children develop advocacy campaigns to raise awareness and promote action on their chosen issue, providing guidance on effective communication strategies and creative expression.</li><li>● Support children in creating posters, flyers, or digital media campaigns to spread their message to the school community, families, and local decision-makers.</li><li>● Organise opportunities for children to present their advocacy campaigns to peers, teachers, and community members, empowering them to use their voices for positive change and inspiring others to take action.</li></ul>
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<p>Hope and Optimism</p>	<p>Cultivating a sense of hope and optimism for the future.</p> <p>Highlighting examples of successful environmental initiatives and innovations.</p> <p>Emphasising the potential for positive change through individual and collective effort</p>	<ol style="list-style-type: none"> <li>1. <b>Understanding Hope and Optimism:</b> <ul style="list-style-type: none"> <li>● Define hope and optimism as feelings of confidence, positivity, and belief in the possibility of a better future.</li> <li>● Discuss how hope and optimism can motivate individuals and communities to take positive actions to address environmental challenges.</li> </ul> </li> <li>2. <b>Exploring Environmental Success Stories:</b> <ul style="list-style-type: none"> <li>● Introduce children to examples of successful environmental initiatives and innovations from around the world, such as conservation projects, renewable energy technologies, or sustainable agriculture practices.</li> <li>● Highlight how these initiatives have made a positive impact on</li> </ul> </li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Hope Collage Creation:</b> <ul style="list-style-type: none"> <li>● Provide children with a variety of art materials such as magazines, newspapers, colored paper, markers, and glue.</li> <li>● Have children create collages that represent their hopes and aspirations for a better environment and a brighter future.</li> <li>● Encourage children to include images and words that convey feelings of hope, optimism, and positive change, such as vibrant nature scenes, happy faces, and uplifting messages.</li> </ul> </li> <li>2. <b>Environmental Success Story Puppet Show:</b> <ul style="list-style-type: none"> <li>● Divide children into small groups and assign each group an environmental success story or initiative to research and reenact.</li> <li>● Provide materials for making simple puppets or props related to their chosen story.</li> </ul> </li> </ol>
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		<p>the environment and improved people's lives.</p> <p>3. <b>Identifying Positive Changes:</b></p> <ul style="list-style-type: none"><li>• Discuss the potential for positive change through individual and collective efforts to protect and preserve the environment.</li><li>• Explore simple actions that children can take in their daily lives to contribute to positive change, such as recycling, conserving energy, or planting trees.</li></ul> <p>4. <b>Celebrating The Sustainables Heroes:</b></p> <ul style="list-style-type: none"><li>• Introduce children to environmental heroes and role models who have made significant contributions to environmental conservation and sustainability.</li><li>• Discuss the qualities and actions that make these</li></ul>	<ul style="list-style-type: none"><li>• Have each group perform a puppet show or skit that highlights the positive impact of their chosen environmental initiative, emphasizing the role of hope and optimism in driving change.</li></ul> <p>3. <b>Positive Change Role-Playing:</b></p> <ul style="list-style-type: none"><li>• Set up a role-playing scenario where children take on different roles representing individuals and communities working together to address environmental challenges.</li><li>• Encourage children to brainstorm and act out positive actions they can take to contribute to a healthier environment, such as planting trees, cleaning up litter, or advocating for environmental policies.</li></ul> <p>4. <b>Environmental Hero Art Gallery:</b></p> <ul style="list-style-type: none"><li>• Introduce children to environmental heroes and role models through</li></ul>
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		<p>individuals inspiring and how children can follow their example in making a difference.</p> <p><b>5. Promoting Empowerment and Agency:</b></p> <ul style="list-style-type: none"><li>● Empower children by emphasising their ability to make a difference in protecting the environment, both individually and as part of a larger community.</li><li>● Encourage children to share their ideas and take action on environmental issues that are important to them, fostering a sense of agency and responsibility.</li></ul> <p><b>6. Encouraging Innovation and Creativity:</b></p> <ul style="list-style-type: none"><li>● Foster creativity and innovation by challenging children to think of new ideas and solutions to environmental problems.</li></ul>	<p>stories, videos, or images.</p> <ul style="list-style-type: none"><li>● Provide art materials and encourage children to create portraits or drawings of their chosen environmental hero, highlighting their inspiring qualities and contributions to the planet.</li><li>● Display the artwork in a gallery-style exhibition, allowing children to share and celebrate their heroes with their peers and families.</li></ul> <p><b>5. Empowerment Storytelling Circle:</b></p> <ul style="list-style-type: none"><li>● Gather children in a circle and invite them to share stories or experiences where they felt empowered to make a positive difference in the environment.</li><li>● Use props or costumes to act out these stories, emphasising moments of agency, leadership, and collaboration.</li><li>● Facilitate a discussion about how each child's</li></ul>
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		<ul style="list-style-type: none"> <li>● Provide opportunities for children to brainstorm and design their own eco-friendly inventions or projects that address environmental challenges in their community.</li> </ul> <p><b>7. Promoting Critical Thinking and Problem-Solving:</b></p> <ul style="list-style-type: none"> <li>● Encourage critical thinking skills by engaging children in discussions about the root causes of environmental issues and potential solutions.</li> <li>● Encourage children to ask questions, explore different perspectives, and come up with creative solutions to complex environmental problems.</li> </ul> <p><b>8. Building Resilience and Adaptability:</b></p> <ul style="list-style-type: none"> <li>● Foster resilience and adaptability by helping children</li> </ul>	<p>actions contributed to positive change and how they can continue to make a difference in the future.</p> <p><b>6. Eco-Innovation Invention Workshop:</b></p> <ul style="list-style-type: none"> <li>● Challenge children to brainstorm and design their own eco-friendly inventions or solutions to environmental problems.</li> <li>● Provide materials such as recycled materials, craft supplies, and building blocks for prototyping their inventions.</li> <li>● Allow children to present their inventions to the group, explaining how their creations address environmental challenges and promote sustainability.</li> </ul> <p><b>7. Critical Thinking Environmental Debate:</b></p> <ul style="list-style-type: none"> <li>● Organise a mock debate where children discuss and debate different environmental issues and potential solutions.</li> <li>● Assign roles such as</li> </ul>
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		<p>understand that setbacks and challenges are a natural part of the process of creating positive change.</p> <ul style="list-style-type: none"><li>● Encourage children to persevere in the face of obstacles and setbacks, learning from failures and finding new ways to approach environmental issues.</li></ul>	<p>environmental advocates, policymakers, scientists, and community members, and provide resources for researching their positions.</p> <ul style="list-style-type: none"><li>● Encourage children to use critical thinking skills to evaluate evidence, consider different perspectives, and propose creative solutions to environmental problems.</li></ul> <p>8. <b>Resilience and Adaptability Nature Walk:</b></p> <ul style="list-style-type: none"><li>● Take children on a nature walk and encourage them to observe and discuss examples of resilience and adaptability in the natural world, such as plants growing in challenging environments or animals adapting to changing habitats.</li><li>● Facilitate a reflective discussion about how these examples relate to</li></ul>
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			our own ability to overcome obstacles and adapt to change in our lives and communities.
Cultural and Global Perspectives:	<p>Exploring how different cultures view and interact with the environment. Learning about environmental issues and solutions around the world.</p> <p>Fostering empathy and solidarity with communities disproportionately affected by climate change.</p>	<p><b>1. Understanding Cultural Perspectives on the Environment:</b></p> <ul style="list-style-type: none"> <li>● Explore how different cultures around the world view and interact with the environment, emphasising respect for cultural diversity and the rights of indigenous peoples to steward their lands.</li> <li>● Discuss traditional practices, beliefs, and rituals related to environmental conservation and sustainability in various cultures, fostering appreciation for cultural heritage and knowledge.</li> </ul> <p><b>2. Learning about Environmental Issues and Solutions Worldwide:</b></p> <ul style="list-style-type: none"> <li>● Introduce children to</li> </ul>	<p><b>1. Cultural Perspective Art Gallery:</b></p> <ul style="list-style-type: none"> <li>● Divide children into small groups, assigning each group a different culture or region to research.</li> <li>● Encourage children to create artworks (paintings, drawings, or collages) that represent how people from their assigned culture view and interact with the environment.</li> <li>● Set up an art gallery displaying the children's creations, allowing them to showcase their understanding of cultural diversity and environmental stewardship through art.</li> </ul> <p><b>2. Environmental Issues Play and Geography Game:</b></p> <ul style="list-style-type: none"> <li>● Organise a drama activity where children role-play as residents of different countries facing</li> </ul>

		<p>a range of environmental issues affecting communities globally, linking these issues to relevant SDGs such as clean water and sanitation (SDG 6), climate action (SDG 13), and life on land (SDG 15).</p> <ul style="list-style-type: none"> <li>• Showcase examples of environmental solutions and initiatives from different countries and cultures, aligning these efforts with the Eco Schools framework and promoting active participation in sustainability projects within the school community.</li> </ul> <p><b>3. Fostering Empathy and Solidarity with Climate-Impacted Communities:</b></p> <ul style="list-style-type: none"> <li>• Raise awareness about communities disproportionately affected by climate change, linking this discussion to the</li> </ul>	<p>environmental challenges.</p> <ul style="list-style-type: none"> <li>• Create a map of the world and mark locations where environmental issues are prevalent, such as water scarcity, deforestation, or pollution.</li> <li>• Facilitate a geography game where children move around the map to different locations, acting out scenarios related to environmental issues and discussing potential solutions based on real-world examples.</li> </ul> <p><b>3. Solidarity Storytelling Circle:</b></p> <ul style="list-style-type: none"> <li>• Gather children in a circle and read stories or watch videos about climate-impacted communities from diverse cultural backgrounds.</li> <li>• Encourage children to express empathy for the characters in the stories and discuss how they can show solidarity and support for these communities.</li> </ul>
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		<p>rights of children to live in a safe and sustainable environment (UN Convention on the Rights of the Child).</p> <ul style="list-style-type: none"> <li>● Encourage children to empathise with and show solidarity towards climate-impacted communities by learning about their experiences and advocating for climate justice, aligning these efforts with the principles of Rights Respecting Schools.</li> </ul> <p><b>4. Promoting Action for Sustainable Development:</b></p> <ul style="list-style-type: none"> <li>● Empower children to take action on environmental issues within the school and local community, aligning their efforts with the SDGs and the Eco Schools program.</li> <li>● Encourage participation in eco-friendly initiatives</li> </ul>	<ul style="list-style-type: none"> <li>● Facilitate a storytelling activity where children create and share their own stories of solidarity and compassion towards climate-impacted communities, using drama techniques to bring their narratives to life.</li> </ul> <p><b>4. Sustainable Development Action Plan:</b></p> <ul style="list-style-type: none"> <li>● Engage children in a brainstorming session to identify environmental issues in their school and local community.</li> <li>● Introduce the Sustainable Development Goals (SDGs) and discuss how addressing these issues aligns with the global agenda for sustainable development.</li> <li>● Guide children in developing an action plan for sustainable development, incorporating eco-friendly initiatives such as waste reduction, energy conservation,</li> </ul>
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		<p>such as waste reduction, energy conservation, sustainable gardening, and advocacy for environmental policies, fostering a sense of responsibility for achieving the SDGs and creating a more sustainable world for all.</p>	<p>and community gardening.</p> <ul style="list-style-type: none"> <li>● Encourage children to use art and visual aids to present their action plans to the school community, fostering a sense of ownership and responsibility for achieving the SDGs and creating a more sustainable world.</li> </ul>
<p>Reflection and Celebration:</p>	<p>Reflecting on personal growth and learning throughout the curriculum.</p> <p>Celebrating achievements and efforts towards environmental stewardship.</p> <p>Planning for continued action and advocacy beyond the classroom.</p>	<p><b>1. Reflecting on Personal Growth and Learning:</b></p> <ul style="list-style-type: none"> <li>● Encourage children to reflect on their experiences and learning throughout the curriculum, identifying new knowledge, skills, and perspectives gained.</li> <li>● Foster self-awareness and metacognitive skills by prompting children to think about how their understanding of environmental issues</li> </ul>	<p><b>1. Reflective Nature Walk:</b></p> <ul style="list-style-type: none"> <li>● Take children on a nature walk in a nearby park or green space.</li> <li>● Encourage them to observe and interact with the natural environment, noticing changes in plants, animals, and weather patterns.</li> <li>● After the walk, gather in a circle and facilitate a reflective discussion, asking questions such as: <ul style="list-style-type: none"> <li>● "What did you learn or discover</li> </ul> </li> </ul>

		<p>and their role as stewards of the planet has evolved over time.</p> <ul style="list-style-type: none"> <li>• Support children in articulating their thoughts and feelings about their personal growth and learning journey, using age-appropriate language and reflective activities.</li> </ul> <p><b>2. Celebrating Achievements in Environmental Stewardship:</b></p> <ul style="list-style-type: none"> <li>• Recognize and celebrate children's achievements and efforts towards environmental stewardship, such as participating in eco-friendly initiatives, advocating for environmental causes, or taking positive actions to protect the environment.</li> <li>• Create opportunities for children to share their</li> </ul>	<p>during our nature walk today?"</p> <ul style="list-style-type: none"> <li>• "How did you feel while exploring the outdoors?"</li> <li>• "What new things did you notice about the environment?"</li> </ul> <ul style="list-style-type: none"> <li>• Provide each child with a journal or drawing paper to document their thoughts and experiences from the nature walk, fostering self-awareness and metacognitive skills.</li> </ul> <p><b>2. Environmental Stewardship Showcase:</b></p> <ul style="list-style-type: none"> <li>• Organise a classroom event or assembly to celebrate children's achievements in environmental stewardship.</li> <li>• Invite children to showcase their eco-friendly initiatives, such as creating posters about recycling, presenting a skit about saving energy, or sharing stories of their</li> </ul>
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		<p>accomplishments with their peers, teachers, and families, fostering a sense of pride and accomplishment.</p> <ul style="list-style-type: none"><li>● Use positive reinforcement and encouragement to reinforce children's commitment to environmental stewardship and motivate continued engagement in sustainability efforts.</li></ul> <p><b>3. Planning for Continued Action and Advocacy:</b></p> <ul style="list-style-type: none"><li>● Guide children in setting goals for continued action and advocacy beyond the classroom, aligning their efforts with the principles of eco-schools, Sustainable Development Goals (SDGs), and local environmental initiatives.</li><li>● Encourage children to brainstorm and prioritise actions they</li></ul>	<p>experiences with nature.</p> <ul style="list-style-type: none"><li>● Encourage children to express their feelings of pride and accomplishment in front of their peers, teachers, and families, fostering a supportive and encouraging environment.</li></ul> <p><b>3. Future Eco-Action Planning Session:</b></p> <ul style="list-style-type: none"><li>● Facilitate a group discussion about ways to continue taking action and advocating for the environment beyond the classroom.</li><li>● Provide children with examples of environmental projects and initiatives aligned with eco-schools, SDGs, and local environmental initiatives.</li><li>● Guide children in brainstorming and prioritizing their ideas for future eco-actions, considering their interests, strengths, and available resources.</li><li>● Support children in</li></ul>
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		<p>can take to address environmental challenges in their school, community, or broader society.</p> <ul style="list-style-type: none"><li>● Support children in developing action plans and timelines for implementing their ideas, considering practical steps, resources needed, and potential obstacles.</li><li>● Empower children to become agents of change by providing opportunities for them to take leadership roles, collaborate with peers, and engage in meaningful advocacy efforts to promote environmental sustainability.</li></ul>	<p>developing action plans and timelines for implementing their ideas, encouraging them to consider practical steps, resources needed, and potential obstacles.</p> <ul style="list-style-type: none"><li>● Empower children to take on leadership roles within their classroom or school community, providing opportunities for them to collaborate with peers and engage in meaningful advocacy efforts to promote environmental sustainability.</li></ul>
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