

KS2 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:

Curriculum Strand	Concepts For Teaching	Learning Objectives	Suggested Activities
<p>Introduction to Climate Change</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>	<p>1. Understanding the Concept of Climate Change:</p> <ul style="list-style-type: none"> ● Define climate change as the long-term alteration of Earth's average weather patterns and temperatures due to human activities, such as the burning of fossil fuels and deforestation. ● Explain the greenhouse effect and how human activities contribute to the accumulation of greenhouse gases in the atmosphere, leading to global warming and changes in climate patterns. ● Help children grasp the importance of addressing climate change to protect the planet and ensure a 	<p>1. Climate Change Role-Play:</p> <ul style="list-style-type: none"> ● Divide the children into groups and assign each group a role to represent different aspects of climate change (e.g., greenhouse gases, deforestation, renewable energy). ● Have each group create a short skit or role-play to illustrate how their assigned factor contributes to climate change and its effects on the environment and society. ● After the role-plays, facilitate a discussion to reinforce key concepts and help children understand the interconnected nature of climate change. <p>2. Greenhouse Gas Experiment:</p> <ul style="list-style-type: none"> ● Conduct a hands-on experiment to demonstrate the greenhouse effect and how greenhouse gases trap heat in the Earth's atmosphere. ● Set up two identical containers with thermometers inside, one filled with regular air and the other with a mixture of

sustainable future for all living beings.

2. Exploring the Causes and Effects of Climate Change:

- Identify and discuss key human activities that contribute to climate change, such as burning fossil fuels for energy, deforestation, and industrial processes.
- Explore the primary greenhouse gasses responsible for trapping heat in the atmosphere, including carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O).
- Discuss the effects of climate change on Earth's ecosystems, weather patterns, sea levels, and biodiversity, emphasising the potential impacts on human societies and the natural world.

3. Introducing the Idea of Earth's Interconnected Ecosystems:

- Explore the concept of

greenhouse gases (carbon dioxide, methane, and nitrous oxide).

- Place both containers under a heat lamp or in direct sunlight and observe the temperature changes over time.
- Discuss the results with the children, highlighting how the container with greenhouse gases traps **more heat, simulating the greenhouse effect.**

3. Ecosystems Web Activity:

- Create a large-scale ecosystem web on a bulletin board or poster board, with different ecosystems represented by pictures or drawings (e.g., forests, oceans, deserts).
- Provide yarn or string to the children and ask them to connect the ecosystems based on their interactions and dependencies (e.g., plants provide oxygen for animals, animals help disperse seeds).
- As the children create the web, discuss how changes in one ecosystem can impact others, reinforcing the idea of Earth's interconnectedness and the importance of maintaining ecological balance.

		<p>ecosystems as interconnected communities of living organisms (plants, animals, and microorganisms) and their physical environments (air, water, soil).</p> <ul style="list-style-type: none"> • Identify different types of ecosystems, such as forests, grasslands, oceans, and wetlands, and discuss their unique characteristics and biodiversity. • Illustrate how changes in one ecosystem can have ripple effects on others, highlighting the interconnectedness of Earth's natural systems and the importance of maintaining ecological balance. 	
<p>Exploring Feelings and Emotions:</p>	<p>Identifying and expressing</p>	<p>1. Identifying and Expressing Emotions Related to Climate Change:</p> <ul style="list-style-type: none"> • Develop the ability to 	<p>1. Emotion Identification and Expression Workshop:</p> <ul style="list-style-type: none"> • Begin by discussing different emotions commonly associated

	<p>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>	<p>recognise and name emotions commonly associated with climate change, such as worry, fear, sadness, or anger.</p> <ul style="list-style-type: none"> • Understand the physical and emotional signs of anxiety, including changes in mood, behaviour, and physical sensations. • Practice expressing feelings related to climate change through verbal communication, writing, art, or other creative outlets. <p>2. Creating a Safe Space for Sharing Concerns and Fears:</p> <ul style="list-style-type: none"> • Cultivate a supportive and non-judgmental environment where children feel comfortable expressing their concerns and fears about climate change. • Foster empathy and active listening skills among peers, 	<p>with climate change, such as worry, fear, sadness, or anger. Provide examples and encourage children to share their own experiences.</p> <ul style="list-style-type: none"> • Lead a guided activity where children identify and label their own emotions related to climate change. This could be done through writing in journals, drawing or painting their feelings, or using emotion cards to express themselves. • Facilitate a group discussion where children share their creations and explain the emotions they depicted. Encourage empathy and understanding among peers by actively listening and providing supportive feedback. <p>2. Creating a Safe Space Circle:</p> <ul style="list-style-type: none"> • Set up a designated safe space in the classroom or outdoors where children can gather to share their concerns and fears about climate change. • Start with a calming activity, such as deep breathing or mindfulness exercises, to create a relaxed atmosphere. • Use a talking stick or other token to ensure everyone has a chance
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encouraging respectful communication and validation of each other's feelings.

- Establish trust with adults and caregivers as trustworthy allies who can provide emotional support and guidance.

3. Teaching Coping Strategies for Managing Difficult Emotions:

- Introduce a variety of coping strategies for managing anxiety and stress related to climate change, such as deep breathing exercises, mindfulness techniques, progressive muscle relaxation, or engaging in calming activities.
- Provide guidance on seeking social support from trusted adults, friends, or support groups, and encourage open communication about feelings and experiences.
- Explore the importance

to speak without interruption. Encourage children to express their feelings openly and respectfully.

- Facilitate active listening and validation among peers, emphasizing empathy and understanding. Encourage children to offer words of support and solidarity to each other.

3. Coping Strategy Toolbox:

- Introduce a variety of coping strategies for managing difficult emotions related to climate change, such as deep breathing exercises, mindfulness activities, or progressive muscle relaxation techniques.
- Divide children into small groups and assign each group a coping strategy to explore in-depth. Provide resources, such as guided audio recordings or visual instructions, to help children practice the techniques.
- After practicing the coping strategies, gather as a whole group to share experiences and reflections. Discuss which strategies felt most effective and why, and encourage children to brainstorm additional coping techniques they can add to their

		<p>of self-care practices, such as maintaining a healthy lifestyle, getting enough rest, engaging in enjoyable activities, and spending time in nature.</p>	<p>toolbox.</p>
<p>Understanding Climate Anxiety:</p>	<p>Defining climate anxiety and its impact on mental health.</p> <p>Recognizing signs of climate anxiety in oneself and others. Discussing the importance of acknowledging and addressing emotions.</p>	<p>1. Defining Climate Anxiety and Its Impact on Mental Health:</p> <ul style="list-style-type: none"> ● Understand the concept of climate anxiety as feelings of worry, fear, or distress related to environmental issues such as climate change. ● Recognize the impact of climate anxiety on mental health, including symptoms such as stress, sadness, or difficulty concentrating. ● Appreciate the importance of addressing climate anxiety to promote emotional well-being 	<p>1. Climate Anxiety Awareness Poster:</p> <ul style="list-style-type: none"> ● Divide the class into small groups and provide each group with materials to create a poster about climate anxiety. ● Instruct the groups to illustrate and explain the concept of climate anxiety, its impact on mental health, and the importance of addressing it. ● Encourage creativity and collaboration as the groups work together to design their posters. ● Display the posters around the classroom or school to raise awareness and promote understanding of climate anxiety among peers. <p>2. Emotion Recognition Game:</p> <ul style="list-style-type: none"> ● Create a game where children can practice recognizing signs of climate anxiety in themselves and others.

and resilience.

2. Recognizing Signs of Climate Anxiety in Oneself and Others:

- Identify signs and symptoms of climate anxiety in oneself, such as feelings of overwhelm, persistent worry about environmental issues, or changes in mood and behavior.
- Recognize signs of climate anxiety in others, such as friends, family members, or peers, and demonstrate empathy and support towards individuals experiencing distress.

3. Discussing the Importance of Acknowledging and Addressing Emotions:

- Understand the value of acknowledging and expressing emotions related to climate change, including worry, fear, sadness, or anger.
- Recognize the role of

- Prepare a set of scenario cards describing situations related to climate change and its effects on mental health.
- In pairs or small groups, children take turns reading the scenario cards and identifying the emotions portrayed.
- Facilitate a discussion after each round to explore how different emotions manifest in response to climate anxiety and how to support oneself and others in managing these feelings.

3. Climate Anxiety Journal:

- Provide each child with a journal or notebook to use as a personal climate anxiety journal.
- Encourage children to reflect on their own experiences with climate anxiety, including any feelings of worry, fear, or stress they may have encountered.
- Prompt them to write or draw about specific situations or triggers that evoke climate anxiety and how they cope with these emotions.
- Offer guidance on healthy coping strategies and encourage children to incorporate these techniques into their daily routines.

		<p>open communication and supportive relationships in addressing climate anxiety, both within oneself and with others.</p> <ul style="list-style-type: none"> ● Explore strategies for managing difficult emotions and seeking support, such as talking to trusted adults, practising self-care activities, or engaging in positive coping mechanisms. 	<p>4. Supportive Circle Discussion:</p> <ul style="list-style-type: none"> ● Arrange a circle discussion where children can openly share their thoughts and feelings about climate change and its impact on their mental health. ● Establish ground rules for respectful communication and active listening, emphasising the importance of creating a safe and supportive environment. ● Facilitate the discussion by asking open-ended questions and encouraging children to express their emotions and experiences. ● Provide validation and support to each child, reinforcing the message that it is normal to feel anxious about climate change and that they are not alone in their feelings.
<p>Building Resilience:</p>	<p>Teaching strategies for resilience in the face of environmental challenges.</p>	<p>1. Teaching Strategies for Resilience in the Face of Environmental Challenges:</p> <ul style="list-style-type: none"> ● Understand the concept of resilience as the ability to adapt and bounce back from adversity, including 	<p>1. Teaching Strategies for Resilience in the Face of Environmental Challenges:</p> <ul style="list-style-type: none"> ● Resilience Brainstorm: Facilitate a brainstorming session where students discuss and define the concept of resilience. Guide them to think about times they've

	<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>environmental challenges like climate change.</p> <ul style="list-style-type: none"> ● Learn and practice resilience-building strategies, such as problem-solving skills, positive thinking, and seeking support from others. ● Apply resilience strategies to navigate and cope with the emotional impacts of climate change, fostering emotional well-being and adaptability. <p>2. Fostering a Sense of Agency and Empowerment Through Small Actions:</p> <ul style="list-style-type: none"> ● Recognize the importance of individual agency and empowerment in addressing environmental challenges, regardless of age or circumstance. ● Identify and take small, meaningful actions within one's control to 	<p>overcome challenges, emphasising the importance of resilience in facing environmental issues.</p> <ul style="list-style-type: none"> ● Resilience Toolkit: Create a "resilience toolkit" with activities and exercises to practise resilience-building strategies. This toolkit could include worksheets for problem-solving scenarios, gratitude journal prompts for positive thinking, and role-playing exercises to practise seeking support from others. ● Emotion Management Workshop: Invite a guest speaker, such as a counsellor or psychologist, to lead a workshop on managing emotions related to climate change. Provide students with tools and techniques for coping with anxiety and stress, such as mindfulness exercises or deep breathing techniques. <p>2. Fostering a Sense of Agency and Empowerment Through Small Actions:</p> <ul style="list-style-type: none"> ● Environmental Action Plan: Guide students in creating their own environmental action plans. Have them brainstorm small actions they can take to address environmental challenges, such
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contribute to positive environmental outcomes, such as reducing waste, conserving resources, or advocating for sustainability initiatives.

- Develop a sense of efficacy and confidence in making a difference, empowering children/young people to take ownership of their role as stewards of the environment **and** agents of change.

3. Highlighting Stories of Resilience and Adaptation in Nature and Communities:

- Explore real-life examples of resilience and adaptation in nature and human communities facing environmental challenges, such as extreme weather events, habitat loss, or pollution.
- Understand the factors and strategies that

as reducing plastic use or planting trees. Encourage students to set specific goals and track their progress over time.

- **Community Advocacy Project:** Challenge students to identify an environmental issue in their community and develop a plan for advocacy or action. This could involve writing letters to local officials, organising a community clean-up event, or creating educational materials to raise awareness.
- **Empowerment Reflections:** Provide opportunities for students to reflect on their experiences taking action for the environment. Lead discussions where students share their successes, challenges, and lessons learned. Encourage them to celebrate their achievements and identify ways to continue making a positive impact.

3. Highlighting Stories of Resilience and Adaptation in Nature and Communities:

- **Resilience Case Studies:** Assign students to research and present case studies of resilience in nature and human communities. Encourage them to explore

		<p>contribute to resilience, such as biodiversity, community cooperation, and innovative solutions.</p> <ul style="list-style-type: none"> ● Draw inspiration from stories of resilience to cultivate hope, optimism, and determination in facing environmental challenges and promoting sustainability. 	<p>examples from different parts of the world and analyse the factors that contributed to successful adaptation.</p> <ul style="list-style-type: none"> ● Resilience in Art: Invite students to express their understanding of resilience through creative projects. This could include creating artwork, writing stories, or composing songs inspired by stories of resilience in nature and communities. ● Resilience Symposium: Organize a class symposium where students showcase their research and creative projects on resilience. Encourage them to share their insights and inspire their peers with stories of hope and determination in the face of environmental challenges.
<p>Environmental Stewardship:</p>	<p>Promoting a sense of responsibility towards the environment.</p> <p>Encouraging eco-friendly behaviours such as recycling,</p>	<p>1. Promoting a Sense of Responsibility Towards the Environment:</p> <ul style="list-style-type: none"> ● Understand the concept of environmental responsibility as the duty to care for and protect the natural world for current and 	<p>Here are teaching and learning activities aligned with the objectives:</p> <p>Promoting a Sense of Responsibility Towards the Environment:</p> <ol style="list-style-type: none"> 1. <i>Nature Walk and Observation:</i> Take students on a nature walk in a local park or green space. Encourage them to

	<p>conserving energy, and reducing waste.</p> <p>Exploring the concept of sustainability and its importance for future generations.</p>	<p>future generations.</p> <ul style="list-style-type: none"> ● Recognize the interconnectedness between human actions and the health of the environment, fostering a sense of personal accountability for environmental stewardship. ● Identify and discuss the environmental impacts of individual behaviours and choices, emphasising the importance of making ethical and sustainable decisions. <p>2. Encouraging Eco-Friendly Behaviours:</p> <ul style="list-style-type: none"> ● Learn about eco-friendly behaviours such as recycling, conserving energy, reducing waste, and using alternative transportation methods. ● Understand the environmental benefits of adopting eco-friendly practices, including reducing 	<p>observe and interact with the environment while discussing the concept of environmental responsibility. Ask questions such as, "How do our actions impact the plants and animals in this ecosystem?" and "What can we do to protect and preserve this environment?"</p> <ol style="list-style-type: none"> 2. <i>Environmental Impact Investigation:</i> Assign students to research the environmental impact of common human activities such as transportation, energy consumption, and waste generation. In small groups, they can create presentations or posters showcasing their findings and proposing solutions to minimise negative impacts. 3. <i>Guest Speaker Session:</i> Invite a local environmentalist or conservationist to speak to the class about their work and the importance of environmental responsibility. Students can prepare questions in advance and engage in a discussion about practical ways to make a positive difference in their community. <p>Encouraging Eco-Friendly Behaviours:</p> <ol style="list-style-type: none"> 1. <i>Recycling Relay Race:</i> Organise a recycling relay race where students compete to sort different types of recyclable materials into designated
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pollution, conserving natural resources, and mitigating climate change.

- Demonstrate the ability to incorporate eco-friendly behaviours into daily routines and advocate for their adoption within the broader community.

3. Exploring the Concept of Sustainability and Its Importance for Future Generations:

- Define sustainability as the practice of using resources in a way that meets present needs without compromising the ability of future generations to meet their own needs.
- Explore the interconnectedness of social, economic, and environmental systems within the context of sustainability, recognizing the need for balance and harmony.
- Understand the long-

bins. This activity not only promotes recycling but also encourages teamwork and physical activity.

2. *Energy Conservation Challenge:* Challenge students to track their energy consumption at home for a week and identify opportunities to conserve energy. They can create energy-saving plans and share them with their families, aiming to reduce their household's carbon footprint.
3. *Waste Reduction Art Project:* Task students with creating artwork using recycled materials such as paper, cardboard, or plastic bottles. Encourage them to think creatively and express their understanding of eco-friendly behaviours through their artwork. Display the finished pieces in the classroom or school to raise awareness about waste reduction.

Exploring the Concept of Sustainability:

1. *Sustainability Simulation Game:* Divide the class into groups and assign each group a scenario related to sustainability, such as managing a farm, a city, or a coastal ecosystem. Students must make decisions to balance economic, social, and environmental factors while maintaining sustainability.

		<p>term implications of unsustainable practices on environmental degradation, resource depletion, and social inequality, emphasising the importance of sustainable development for a thriving future.</p>	<p>Facilitate discussions afterward to reflect on the challenges and trade-offs involved.</p> <ol style="list-style-type: none"> 2. <i>Community Sustainability Project:</i> Collaborate with local organisations or businesses to initiate a sustainability project in the community, such as planting trees, creating a community garden, or organising a neighbourhood clean-up. Students can actively participate in planning, implementing, and evaluating the project, gaining hands-on experience in sustainable practices. 3. <i>Future Vision Board:</i> Ask students to create vision boards depicting their ideas for a sustainable future. They can include images, words, and symbols representing their vision of a world where people live in harmony with nature, conserve resources, and promote social equity. Encourage them to share their vision boards with their peers and discuss how they can contribute to making it a reality.
<p>Connecting with Nature:</p>	<p>Spending time outdoors and connecting with the natural world.</p>	<ol style="list-style-type: none"> 1. Spending Time Outdoors and Connecting with the Natural World: <ul style="list-style-type: none"> ● Develop an appreciation for spending time 	<ol style="list-style-type: none"> 1. Nature Walk and Observation: <ul style="list-style-type: none"> ● Take the students on a guided nature walk in a nearby park or natural area. ● Provide them with notebooks and pencils to jot down observations

	<p>Engaging in nature-based activities such as gardening, hiking, or wildlife observation.</p> <p>Learning about the interconnectedness of all living things and our role in preserving biodiversity.</p>	<p>outdoors and recognize its positive impact on mental well-being.</p> <ul style="list-style-type: none"> • Understand the importance of connecting with nature as a way to reduce stress, anxiety, and promote emotional resilience. • Cultivate a sense of curiosity and wonder about the natural world through direct experiences in outdoor environments. <p>2. Engaging in Nature-Based Activities such as Gardening, Hiking, or Wildlife Observation:</p> <ul style="list-style-type: none"> • Learn practical skills related to nature-based activities, such as planting seeds, identifying plants and animals, and safely navigating outdoor spaces. • Explore different types of nature-based activities and develop preferences for those 	<p>of plants, animals, and natural features.</p> <ul style="list-style-type: none"> • Encourage students to use their senses to explore and appreciate the sights, sounds, and textures of the natural world. • After the walk, gather as a group to discuss their observations and share experiences. Guide a reflective discussion on how spending time outdoors makes them feel and why it's important for their well-being. <p>2. Gardening Workshop:</p> <ul style="list-style-type: none"> • Set up a gardening workshop where students learn basic gardening skills such as planting seeds, watering plants, and weeding. • Provide pots, soil, seeds, and gardening tools for hands-on experience. • Discuss the importance of gardening for connecting with nature, growing food, and supporting biodiversity. • Reflect on the experience by discussing the process of planting, caring for, and observing the growth of plants, fostering a sense of responsibility and appreciation for nature's cycles.
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that foster personal enjoyment and connection with nature.

- Recognize the benefits of engaging in nature-based activities for physical health, mental well-being, and environmental awareness.

3. Learning About the Interconnectedness of All Living Things and Our Role in Preserving Biodiversity:

- Gain an understanding of the concept of interconnectedness in ecosystems and recognize the role of each living organism in maintaining balance and biodiversity.
- Explore real-world examples of how human activities impact ecosystems and biodiversity, leading to environmental degradation and loss of habitat.
- Develop a sense of responsibility and

3. Hiking Adventure:

- Organise a hiking trip to a local nature reserve or trail.
- Prior to the hike, introduce students to trail etiquette, safety measures, and the importance of respecting nature.
- During the hike, engage students in activities such as scavenger hunts, birdwatching, or identifying plant species.
- Pause at various points to discuss the interconnectedness of the ecosystem, such as how plants, animals, and insects rely on each other for survival.
- After the hike, facilitate a reflection session where students share their favorite moments and discoveries, emphasizing the value of outdoor exploration and connection with nature.

4. Biodiversity Investigation:

- Present students with case studies or stories of ecosystems facing threats due to human activities.
- Engage students in a research project to explore the impacts of deforestation, pollution, or climate change on biodiversity in different regions of the world.
- Encourage students to create

		<p>stewardship towards the environment, recognizing the importance of preserving biodiversity for current and future generations.</p>	<p>presentations, posters, or digital media projects to raise awareness about the importance of biodiversity conservation.</p> <ul style="list-style-type: none"> ● Facilitate discussions on the role of individuals and communities in preserving biodiversity and taking action to protect endangered species and habitats.
<p>Positive Action and Advocacy:</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>	<p>1. Encouraging Children to Become Environmental Advocates in Their Communities:</p> <ul style="list-style-type: none"> ● Develop an understanding of the role of environmental advocacy in addressing climate change and other environmental issues. ● Recognize the importance of individual actions and community involvement in advocating for environmental protection and sustainability. ● Identify opportunities for children to engage 	<p>Encouraging Children to Become Environmental Advocates in Their Communities:</p> <ul style="list-style-type: none"> ● Environmental Advocacy Brainstorm: Facilitate a group discussion about environmental advocacy, asking children to brainstorm ideas about what it means to advocate for the environment. Encourage them to share examples of environmental issues they care about and potential actions they could take to address them. ● Community Environmental Audit: Organize a field trip or virtual tour of the local community to observe and document environmental issues such as littering, pollution,

in environmental advocacy efforts within their schools, neighbourhoods, and wider communities.

2. Teaching the Importance of Collective Action and Grassroots Movements:

- Understand the concept of collective action and grassroots movements as vehicles for creating social and environmental change.
- Explore historical and contemporary examples of grassroots movements and their impact on environmental policy and awareness.
- Appreciate the power of collaboration and solidarity in mobilising communities to address climate-related challenges.

3. Empowering Children to Use Their Voices for Positive Change Through Projects and Campaigns:

- Develop

or habitat destruction. Afterward, guide children in discussing their observations and brainstorming ways to address these issues through advocacy.

- Guest Speaker Series: Invite local environmental activists, conservationists, or representatives from environmental organisations to speak to the children about their work in advocacy. Provide opportunities for children to ask questions and learn about different avenues for getting involved in environmental advocacy.

Teaching the Importance of Collective Action and Grassroots Movements:

- Grassroots Movement Case Studies: Divide the children into small groups and assign each group a case study of a historical or contemporary grassroots movement focused on environmental issues. Examples could include the Chipko Movement in India or the youth-led climate strikes organized by groups like Fridays for Future. After researching their assigned movement, have each group present their findings to the class

communication skills to effectively express ideas, opinions, and concerns related to environmental issues.

- Gain confidence in speaking up and advocating for environmental causes through projects, campaigns, and public speaking engagements.
- Explore creative ways to raise awareness, educate others, and mobilise support for environmental initiatives in their communities.

and discuss the impact of collective action.

- Role-Playing Exercises: Organise a role-playing activity where children simulate participating in a grassroots campaign or community organising effort. Assign roles such as community organiser, activist, politician, and concerned citizen, and guide the children through a scenario where they must work together to address a local environmental issue.
- Community Action Plan: Guide the children in developing a community action plan to address a specific environmental issue they've identified in their local area. Encourage them to think creatively about potential solutions and strategies for mobilising community support. This could involve creating petitions, organising clean-up events, or lobbying local government officials.

Empowering Children to Use Their Voices for Positive Change Through Projects and Campaigns:

- Environmental Campaign Design: Divide the children into small groups and task each group with designing an environmental awareness campaign

			<p>focused on a specific issue of their choice. This could involve creating posters, writing articles, producing videos, or organising events to raise awareness and mobilise support for their cause.</p> <ul style="list-style-type: none">● Public Speaking Workshops: Facilitate workshops to help children develop their public speaking skills in the context of environmental advocacy. Provide tips and guidance on structuring speeches, using persuasive language, and engaging an audience effectively. Encourage the children to practise delivering short speeches on environmental topics they are passionate about.● Community Engagement Projects: Encourage children to implement their advocacy ideas by organising community engagement projects. This could include organising a tree-planting event, hosting a recycling drive, or collaborating with local businesses to reduce plastic waste. Guide the children through the process of planning, promoting, and executing their projects, emphasising the importance of collaboration and teamwork.
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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>Emphasizing the potential for positive change through individual and collective effort</p>	<p>1. Cultivating a Sense of Hope and Optimism for the Future:</p> <ul style="list-style-type: none"> ● Understand the importance of maintaining hope and optimism in the face of climate change and environmental challenges. ● Recognize that individuals and communities have the capacity to create positive change and shape a better future. ● Develop strategies for cultivating hope and optimism, such as focusing on solutions, celebrating successes, and fostering a sense of agency. <p>2. Highlighting Examples of Successful Environmental Initiatives and Innovations:</p> <ul style="list-style-type: none"> ● Explore real-world examples of successful environmental initiatives and innovations from around the world. ● Learn about the impact 	<p>:Cultivating a Sense of Hope and Optimism for the Future:</p> <ul style="list-style-type: none"> ● Hope Collage: Have students create collages depicting hopeful images related to environmental sustainability, such as thriving ecosystems, renewable energy sources, and acts of conservation. Encourage them to discuss why these images inspire hope and how they contribute to a positive outlook for the future. ● Success Stories Discussion: Organise a classroom discussion or presentation where students research and share examples of successful environmental initiatives and innovations. Encourage them to analyse the factors that contributed to their success and discuss how these initiatives inspire hope for addressing environmental challenges. ● Letter of Hope: Invite students to write letters expressing their hopes and aspirations for the future of the planet. They can address their letters to future generations, sharing their vision for a more sustainable and equitable world. Encourage them to reflect on the role they can play in bringing about positive change. ● Highlighting Examples of Successful Environmental Initiatives and
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of these initiatives in addressing environmental issues and improving sustainability.

- Identify lessons learned and best practices from successful environmental projects that can be applied to future efforts.

3. Emphasising the Potential for Positive Change Through Individual and Collective Effort:

- Understand the concept of individual and collective agency in driving positive change.
- Explore how individual actions, such as reducing carbon footprint or advocating for environmental policies, can contribute to broader collective efforts.
- Identify opportunities for participation in collective action, such as community projects,

Innovations:

- **Case Study Analysis:** Provide students with case studies of successful environmental initiatives, such as reforestation projects, renewable energy installations, or waste reduction programs. In small groups, have them analyse the strategies employed, the challenges faced, and the outcomes achieved. Encourage discussion on the transferability of these initiatives to different contexts.
- **Innovation Showcase:** Organise a classroom innovation fair where students research and present innovative solutions to environmental challenges. This could include technologies, policies, or community-based initiatives that have shown promise in addressing environmental issues. Encourage peer feedback and discussion on the potential impact of these innovations.
- **Guest Speaker Series:** Invite guest speakers, such as environmental activists, scientists, or entrepreneurs, to share their experiences with implementing successful environmental initiatives. Allow students to ask questions and engage in dialogue with the speakers to gain insights into the process of creating positive change.

advocacy campaigns, or youth-led initiatives, to effect positive change in environmental sustainability.

Emphasising the Potential for Positive Change Through Individual and Collective Effort:

- Action Plan Development: Guide students in developing action plans outlining individual and collective actions they can take to contribute to environmental sustainability. Encourage them to set specific goals, identify steps to achieve them, and consider how their actions align with broader sustainability objectives.
- Community Engagement Project: Facilitate a community engagement project where students collaborate with local organisations or authorities to address an environmental issue in their community. This could involve organising clean-up events, advocating for sustainable practices, or implementing a conservation project. Encourage reflection on the impact of their collective efforts.
- Campaign Creation: Task students with designing and implementing a campaign to raise awareness about an environmental issue or promote sustainable behaviours. This could involve creating posters, organising events, or using digital media to reach a

			wider audience. Encourage creativity and collaboration in developing campaign strategies and messages.
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>	<ol style="list-style-type: none"> 1. Understand the cultural diversity in perspectives on environmental stewardship and interaction, aligning with the principles of Rights and Respecting Schools and fostering cultural understanding within the Eco Schools framework. 2. Gain knowledge about environmental challenges worldwide, including climate change, pollution, and biodiversity loss, to promote global citizenship and sustainability as outlined in the Sustainable Development Goals (SDGs). 3. Develop empathy and solidarity with communities disproportionately impacted by climate change, recognizing social responsibility and the need for collective action for climate justice, in accordance with the principles of Rights and Respecting Schools and Eco 	<p>1. Cultural Perspectives Exploration:</p> <ul style="list-style-type: none"> ● Research and present on how different cultures around the world perceive and interact with the environment. ● Engage in discussions and role-playing activities to understand cultural beliefs, practices, and traditions related to environmental stewardship. ● Create posters or multimedia presentations showcasing diverse cultural perspectives on environmental issues, aligning with the principles of Rights and Respecting Schools. <p>2. Global Environmental Challenges Scavenger Hunt:</p> <ul style="list-style-type: none"> ● Organise a scavenger hunt activity where students research and locate information about environmental challenges worldwide, such as climate change, pollution, and biodiversity loss. ● Provide resources and prompts related to specific SDGs, such as SDG 13 (Climate Action), SDG

Schools.

14 (Life Below Water), and SDG 15 (Life on Land), to guide students' research.

- Encourage students to collaborate and share their findings to gain a comprehensive understanding of global environmental issues and their impact on sustainability.

3. Community Empathy Project:

- Partner with local organisations or communities disproportionately affected by climate change to learn about their experiences and challenges.
- Conduct interviews, surveys, or virtual meetings to hear directly from community members about the social, economic, and environmental impacts they face.
- Collaborate on a creative project, such as a documentary, artwork, or storytelling, to raise awareness and foster empathy among peers and the broader community.
- Reflect on the experience and discuss ways to support and advocate for climate-impacted communities, integrating principles of social responsibility and collective action promoted by Rights and Respecting Schools

			and Eco Schools.
Reflection and Celebration:	<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>1. Reflecting on Personal Growth and Learning Throughout the Curriculum:</p> <ul style="list-style-type: none"> ● Develop the ability to reflect on personal experiences, knowledge, and skills gained through environmental education activities. ● Cultivate self-awareness and metacognitive skills by identifying areas of personal growth and understanding in relation to climate change and environmental stewardship. ● Foster a sense of resilience and adaptability by recognizing challenges faced and strategies employed to overcome them throughout the curriculum. <p>2. Celebrating Achievements and Efforts Towards</p>	<p>1. Reflecting on Personal Growth and Learning Throughout the Curriculum:</p> <ul style="list-style-type: none"> ● Journaling: Provide learners with journals to record their reflections on environmental education activities, including their thoughts, feelings, and insights gained. ● Group Discussions: Facilitate group discussions where students can share their experiences and insights from environmental learning activities, encouraging active listening and respectful dialogue. ● Self-Assessment: Guide students in self-assessing their personal growth and understanding of climate change and environmental stewardship, using reflection prompts or rubrics to evaluate their progress. <p>2. Celebrating Achievements and Efforts Towards Environmental Stewardship:</p> <ul style="list-style-type: none"> ● Recognition Ceremony: Organise a recognition ceremony where students can showcase their achievements in environmental stewardship, such as presenting

Environmental Stewardship:

- Recognize and celebrate individual and collective achievements in environmental stewardship, such as participation in eco-friendly initiatives, advocacy campaigns, or sustainability projects.
- Promote a sense of pride and accomplishment in making positive contributions to the environment and the community.
- Encourage peer recognition and support to reinforce the value of environmental stewardship efforts and foster a culture of appreciation.

3. Planning for Continued Action and Advocacy Beyond the Classroom:

- Develop skills for setting goals and creating action plans to

projects, sharing success stories, or receiving certificates of appreciation.

- Peer Feedback: Encourage students to give and receive feedback from their peers on their environmental stewardship efforts, promoting a supportive and collaborative learning environment.
- Creative Expressions: Allow students to express their environmental achievements through creative mediums such as artwork, poetry, or music, and share their creations with the class or school community.

3. Planning for Continued Action and Advocacy Beyond the Classroom:

- Action Planning: Guide students in developing action plans for continued environmental advocacy and stewardship outside of the classroom, setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and identifying actionable steps.
- Community Engagement: Invite guest speakers or community leaders involved in environmental initiatives to inspire and inform students about opportunities for

continue environmental advocacy and stewardship efforts outside of the classroom.

- Explore opportunities for ongoing engagement in environmental initiatives, such as joining community organisations, volunteering, or participating in youth-led advocacy groups.
- Empower students to take leadership roles and leverage their voices for positive change in their communities and beyond, fostering a lifelong commitment to environmental sustainability and advocacy.

engagement in their local communities.

- Leadership Opportunities: Empower students to take on leadership roles in organising and leading environmental projects or campaigns, providing mentorship and support as they take on new responsibilities.

