

**Climate Wise Schools and Students
(2024-1-ES01-KA220-SCH-000251082)**

Topic: Eco Anxiety (Complied by Turkish partner)



Level: Secondary School / High School Freshman

Time: 40+40 minutes

Objectives: Students will be able to;

Students will be able to define eco-anxiety in their own words.

Students will be able to identify common causes of eco-anxiety (e.g., climate change, environmental news).

Students will be able to recognize emotional and physical signs of eco-anxiety.

Students will be able to discuss healthy ways to cope with eco-anxiety.

Students will be able to suggest small, positive actions they can take to help the environment.

Disciplines: Science and Technology, Social Science, Ecology

Materials: Tablet PC or Smart Board /Notebook

Activities and Practices:

Warm Up Activities:

The teacher asks these questions and make students discuss

What is eco anxiety?

What feelings does eco anxiety arise? Anger, Grief, Guilt etc. Why?

After taking the answers and making the difference clear for the students.

The teacher asks about issue and students are supposed to tell reasons and results.

Main Activities:

Students are asked the questions below for critical thinking skills.

- What types of energy do you use in your daily life?
- In the future, do you think you will be using more or less energy than you do now? Why do you think so?

Make students watch the video.

<https://www.youtube.com/watch?v=v8RFaBnDMWw>

Then students are grouped in countries by means of the wheel in the link (pre used in renewable energy session, but grouping them into countries is important);

<https://wordwall.net/resource/83500370>



TASK I

Students are given their first task:

Students will search climate disasters regarding their countries given (Portugal , Türkiye, The Republic of North Macedonia, Spain and Greece). Discuss the feelings of local people and suggest ideas to get rid of anxiety feelings the local people felt.

Teacher can suggest to read these articles and discuss.

For Portugal :

<https://www.undrr.org/resource/portugal-heatwave-2022-forensic-analysis>

<https://www.euronews.com/2026/02/13/no-room-for-water-how-planning-failures-worsened-portugals-deadly-storms>

For Spain:

https://www.lemonde.fr/en/climate/article/2026/02/07/spain-and-portugal-brace-for-more-floods_6750251_96.html

<https://www.politico.eu/article/spain-floods-valencia-europe-climate-change-preparation/>

<https://www.abc.net.au/news/2024-10-31/deadly-spain-floods-caused-by-destructive-weather-system-dana/104541098>

For Türkiye:

<https://www.aljazeera.com/news/2025/7/27/apocalypse-turkey-wildfires-reach-key-northwest-city-as-hundreds-flee>

For Greece :

<https://edition.cnn.com/2023/09/05/europe/greece-flooding-climate-intl>

For The Republic of North Macedonia: <https://edition.cnn.com/2016/08/07/europe/macedonia-storms>

TASK II

Students are asked to list 3 coping strategies with eco anxiety. The finishers are given Hope Builder, Eco Problem Solver and Green Thinker labels. Some possible answers:

- Talk to someone you trust about how you feel.
- Take breaks from the news if it makes you feel worried.
- Spend time in nature (like a park or garden) to feel calmer.
- Focus on small actions (recycling, saving water, planting trees).
- Remember you are not alone and many people feel this way.
- Practice calming activities like deep breathing, drawing, or listening to music.
- Learn about solutions, not just problems.
- Stay hopeful by noticing positive changes happening in the world.

TASK III

Students are grouped and asked to play Eco anxiety board game in the link below which produced digitally by project partner teachers and students.

<https://view.genially.com/69d560383805a53d025fb217>

Assessment: Teacher assess the comprehension of students' orally.

Assignment: Students are asked to prepare a poster in Canva on eco anxiety.

Players' Journey **Onboarding:** Warm-Up Activities, Group Selection Wheel

Scaffolding: Task I -Task II

Mastery: – Task III

Gamification Elements: Group work in teams, Cooperation, Rewards (Labels), Fun Elements (Playing a board game on Eco anxiety developed by project partners)

Intercultural elements: The discussion session on climate disasters in partner countries.

LABELS



