

RENEWABLE
ENGLISH

SERIES 3

Cultivating Changemakers

LIVE LESSON 6:

Changing the Narrative on Eco-anxiety

**FRIDAY, 29 SEPTEMBER
12:00 AND 17:00 CEST**

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Quote of the Week

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**"Creating a space to
experience big
emotions without
judgement is really
important"**

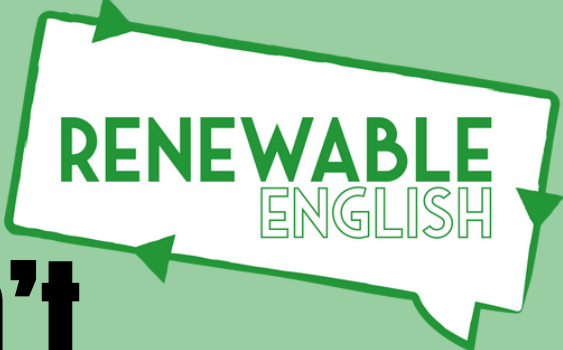
Clover Hogan

***Climate Activist
Founder of Force of Nature***

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www.renewableenglish.com

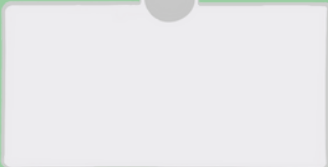
WHAT DOES THE QUOTE MEAN TO YOU?

1

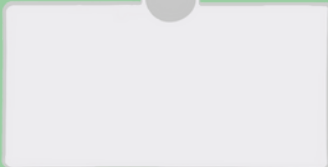


What isn't Eco-anxiety?

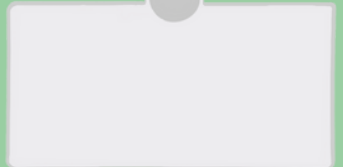
A



B



C



a definition

“

Eco-anxiety

noun

d

When one feels very **frightened** or **distressed** about climate change and the looming threats to the environment.



HAVE YOU EVER EXPERIENCED ECO-ANXIETY?

Why does it happen?

EDUCATION
SCROLLING
POWERLESSNESS
INACTION
ECOLOGICAL

A

Experiencing an _____ Event

B

Doom _____

C

Governemental _____

d

_____ to make change

E

Lack of importance in _____

3

How do you feel?

ECO-ANXIETY COMES ABOUT DUE TO ECO-AWARENESS.
HAVE YOU EVER FELT ANY OF THESE EMOTIONS?

The Climate Emotions Wheel is a circular diagram divided into four quadrants, each representing a primary emotion. The quadrants are: Anger (top-left, red), Positivity (top-right, blue), Sadness (bottom-left, purple), and Fear (bottom-right, green). Each quadrant is further divided into specific related emotions.

Primary Emotion	Related Emotions
Anger	Indignation, Outrage, Frustration, Betrayal, Disappointment
Positivity	Interest, Empowerment, Inspiration, Empathy, Gratitude, Hope
Sadness	Despair, Loneliness, Loss, Depression, Grief, Shame, Guilt
Fear	Overwhelm, Panic, Powerlessness, Anxiety, Worry

DOWNLOAD

in English & en Español

Climate Mental Health Network

Climate Emotions Wheel © 2023 by R licensed under CC BY-SA 4.0

ClimateMentalHealth.Net
based on research by Panu Pihkala: bit.ly/3Ky4k6G

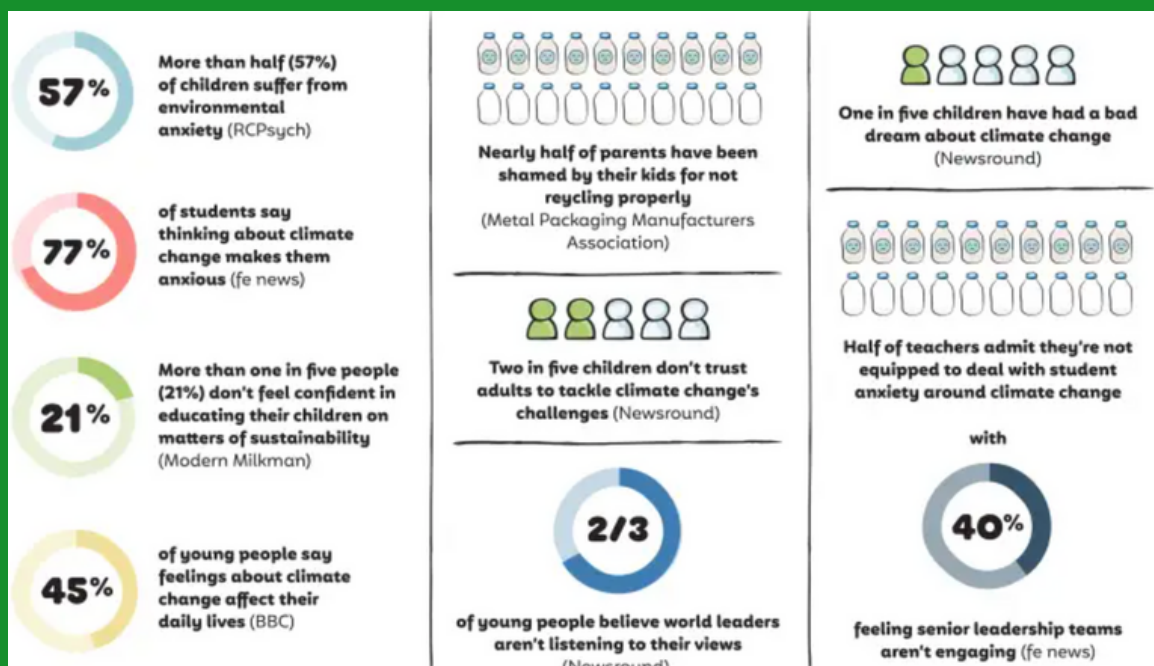
UNFUN FACTS

ANSWER THE QUESTIONS USING THE INFOGRAPHIC BELOW

A WHAT % OF TEACHERS DON'T FEEL EQUIPPED?

B WHAT % OF PARENTS ARE SHAMED BY THEIR KIDS ABOUT RECYCLING?

C HOW MANY KIDS HAVE HAD NIGHTMARES ABOUT CLIMATE CHANGE?



- 1. What is her job title at Force of Nature?**
- 2. The rise of _____ in her generation has been the focus of her work in recent years?**
- 3. What is Eco-anxiety?**
- 4. What interested Clover into looking into Eco-anxiety?**



5. Force of nature is a **12/15** person team.
6. Find a climate **crisis/action** group.
7. Creating a space to experience big emotions without **pain/judgement**.
8. As an educator show vulnerability and courage expression your own **opinions/emotions**.

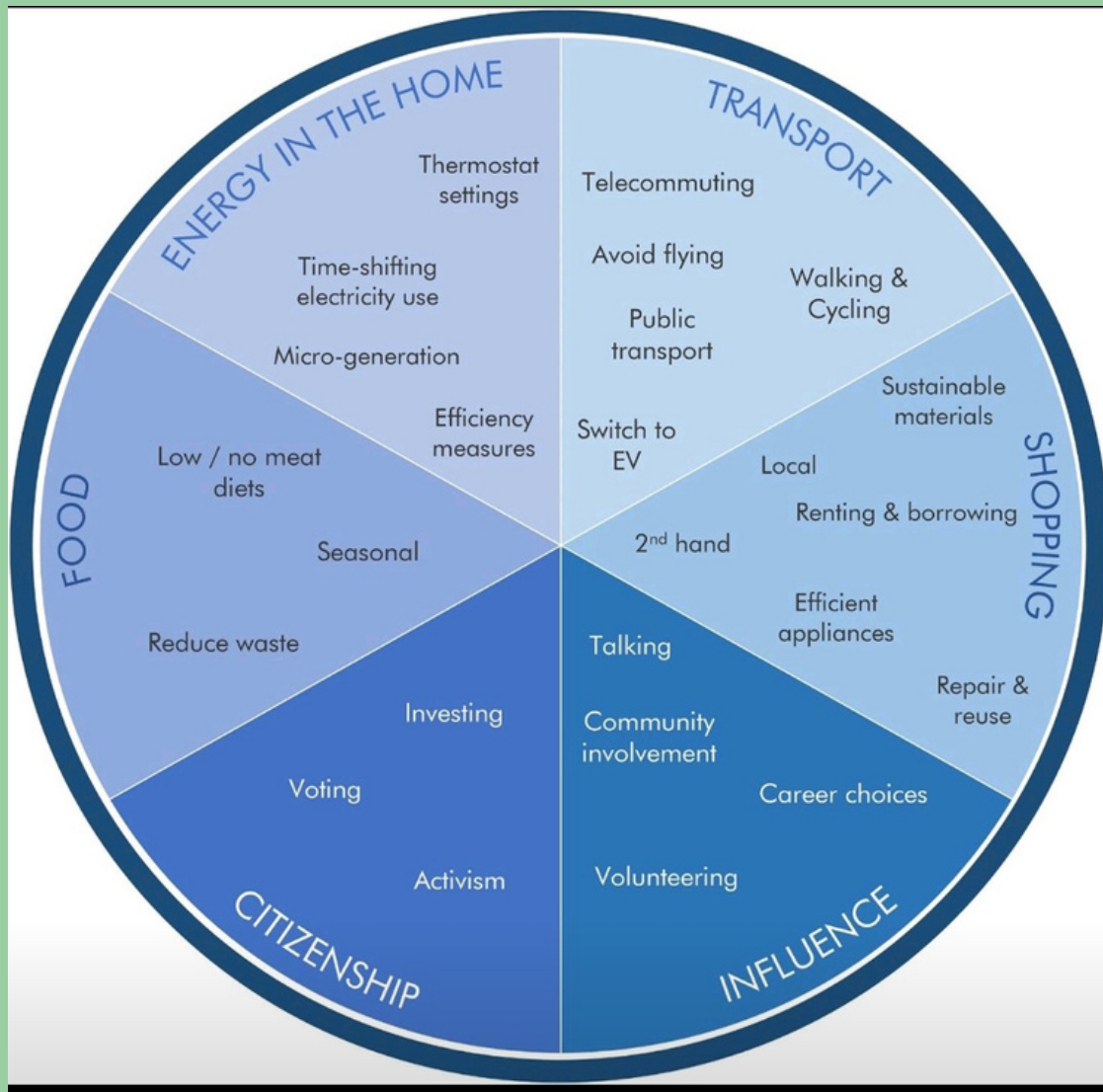


7

What Can I do?

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Some simple changes to think about



But more importantly?

A

WHAT DO WE ALL HAVE THE POWER TO CHANGE?

Ali's thoughts!



What mark are you going to leave behind?

Of course, you have a responsibility to take care of the planet. But to do that you need to take care of yourself.

Be good to yourself and use the power and energy you have to make change in yourself and others.

COMING SOON COM
COMING SOON COM
COMING SOON COM
COMING SOON COM
COMING SOON COM

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This series on Renewable English

— What is a Changemaker?

— The Business of Caring

Give Change Sporting Change

— The Art of Changemaking

— If you need it, make it!

— Changing the Narrative

F*** Fast Fashion

More than Ok Boomers

Music makes the world go round

Our Changing Diet

School, Life and Changemaking

Empowering Future Changemakers

Let us know what you think

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JOIN US IN TWO WEEKS FOR...

LIVE LESSON 7:

F* Fast Fashion**

**SEPTEMBER
12:00 AND 17:00 CEST**

Answers

1

A.B.C.NEW, AN ILLNESS, YOUR FAULT
D. FRIGHTENED, DISTRESSES

2

A. ECOLOGICAL B. SCROLLING C. INACTION D. POWERLESSNESS E.
EDUCATION

3

STUDENTS OWN ANSWERS

4

A. 40% B. ALMOST 50% C. 1 IN 5

5

INTERVIEW ANSWERS ON FOLLOWING PAGE

6

INTERVIEW ANSWERS ON FOLLOWING PAGE

7

Interview Answers

1

FOUNDER AND EXECUTIVE DIRECTOR

2

ECO ANXIETY

3

A RATIONAL RESPONSE TO THE CLIMATE CRISIS

4

SEEING IT FIRST HAND IN YOUNG PEOPLE

5

15

6

ACTION

7

JUDGEMENT

EMOTIONS