

More young people suffering from 'eco-anxiety'

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More and more children are suffering from "eco-anxiety". This is a condition that causes people to worry a lot about the future of Earth and the life on it. People worry about climate change, pollution and the loss of biodiversity. This has

led education experts to call for more teaching in schools about climate change, wildlife and the environment. Many teachers say very little is taught in schools about climate change. Some teachers believe climate change should be taught to all year groups. The Teach the Future campaign group found that only four per cent of schoolchildren felt they knew enough about the climate crisis. The group said this is leading to more children to suffer from eco-anxiety.

Another campaign group, Earth Rangers, has taken action to address the problem of eco-anxiety. It said: "Eco-anxiety is not an official diagnosable disorder. However, it does affect children in very real ways. This includes feelings of fear, hopelessness and despair." It added: "It is important to research and understand the ways in which we can help children find effective strategies to cope with these feelings." Earth Rangers said schools should create conservation activities and help children to teach their parents about how to protect nature. The Earth Rangers president said more needed to be done to help children. She said: "Children are on the front lines of climate change."

Sources: sky.com / globalnewswire.com / reuters.com

Writing

There should be a new core subject in all schools called "How to Save Earth". Discuss.

Chat

Talk about these words from the article.

suffering / eco-anxiety / worry / future / experts / environment / campaign / crisis / address / problem / disorder / fear / cope / feelings / conservation / nature / change

True / False

- 1) The article says most children suffer from eco-anxiety. T / F
- 2) Teachers want climate change to be taught more in schools. T / F
- 3) Teachers believe climate change should only be taught to teenagers. T / F
- 4) A group found only 40% of school children knew about climate change. T / F
- 5) Eco-anxiety is an official medical condition. T / F
- 6) Children feel fear and hopelessness because with eco-anxiety. T / F
- 7) A campaign group wants children to teach parents about climate change. T / F
- 8) The group said children are on the front lines of climate change. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|---------------------|------------------|
| 1. condition | a. deal with |
| 2. loss | b. instructed |
| 3. experts | c. support |
| 4. taught | d. specialists |
| 5. crisis | e. successful |
| 6. address | f. illness |
| 7. affect | g. emergency |
| 8. effective | h. safeguard |
| 9. protect | i. disappearance |
| 10. help | j. impact |

Discussion – Student A

- a) What is eco-anxiety?
- b) Do you think you could suffer from eco-anxiety?
- c) How much do you worry about things like climate change?
- d) How sad is it that children have eco-anxiety?
- e) What do you think about biodiversity loss?
- f) How much time should schools spend teaching about climate change?
- g) What do you know about climate change?
- h) What advice do you have for children with eco-anxiety?

Phrase Match

- | | |
|---------------------------------------|-----------------------------|
| 1. This is a condition that causes | a. problem of eco-anxiety |
| 2. pollution and the loss | b. is taught in schools |
| 3. education | c. with these feelings |
| 4. teachers say very little | d. and despair |
| 5. leading to more children suffering | e. people to worry a lot |
| 6. address the | f. be done to help children |
| 7. Eco-anxiety is not an official | g. of biodiversity |
| 8. feelings of fear, hopelessness | h. diagnosable disorder |
| 9. find effective strategies to cope | i. from eco-anxiety |
| 10. more needed to | j. experts |

Discussion – Student B

- What do you think about what you read?
- Should eco-anxiety be an official disorder?
- How might eco-anxiety affect children?
- Are you hopeful or fearful about Earth's future?
- What do you think of conservation activities at school?
- What do you do to help protect our planet?
- Why are children "on the front lines of climate change"?
- What questions would you like to ask the Earth Rangers?

Spelling

- a idonocint that causes people to worry
- worry about climate change, tpulolion...
- the loss of isdivyiertbo
- education trepxse
- cagiamnp group
- the climate iicrss
- taken action to drsaeeds the problem
- an ilffoaic diagnosable disorder
- fear, hopelessness and paidrse
- find fveeftcei strategies
- create rnsnoeioctav activities
- how to protect artune

Answers – Synonym Match

1. f	2. i	3. d	4. b	5. g
6. a	7. j	8. e	9. h	10. c

Role Play

Role A – Climate Change

You think climate change is the best school subject. Tell the others three reasons why. Tell them what is wrong with their subjects. Also, tell the others which is the least important of these (and why): religious tolerance, business skills or nutrition.

Role B – Religious Tolerance

You think religious tolerance is the best school subject. Tell the others three reasons why. Tell them what is wrong with their subjects. Also, tell the others which is the least important of these (and why): climate change, business skills or nutrition.

Role C – Business Skills

You think business skills is the best school subject. Tell the others three reasons why. Tell them what is wrong with their subjects. Also, tell the others which is the least important of these (and why): religious tolerance, climate change or nutrition.

Role D – Nutrition

You think nutrition is the best school subject. Tell the others three reasons why. Tell them what is wrong with their subjects. Also, tell the others which is the least important of these (and why): religious tolerance, business skills or climate change.

Speaking – Schools

Rank these with your partner. Put the best subjects to taught in schools at the top. Change partners often and share your rankings.

- | | |
|-----------------------|-------------------|
| • Climate change | • Business skills |
| • Recycling | • Gender issues |
| • Religious tolerance | • Nutrition |
| • Coding | • Relationships |

Answers – True False

1 F	2 T	3 F	4 F	5 F	6 T	7 T	8 T
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Answers to Phrase Match and Spelling are in the text.