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**Level 6 – 22nd July 2024**

## UK doctors to treat people suffering from eco-anxiety

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

Eco-anxiety is a medical condition affecting an increasingly larger number of young people worldwide. Doctors in the UK have been advised to raise the topic of climate change during consultations with patients. New guidelines encourage doctors to discuss the dangers of global warming. A health consultation might now consist of a medical diagnosis, along with advice on how to reduce carbon footprints. It might also include help on how to deal with eco-anxiety. The Daily Mail newspaper cited critics of the guidelines who called them "seriously unethical". They said: "Doctors should spend their precious time treating patients rather than lecturing them on 'politicised issues'."

The United Nations has described eco-anxiety as "an emergency crisis hidden in plain sight". Eco-anxiety is defined as stress caused by the constant worry about the environment and the climate crisis. The UN said the condition will severely affect the mental health of children.

Downtoearth.com wrote: "Extreme weather events like wildfires, heatwaves, droughts, storms, and floods lead to displacement and food shortages, causing psychological harm to humans. They lead to anxiety, depression and post-traumatic stress." A UN survey found that 59 per cent of young people in a study were distressed about the climate. The youngsters felt, "sad, anxious, angry, powerless, helpless, and guilty".

Sources: <https://www.dailymail.co.uk/news/article-13637313/Now-doctors-told-lecture-climate-change-Health-leaders-tell-medics-look-eco-distress-promote-remote-appointments-cut-emissions.html>  
<https://phys.org/news/2024-07-trillions-lost-worker-productivity-due.html>  
<https://www.downtoearth.org.in/climate-change/eus-carbon-border-tax-mechanism-unfair-to-developing-countries-cse>

# WARM-UPS

**1. ECO-ANXIETY:** Students walk around the class and talk to other students about eco-anxiety. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

eco-anxiety / medical / worldwide / climate change / medical diagnosis / patients / crisis / stress / environment / extreme weather / droughts / food shortages / anxious

Have a chat about the topics you liked. Change topics and partners frequently.

**3. HELP:** Students A **strongly** believe help should be given to all children from elementary school for eco-anxiety; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. ANXIETY:** Do you get anxious about these things? How can we help people with these anxieties? Complete this table with your partner(s). Change partners often and share what you wrote.

	My Anxiety	How We Can Help
The environment		
Money		
Family		
Studying		
Looks and appearance		
Relationships		

**5. DOCTOR:** Spend one minute writing down all of the different words you associate with the word "doctor". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. EXTREME WEATHER EVENTS:** Rank these with your partner. Put the worst at the top. Change partners often and share your rankings.

- wildfires
- heatwaves
- droughts
- storms
- blizzards
- hurricanes
- floods
- sandstorms

# VOCABULARY MATCHING

## Paragraph 1

- |                 |   |
|-----------------|---|
| 1. condition    | a. A person who judges or gives opinions about something, like a movie or book. |
| 2. raise        | b. Cause to occur or to be talked about or considered.                          |
| 3. consultation | c. Finding out what is wrong with someone or something.                         |
| 4. diagnosis    | d. An illness or other medical condition.                                       |
| 5. cited        | e. Not doing the right thing.   |
| 6. critic       | f. A meeting to talk about something and get advice.                            |
| 7. unethical    | g. To say where you got information from.                                       |

## Paragraph 2

- |                   |   |
|-------------------|---|
| 8. constant       | h. When people have to move from their home to another place. |
| 9. severely       | i. A long time with no rain.                                  |
| 10. drought       | j. Very upsetting and causing emotional pain.                 |
| 11. displacement  | k. Something that doesn't change.                             |
| 12. psychological | l. Very badly or seriously.                                   |
| 13. traumatic     | m. Feeling bad because you think you did something wrong.     |
| 14. guilty        | n. About the mind and how it works.                           |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

1. Eco-anxiety has started to affect the aged all over the world. **T / F**
2. UK doctors will advise patients on how to reduce their carbon footprint. **T / F**
3. Critics said it was unethical to ask doctors to talk about the climate. **T / F**
4. Critics said doctors should start lecturing people on politics. **T / F**
5. The UN said eco-anxiety was a hidden crisis in plain sight. **T / F**
6. The UN said eco-anxiety would severely affect young people. **T / F**
7. Website says extreme weather can cause post-traumatic stress. **T / F**
8. Many youngsters are starting to feel empowered. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                         |                |
|-------------------------|----------------|
| 1. <b>condition</b>     | a. catastrophe |
| 2. <b>raise</b>         | b. opinion     |
| 3. <b>consultations</b> | c. immoral     |
| 4. <b>diagnosis</b>     | d. ashamed     |
| 5. <b>unethical</b>     | e. bring up    |
| 6. <b>crisis</b>        | f. continual   |
| 7. <b>constant</b>      | g. anguished   |
| 8. <b>psychological</b> | h. illness     |
| 9. <b>distressed</b>    | i. mental      |
| 10. <b>guilty</b>       | j. meetings    |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |  |                          |
|--|--------------------------|
| 1. Eco-anxiety is a medical                  | a. carbon footprints     |
| 2. during consultations                      | b. shortages             |
| 3. advice on how to reduce                   | c. patients              |
| 4. critics of the guidelines who called them | d. about the climate     |
| 5. spend their precious time treating        | e. with patients         |
| 6. an emergency crisis hidden                | f. traumatic stress      |
| 7. floods lead to                            | g. condition             |
| 8. food                                      | h. in plain sight        |
| 9. post-                                     | i. "seriously unethical" |
| 10. distressed                               | j. displacement          |

# GAP FILL

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

Eco-anxiety is a medical (1) \_\_\_\_\_ affecting an increasingly larger number of young people worldwide. Doctors in the UK have been advised to (2) \_\_\_\_\_ the topic of climate change during consultations with patients. New guidelines encourage doctors to discuss the dangers of global warming. A health (3) \_\_\_\_\_ might now consist of a (4) \_\_\_\_\_ diagnosis, along with advice on how to reduce carbon (5) \_\_\_\_\_. It might also include help on how to deal with eco-anxiety. The Daily Mail newspaper (6) \_\_\_\_\_ critics of the guidelines who called them "seriously unethical". They said: "Doctors should spend their precious time (7) \_\_\_\_\_ patients rather than lecturing them on 'politicised (8) \_\_\_\_\_'."

*raise*  
*medical*  
*cited*  
*treating*  
*consultation*  
*issues'*  
*condition*  
*footprints*

The United Nations has described eco-anxiety as "an emergency crisis hidden in (9) \_\_\_\_\_ sight". Eco-anxiety is defined as stress caused by the (10) \_\_\_\_\_ worry about the environment and the climate crisis. The UN said the condition will (11) \_\_\_\_\_ affect the mental health of children. Downtoearth.com wrote: "Extreme weather events like wildfires, heatwaves, (12) \_\_\_\_\_, storms, and floods lead to displacement and food shortages, causing (13) \_\_\_\_\_ harm to humans. They lead to anxiety, (14) \_\_\_\_\_ and post-traumatic stress." A UN survey found that 59 per cent of young people in a study were (15) \_\_\_\_\_ about the climate. The youngsters felt, "sad, anxious, angry, powerless, helpless, and (16) \_\_\_\_\_".

*severely*  
*psychological*  
*guilty*  
*plain*  
*distressed*  
*droughts*  
*constant*  
*depression*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

- 1) Eco-anxiety is a medical condition affecting an \_\_\_\_\_
  - a. increasingly largest number
  - b. increasingly larger numbers
  - c. increasingly larger number
  - d. increasing larger number
- 2) consist of a medical diagnosis, along with advice on how to \_\_\_\_\_
  - a. reduce carbon footprint
  - b. reduce carbon feet prints
  - c. reduce carbon feet print
  - d. reduce carbon footprints
- 3) It might also include help on how to \_\_\_\_\_
  - a. deal to eco-anxiety
  - b. deal with eco-anxiety
  - c. deal of eco-anxiety
  - d. deal up eco-anxiety
- 4) The Daily Mail newspaper cited critics of the guidelines who called \_\_\_\_\_
  - a. them seriously ethical
  - b. them seriously unethical
  - c. them serious unethical
  - d. then seriously unethical
- 5) spend their precious time treating patients rather than lecturing them \_\_\_\_\_
  - a. on 'politicised issue'
  - b. at 'politicised issues'
  - c. on 'politicised issues'
  - d. of 'politicise issues'
- 6) described eco-anxiety as an emergency crisis hidden \_\_\_\_\_
  - a. in plane site
  - b. in plane sight
  - c. in plain site
  - d. in plain sight
- 7) Extreme weather events like wildfires, heatwaves, droughts, \_\_\_\_\_
  - a. storm, end floods
  - b. storm sand floods
  - c. storms, and floods
  - d. storms, and flood
- 8) They lead to anxiety, depression and \_\_\_\_\_
  - a. post-traumatic stress
  - b. post-traumatic stressed
  - c. past-traumatic stress
  - d. post-trauma tic stress
- 9) A UN survey found that 59 per cent of young people in a \_\_\_\_\_
  - a. study were distrusted
  - b. study were digressed
  - c. study were distressed
  - d. study were digested
- 10) The youngsters felt sad, anxious, angry, powerless, \_\_\_\_\_
  - a. hapless, and guilty
  - b. hopeless, and guilty
  - c. helpless, and guilty
  - d. helpless, and guilt

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

Eco-anxiety is (1) \_\_\_\_\_ affecting an increasingly larger number of young people worldwide. Doctors in the UK have been advised to (2) \_\_\_\_\_ of climate change during consultations with patients. New guidelines encourage doctors to (3) \_\_\_\_\_ of global warming. A health consultation might now consist of a medical diagnosis, along with advice on how to (4) \_\_\_\_\_. It might also include help on how to deal with eco-anxiety. The Daily Mail newspaper (5) \_\_\_\_\_ the guidelines who called them "seriously unethical". They said: "Doctors should spend their precious time treating patients rather than (6) \_\_\_\_\_ 'politicised issues'."

The United Nations has described eco-anxiety as "an emergency crisis (7) \_\_\_\_\_ sight". Eco-anxiety is defined as stress caused by the constant worry about the environment and the climate crisis. The UN said the condition (8) \_\_\_\_\_ the mental health of children. Downtoearth.com wrote: "Extreme weather events like wildfires, heatwaves, droughts, (9) \_\_\_\_\_ lead to displacement and food shortages, causing (10) \_\_\_\_\_ humans. They lead to anxiety, depression and (11) \_\_\_\_\_." A UN survey found that 59 per cent of young people in a study were distressed about the climate. The youngsters felt, "(12) \_\_\_\_\_, powerless, helpless, and guilty".



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

1. Who is eco-anxiety affecting?
2. What might doctors have to discuss the dangers of?
3. What might doctors give advice on cutting?
4. What did the Daily Mail newspaper call new guidelines for doctors?
5. What did critics say doctors should not give lectures on?
6. Where did the UN say the eco-anxiety was hidden?
7. How did the UN say eco-anxiety would affect children?
8. What will extreme weather lead to besides food shortages?
9. What does extreme weather lead to besides anxiety and depression?
10. What percentage of people in a study were distressed about the climate?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

- 1) Who is eco-anxiety affecting?
  - a) world leaders
  - b) old people
  - c) young people
  - d) people near Antarctica
- 2) What might doctors have to discuss the dangers of?
  - a) global warming
  - b) obesity
  - c) sugar
  - d) not exercising
- 3) What might doctors give advice on cutting?
  - a) cholesterol
  - b) calories
  - c) waistlines
  - d) carbon footprints
- 4) What did the Daily Mail newspaper call new guidelines for doctors?
  - a) brilliant
  - b) seriously unethical
  - c) much called for
  - d) inspiring
- 5) What did critics say doctors should not give lectures on?
  - a) weather
  - b) bones
  - c) politicised issues
  - d) death
- 6) Where did the UN say the eco-anxiety was hidden?
  - a) in journals
  - b) in plain sight
  - c) in the Internet
  - d) in the clouds
- 7) How did the UN say eco-anxiety would affect children?
  - a) considerably
  - b) badly
  - c) largely
  - d) severely
- 8) What will extreme weather lead to besides food shortages?
  - a) injuries
  - b) displacement
  - c) riots
  - d) higher insurance costs
- 9) What does extreme weather lead to besides anxiety and depression?
  - a) post-traumatic stress
  - b) wet feet
  - c) cancelled sports events
  - d) damage
- 10) What percentage of people in a study were distressed about the climate?
  - a) 56%
  - b) 57%
  - c) 58%
  - d) 59%

# ROLE PLAY

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

## **Role A – Heatwaves**

You think heatwaves are the worst weather events. Tell the others three reasons why. Tell them why their events aren't as bad. Also, tell the others which is the least worrying of these (and why): hurricanes, floods or blizzards.

## **Role B – Hurricanes**

You think hurricanes are the worst weather events. Tell the others three reasons why. Tell them why their events aren't as bad. Also, tell the others which is the least worrying of these (and why): heatwaves, floods or blizzards.

## **Role C – Floods**

You think floods are the worst weather events. Tell the others three reasons why. Tell them why their events aren't as bad. Also, tell the others which is the least worrying of these (and why): hurricanes, heatwaves or blizzards.

## **Role D – Blizzards**

You think blizzards are the worst weather events. Tell the others three reasons why. Tell them why their events aren't as bad. Also, tell the others which is the least worrying of these (and why): hurricanes, floods or heatwaves.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

**1. WORD SEARCH:** Look online / in your dictionary to find collocates, information on, synonyms for... the words 'anxiety' and 'crisis'.

<b>anxiety</b>	<b>crisis</b>
----------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• medical</li><li>• topic</li><li>• consist</li><li>• deal</li><li>• cited</li><li>• time</li></ul>	<ul style="list-style-type: none"><li>• sight</li><li>• constant</li><li>• affect</li><li>• food</li><li>• stress</li><li>• felt</li></ul>
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# ECO-ANXIETY SURVEY

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

Write five GOOD questions about eco-anxiety in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# ECO-ANXIETY DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'eco-anxiety'?
3. How bad is a condition like eco-anxiety?
4. What do you think doctors know about eco-anxiety?
5. How anxious are you about the environment?
6. How does concern about the environment change how you live?
7. Has the climate crisis affected what you want to do in the future?
8. Is it unethical to ask doctors to advise patients about climate change?
9. Should doctors be more political?
10. What advice do you have for people with eco-anxiety?

*UK doctors to treat people suffering from eco-anxiety – 22nd July 2024*  
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# ECO-ANXIETY DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'crisis'?
13. What do you think about what you read?
14. Why is eco-anxiety "an emergency crisis hidden in plain sight"?
15. What might trigger someone with eco-anxiety?
16. How can we help children with eco-anxiety?
17. Does extreme weather make you worry more about the future?
18. Does the climate crisis make you think about not having children?
19. How can we help children who feel helpless?
20. What would you like to ask a young person with eco-anxiety?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

Eco-anxiety is a medical condition affecting an increasingly larger (1) \_\_\_\_\_ of young people worldwide. Doctors in the UK have been advised to (2) \_\_\_\_\_ the topic of climate change during consultations with patients. New guidelines (3) \_\_\_\_\_ doctors to discuss the dangers of global warming. A health consultation might now consist of a medical diagnosis, (4) \_\_\_\_\_ with advice on how to reduce carbon footprints. It might also include help on how to deal with eco-anxiety. The Daily Mail newspaper (5) \_\_\_\_\_ critics of the guidelines who called them "seriously unethical". They said: "Doctors should spend their precious time treating patients rather than (6) \_\_\_\_\_ them on 'politicised issues'."

The United Nations has described eco-anxiety as "an emergency crisis (7) \_\_\_\_\_ in plain sight". Eco-anxiety is defined as stress caused by the constant worry about the environment and the climate crisis. The UN said the condition will severely (8) \_\_\_\_\_ the mental health of children. Downtoearth.com wrote: "Extreme weather events like wildfires, heatwaves, (9) \_\_\_\_\_, storms, and floods lead to displacement and food shortages, causing psychological harm to humans. They (10) \_\_\_\_\_ to anxiety, depression and post-(11) \_\_\_\_\_ stress." A UN survey found that 59 per cent of young people in a study were distressed (12) \_\_\_\_\_ the climate. The youngsters felt, "sad, anxious, angry, powerless, helpless, and guilty".

## Put the correct words from the table below in the above article.

- |     |               |               |                |                 |
|-----|---------------|---------------|----------------|-----------------|
| 1.  | (a) numbering | (b) numbers   | (c) numeral    | (d) number      |
| 2.  | (a) rise      | (b) arise     | (c) arouse     | (d) raise       |
| 3.  | (a) entourage | (b) encourage | (c) discourage | (d) courageous  |
| 4.  | (a) longing   | (b) longs     | (c) along      | (d) alongside   |
| 5.  | (a) sighted   | (b) slighted  | (c) cited      | (d) sated       |
| 6.  | (a) lecturing | (b) teaching  | (c) scolding   | (d) discoursing |
| 7.  | (a) ridden    | (b) hidden    | (c) bidden     | (d) beholden    |
| 8.  | (a) affect    | (b) confect   | (c) infect     | (d) effect      |
| 9.  | (a) drafts    | (b) droughts  | (c) draughts   | (d) doubts      |
| 10. | (a) cause     | (b) head      | (c) lead       | (d) arrive      |
| 11. | (a) aromatic  | (b) dramatic  | (c) traumatic  | (d) enigmatic   |
| 12. | (a) at        | (b) on        | (c) of         | (d) about       |



# SPELLING

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

## Paragraph 1

1. New giieluedsn
2. A health iotounlnscat
3. a medical isgiosnda
4. called them seriously ciuhlntae
5. spend their peucrois time treating patients
6. lecturing them on doliieispct issues

## Paragraph 2

7. hortdgsu, storms, and floods
8. causing locsoilqphcay harm to humans
9. post-iaucmtrat stress
10. idsresetds about the climate
11. youngsters felt, "sad, uasinox ...
12. helpless, and giluyt

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

**Number these lines in the correct order.**

- ( ) consultations with patients. New guidelines encourage doctors to discuss the dangers
- ( ) The United Nations has described eco-anxiety as "an emergency crisis hidden in plain
- ( ) crisis. The UN said the condition will severely affect the mental health of children. Downtoearth.com wrote: "Extreme
- ( ) stress." A UN survey found that 59 per cent of young people in a study were distressed
- ( ) sight". Eco-anxiety is defined as stress caused by the constant worry about the environment and the climate
- ( ) said: "Doctors should spend their precious time treating patients rather than lecturing them on 'politicised issues'."
- ( ) with eco-anxiety. The Daily Mail newspaper cited critics of the guidelines who called them "seriously unethical". They
- ( ) on how to reduce carbon footprints. It might also include help on how to deal
- ( ) weather events like wildfires, heatwaves, droughts, storms, and floods lead to displacement and food
- ( ) people worldwide. Doctors in the UK have been advised to raise the topic of climate change during
- ( ) about the climate. The youngsters felt, "sad, anxious, angry, powerless, helpless, and guilty".
- ( ) of global warming. A health consultation might now consist of a medical diagnosis, along with advice
- ( ) shortages, causing psychological harm to humans. They lead to anxiety, depression and post-traumatic
- ( **1** ) Eco-anxiety is a medical condition affecting an increasingly larger number of young

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

1. an medical increasingly affecting A condition larger number .
2. to advice carbon With how footprints . reduce on
3. Include with on deal help to eco-anxiety . how
4. the Critics guidelines called unethical . of seriously them
5. time treating their patients . precious should Doctors spend
6. An sight . in plain crisis emergency hidden
7. caused Stress the about worries environment . by constant
8. health severely of the children . It'll affect mental
9. and floods and Storms shortages . lead to displacement
10. study were distressed . a Young people in UN

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

Eco-anxiety is a *medical / medicine* condition affecting an increasingly larger number of young people worldwide. Doctors in the UK have been *advising / advised* to raise the topic of climate change during *contractions / consultations* with patients. New guidelines *discourage / encourage* doctors to discuss the dangers of global warming. A *health / healthy* consultation might now *consent / consist* of a medical diagnosis, along with advice on how to reduce carbon footprints. It might also include help on how to deal *with / to* eco-anxiety. The Daily Mail newspaper cited critics *of / at* the guidelines who called them "seriously unethical". They said: "Doctors should spend their *precious / precocious* time treating patients rather than lecturing them on 'politicised *issue / issues*'."

The United Nations has *proscribed / described* eco-anxiety as "an emergency crisis hidden in plain sight". Eco-anxiety is *defined / definition* as stress caused by the *constant / constantly* worry about the environment and the climate crisis. The UN said the condition will *severely / severe* affect the mental health of children. Downtoearth.com wrote: "*Extreme / Extremely* weather events like wildfires, heatwaves, *draughts / droughts*, storms, and floods lead to displacement and *meal / food* shortages, causing psychological harm to humans. They lead to *anxious / anxiety*, depression and post-traumatic stress." A UN survey found that 59 per cent of young people in a study were *digressed / distressed* about the climate. The youngsters felt, "sad, anxious, angry, powerless, helpless, and *guilt / guilty*".

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

\_c\_-\_nx\_\_ty \_s \_ m\_d\_c\_l c\_nd\_t\_\_n \_ff\_ct\_ng \_n  
\_ncr\_\_s\_ngly l\_rg\_r n\_mb\_r \_f y\_\_ng p\_\_pl\_ w\_rldw\_d\_.  
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t\_p\_c \_f cl\_m\_t\_ ch\_ng\_ d\_rng\_ c\_ns\_lt\_t\_\_ns w\_th  
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m\_ght n\_w c\_ns\_st \_f \_ m\_d\_c\_l d\_\_gn\_s\_s, \_l\_ng  
w\_th \_dv\_c\_ \_n h\_w t\_ r\_d\_c\_ c\_rbn f\_\_tpr\_nts. \_t  
m\_ght \_ls\_ \_ncl\_d\_ h\_lp \_n h\_w t\_ d\_\_l w\_th \_c\_-\_  
\_nx\_\_ty. Th\_ D\_\_ly M\_\_l n\_wsp\_p\_r c\_t\_d cr\_t\_cs \_f  
th\_ g\_\_d\_l\_n\_s wh\_ c\_ll\_d th\_m "s\_r\_\_sly \_n\_th\_c\_l".  
Th\_y s\_\_d: "D\_ct\_rs sh\_\_ld sp\_nd th\_\_r pr\_c\_\_s t\_m\_  
tr\_\_t\_ng p\_t\_\_nts r\_th\_r th\_n l\_ct\_rng th\_m \_n  
'p\_l\_t\_c\_s\_d \_ss\_\_s'."

Th\_ \_n\_t\_d N\_t\_\_ns h\_s d\_scr\_b\_d \_c\_-\_nx\_\_ty \_s "\_n  
\_m\_rg\_ncy cr\_s\_s h\_dd\_n \_n pl\_\_n s\_ght". \_c\_-\_nx\_\_ty  
\_s d\_f\_n\_d \_s str\_ss c\_\_s\_d by th\_ c\_nst\_nt w\_rry  
\_b\_\_t th\_ \_nv\_r\_nm\_nt \_nd th\_ cl\_m\_t\_ cr\_s\_s. Th\_ \_N  
s\_\_d th\_ c\_nd\_t\_\_n w\_ll s\_v\_r\_ly \_ff\_ct th\_ m\_nt\_l  
h\_\_lth \_f ch\_ldr\_n. D\_wnt\_\_rth.c\_m wr\_t\_: "\_xtr\_m\_  
w\_\_th\_r \_v\_nts l\_k\_ w\_ldf\_r\_s, h\_\_tw\_v\_s, dr\_\_ghts,  
st\_rms, \_nd fl\_\_ds l\_\_d t\_ d\_spl\_c\_m\_nt \_nd f\_\_d  
sh\_rt\_g\_s, c\_\_s\_ng psych\_l\_g\_c\_l h\_rm t\_ h\_m\_ns. Th\_y  
l\_\_d t\_ \_nx\_\_ty, d\_pr\_ss\_\_n \_nd p\_st-tr\_\_m\_t\_c str\_ss."  
\_ \_N s\_rv\_y f\_\_nd th\_t 59 p\_r c\_nt \_f y\_\_ng p\_\_pl\_  
\_n \_ st\_dy w\_r\_ d\_str\_ss\_d \_b\_\_t th\_ cl\_m\_t\_. Th\_  
y\_\_ngst\_rs f\_lt, "s\_d, \_nx\_\_s, \_ngry, p\_w\_rl\_ss,  
h\_lpl\_ss, \_nd g\_\_lty".

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

ecoanxiety is a medical condition affecting an increasingly larger number of young people worldwide doctors in the uk have been advised to raise the topic of climate change during consultations with patients new guidelines encourage doctors to discuss the dangers of global warming a health consultation might now consist of a medical diagnosis along with advice on how to reduce carbon footprints it might also include help on how to deal with ecoanxiety the daily mail newspaper cited critics of the guidelines who called them seriously unethical they said doctors should spend their precious time treating patients rather than lecturing them on politicised issues

the united nations has described ecoanxiety as an emergency crisis hidden in plain sight ecoanxiety is defined as stress caused by the constant worry about the environment and the climate crisis the un said the condition will severely affect the mental health of children downtoearthcom wrote extreme weather events like wildfires heatwaves droughts storms and floods lead to displacement and food shortages causing psychological harm to humans they lead to anxiety depression and posttraumatic stress a un survey found that 59 per cent of young people in a study were distressed about the climate the youngsters felt sad anxious angry powerless helpless and guilty

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

Eco-anxiety is a medical condition affecting an increasingly large number of young people worldwide. Doctors in the UK have been advised to raise the topic of climate change during consultations with patients. New guidelines encourage doctors to discuss the dangers of global warming. Although consultation might now consist of a medical diagnosis, along with advice on how to reduce carbon footprints. It might also include help on how to deal with eco-anxiety. The Daily Mail newspaper cited critics of the guidelines who called them "seriously unethical". They said: "Doctors should spend their precious time treating patients rather than lecturing them on 'politicised issues'." The United Nations has described eco-anxiety as "a new emergency crisis hidden in plain sight". Eco-anxiety is defined as stress caused by the constant worry about the environment and the climate crisis. The UN said the condition will severely affect the mental health of children. Downtoearth.com wrote: "Extreme weather events like wildfires, heatwaves, droughts, storms, and floods lead to displacement and food shortages, causing psychological harm to humans. They lead to anxiety, depression and post-traumatic stress." A UN survey found that 59 percent of young people in a study were distressed about the climate. They youngsters felt, "sad, anxious, angry, powerless, helpless, and guilty".

# FREE WRITING

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

Write about **eco-anxiety** for 10 minutes. Comment on your partner's paper.

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# ACADEMIC WRITING

From <https://breakingnewsenglish.com/2407/240722-eco-anxiety.html>

Eco-anxiety will become an unstoppable pandemic that we must stop now. Discuss.

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# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. ECO-ANXIETY:** Make a poster about eco-anxiety. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. DOCTORS:** Write a magazine article about doctors advising all patients on eco-anxiety. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on eco-anxiety. Ask him/her three questions about eco-anxiety. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. d    2. b    3. f    4. c    5. g    6. a    7. e  
8. k    9. l    10. i    11. h    12. n    13. j    14. m

## TRUE / FALSE (p.5)

- 1 F    2 T    3 T    4 F    5 T    6 T    7 T    8 F

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. Young people
2. Global warming
3. Carbon footprints
4. Seriously unethical
5. Politicised issues
6. In plain sight
7. Severely
8. Displacement
9. Post-traumatic stress
10. Fifty-nine per cent

## WORDS IN THE RIGHT ORDER (p.19)

1. A medical condition affecting an increasingly larger number.
2. With advice on how to reduce carbon footprints.
3. Include help on how to deal with eco-anxiety.
4. Critics of the guidelines called them seriously unethical.
5. Doctors should spend their precious time treating patients.
6. An emergency crisis hidden in plain sight.
7. Stress caused by constant worries about the environment.
8. It'll severely affect the mental health of children.
9. Storms and floods lead to displacement and shortages.
10. Young people in a UN study were distressed.

## MULTIPLE CHOICE - QUIZ (p.10)

1. c    2. a    3. d    4. b    5. c    6. b    7. d    8. b    9. a    10. d

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)