



ECO-AGENCY :SUPPORTING YOUTH LED CLIMATE ACTION



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Eco-Agency: Supporting Youth Led Climate action is a 14 lesson stand-alone module. This module will support learners in gaining knowledge about eco-anxiety; (short for ecological anxiety and also known as eco-distress or climate-anxiety) which is the distress caused by climate change where people are becoming anxious about their future. Learners will develop an awareness of and an understanding of what it is, the personal, communal and international effects and ways of empowering self and others experiencing eco-anxiety.

Learning Objectives:

- Develop an awareness of the difference between anxiety and eco-anxiety and how it can affect wellbeing
- Understand how eco-anxiety affects society and people
- Explore youth leadership and activism
- Explore the European Nature Restoration Law, and how it will support planetary conservation and health

This module covers the following Sustainable Development Goals: SDG3: Good Health and Wellbeing; SDG10 Reduced Inequalities; SDG13 Climate Action; SDG 16 Peace, Justice and Strong Institutions; SDG 17 Partnerships for the Goals.

Lesson 1: In this Lesson, learners explore anxiety and acknowledge it to be a normal human emotion. Learners will identify how to recognise when anxiety can become a problem.

Lesson 2 : In this lesson learners will explore the concept of eco-anxiety and learn to recognise how anxiety affects the body and identify the similarities and difference between anxiety and eco-anxiety.

Lesson 3: Eco-Anxiety: In this lesson learners will analyse the state of the planet and discuss the concept of and implications of 1.5 degrees warming or beyond by 2027.

Lesson 4: In this lesson learners will explore the concept of loss of way of life by looking at everyday pleasures like Netflix, new clothing, on-demand electricity and ideate advice to give about loss and resilience.

Lesson 5: Eco-Anxiety: In this lesson learners will explore the possible effects of eco-anxiety on industry locally and in the broader sense. Resources: Worksheet: Impact Brainstorming, Impact Goals and Pillars, Teacher's Notes

Lesson 6: In this lesson learners will explore 'solostalgia' and how eco-anxiety affects society in relation to Indigenous communities.



Lesson 7: In this lesson learners explore the affects of eco-anxiety on people with a focus on four groups; those with pre-existing mental or physical health conditions, people of lower socioeconomic status, children and young adults and older adults and ideate ways in which these people affected can be supported.

Lesson 8: In this lesson learners will develop an understanding of what CAN be done to build community which may lead to positive action.

Lesson 9: In this lesson learners and educators will explore mindfulness and nature connection through a guided meditation and a nature connection exercise.

Lesson 10: In this lesson learners are introduced to youth leaderships involving other young and people will present their research on youth learners and change makers.

Lesson 11: Youth Leader Case Study Presentation In this lesson learners will present their research and case study to their peers.

Lesson 12 Youth Movement for the European Nature Restoration Law In this lesson learners are introduced to the Youth Movement around the European Nature Restoration Law and delve into the law's details, its roles in health and conservation, and its connections to the UN Sustainable Development Goals and Earth Charter.

Lesson 13: The European Nature Restoration Law In this lesson learners will learn more about the law, how it supports health and planetary conservation and explore it's links to the UN Sustainable Development Goals and the Earth Charter.

Lesson 14: Eco Anxiety: Optional Project - Creating a Mood Board In this optional lesson learners will develop an understanding of the purpose of a mood board and gain knowledge as to how to collect suitable assets and how to create a mood board digitally.

External Expertise:

- Bianca Peel: Bianca is a purpose and value-led consultant providing holistic, trauma informed, and empathy based learning design and development in education. She utilises active learning approaches and creative strategies aligned with the UN Sustainability Goals (SDGs) and principles of Social and Emotional Learning (SEL) and The Earth Charter to provide holistic learning experiences and bespoke design and development through tangible, practical evidence-based learning activities.
- Dr. Anita McKeown: UCD / FutureFocus21c. Dr Anita McKeown, FRSA, FIPM, MEI - is an award winning artist|scholar and STEAM educator, co-designing values-based leadership through education and community processes. She works at the intersection of art, equitable placemaking and technology: Open Source Culture and Technology (ethical and ecological implications) and STEAM education, across a range of interdisciplinary projects, processes and partnerships
- Ms. Rebecca White: UCD - is an educator, consultant, trainer and curriculum developer, focusing on STEAM education, project-based, student-led learning and professional development for place-based learning.

For more information or to access online support in integrating the programme into your existing teaching please contact: Rebecca.white@ucd.ie