



# CHANGING CLIMATES

A TEACHER'S GUIDE



RETHINKING LEARNING FOR A CHANGING WORLD

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As the world around us changes, and the social, emotional and environmental crises deepen, we need to respond to the overwhelm young people are facing. We need an education that helps develop the skills, capacities and growth mindset to *thrive* in a rapidly changing world.

This is why ThoughtBox exists.

We've all heard the millions of young voices speaking up for the future of their planet. The climate crisis is the biggest challenge of our time. Many young people are seeking to learn more about the future of their planet, but most are struggling to know where to go for guidance, whilst parents and teachers are being offered minimal climate-education support or training.

As educators it is our responsibility to step forward. It's time to talk about climate change.

You have joined an incredible community of educators and changemakers from across the world, working to help young people to think deeply about the things that really matter and feel connected and activated in their local and global contexts.

Thank you for bringing these essential conversations into the classroom. We look forward to supporting you on the journey.

*Rachel*

RACHEL MUSSON | Director of ThoughtBox

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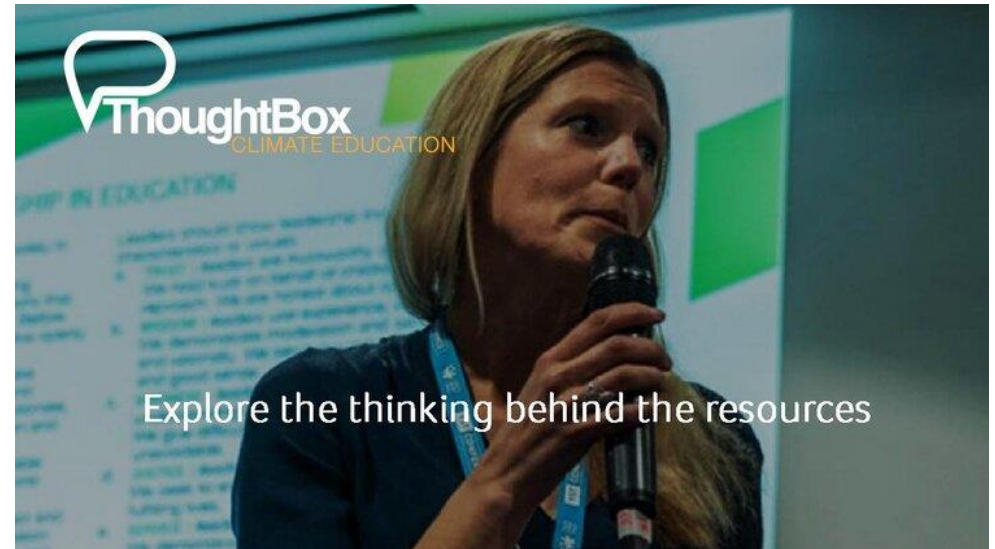


**The climate crisis affects us all socially, emotionally and environmentally. So isn't it critical that we adopt a holistic approach to environmental education? *Learn with us.***

ThoughtBox has created a toolkit for teachers to help young people make sense of the climate crisis, going beyond simply exploring climate science to help empower them with the tools for emotional wellbeing and the confidence to move from overwhelm and disconnection to a place where they feel activated and empowered.

The *Changing Climates* curriculum shares captivating stories, videos and lesson plans to explore the science and emotions of the climate crisis, offering a variety of perspectives about climate change from around the world.

- Lessons will introduce key information about the cause & effect of climate change, engage with the emotions and effects on both human and non-human communities and inspire empowered actions moving forward
- Students will practise skills of critical thinking & questioning, deep listening and empathy building by engaging in a wide range of learning stimulus, discussion ideas and creative exercises
- Additional resources provide schemes of work and guidance for teachers and parents in facilitating discussions and offer students a rich bank of resources to support their own learning journeys



This toolkit for schools contains lesson plans and resources for every school aged child from 5-18 years old.

**Created by teachers for teachers. All our programmes support UK Ofsted requirements for PSHE, SMSC & Global Citizenship.**

*Changing Climates* is a discussion-based curriculum which slots straight into timetabled lessons. Each lesson is linked to PSHE, SMSC and core National Curriculum subject areas and can work as a compliment to topics studied within wider lessons.

Changing Climates offers schools discussion-based lessons, exploring the science and emotions of climate change through a reflective and exploratory inquiry-based process of learning. Each topic contains four 60 minute lessons built around the following learning framework:

### **LESSON 1 | IMMERSE | Our Changing Climate**

This lesson will engage students with some of the realities of climate change, introducing the science and exploring 'Deep Time' to put things into context.

### **LESSON 2 | UNDERSTAND | Cause and Effect**

Students will explore the cause & effect of climate change, understanding how human habits and actions have caused some of the issues we're seeing today.

### **LESSON 3 | PERSPECTIVES | The Ripple Effects**

This lesson will introduce the impact of climate change being felt across the world, allowing students to empathise with different communities and contexts.

### **LESSON 4 | EMPOWER | Be the Change**

Students will meet some global changemakers, explore their own emotional responses to climate change and learn how to shift from anxiety to empowerment.



Each 60 minute lesson is broken down into smaller sections, allowing flexibility to be used across the school timetable and within a range of timings.

## SPACE IN THE CURRICULUM

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|---|---|
| <p><b>1. Weekly lessons</b><br/>(PSHE   Lifeskills)</p>         | <p>The topics can be used each week (1x 60 minute lesson per week) with one topic per half term. Based on an average 6 weeks per half term, this allows x4 weeks for the topic, and an additional few weeks to explore the related action projects – “embedding the learning into life”.</p>  |
| <p><b>2. Daily discussions</b><br/>(Form time)</p>              | <p>Each 60 minute lesson is broken down into smaller sections (10, 15, 20 minute chunks) which can be explored each day across the week in tutor time or national curriculum lessons, allowing one lesson to be explored each week / one topic per half term (as above).</p>  |
| <p><b>3. Drop down days</b><br/>(Theme days)</p>                | <p>Each topic has content to last for the duration of one school day (4+ hours of content) allowing them to be used as drop down days to launch a topic across the school (e.g. Changing Climates   Equality &amp; Justice   Food   Happiness) to embed the same learning ideas across the whole school community.</p>  |
| <p><b>4. Peer to peer learning</b></p>                          | <p>Lessons are written to be read by the students themselves, with all instructions included in the lessons themselves. This allows for older students in the school to run discussion sessions or clubs with younger year groups, guiding them through the topic over x4 hours and then running an action project within the school community to put their learning into action.</p> |
| <p><b>5. Self directed learning</b><br/>(Homework projects)</p> | <p>As mentioned, all lessons have been written with full instructions included, meaning that they can be sent home for students to work through themselves with parents / family members at home.</p>   |

*NB: See [here](#) for how to embed ThoughtBox across the curriculum*

Revisit the curriculum every two years over the course of a child's school journey from KS1-KS5, as each learning level connects with the topic from a different angle, perspective and skill-set.

## Differentiating lessons

Each lesson plan is available as a downloadable PowerPoint for KS1 - KS5 with different lessons available for Y1&2 | Y3&4 | Y5&6 | Y7&8 | Y9&10 | Y11-13. This allows for whole-school engagement of the programme with opportunity for pupils to re-visit the topic as they progress up the school.

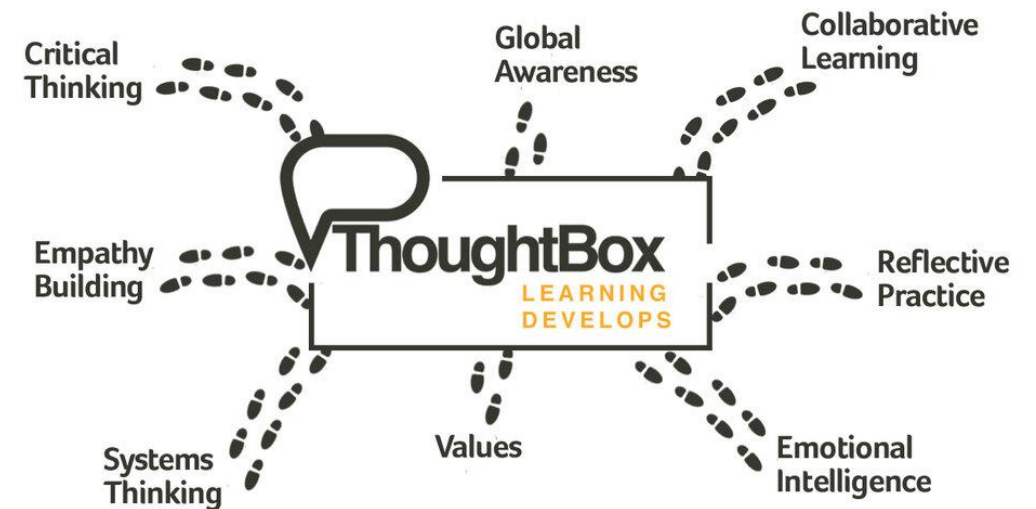
Should you feel that your students are at a higher or lower learning level (or need to refresh on some knowledge on climate change) you can simply use the lesson plan from a different year group and change or remove the title slide which states the year group.

All of the lessons are discussion-based and flexible in their design, meaning that you can tailor discussions at the level suitable for the group, and move at a pace that works for the group. It doesn't matter if you don't finish the entire lesson in one go, as the discussions can be ongoing. We design all of our programmes around a triple wellbeing framework, supporting the development of social, emotional and environme

## Core skills development

ThoughtBox lessons are all discussion based, encouraging students to share their thoughts and opinions with each other on a wide range of global issues and strengthen their own awareness.

Lessons allow students to practice a range of skills and tools to support emotional intelligence and resilience, helping them to move from anxiety to empowerment.





**We cannot just teach climate change – it affects us as much as the young people in our care. Our role is to facilitate learning and explore ideas together with young people.**

ThoughtBox lessons are designed so that anyone can lead them – even the students. Rather than teaching the lesson, your role is to facilitate the learning and the discussions that emerge. In these lessons, students' knowledge, opinions and beliefs are as important as those of the teacher and we welcome you all to enter the lessons with a learner's mind.

- Feel free to move seats so that you are in the same level as your pupils and everyone can see each other, making dialogue flow more freely.
- We recommend introducing a scrap book to act as an *Explorer's Journal* (or *Reflection Journal*) to use in these lessons. Pupils can include some of the written or artistic activities and then keep as a record of their thoughts, reflections and ideas during the learning journey.

You may wish to consider creating a 'class charter' or agreement that everyone abides by when exploring the ThoughtBox curriculum, to set clear discussion guidelines (maybe have these on the classroom wall).

Your school may already have guidance for holding discussions and debates in class. To support further, here are some simple invitations:

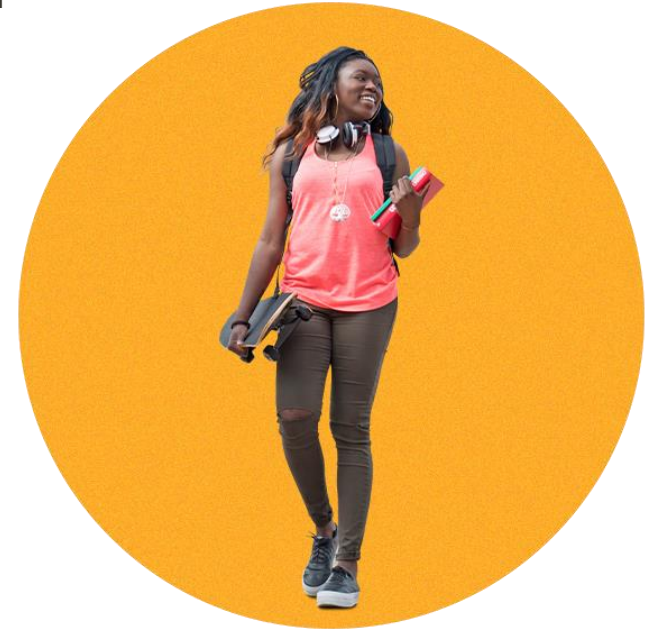
**Free of judgment** - Different opinions are valid and welcome! Allow for controversy with **respect and civility**

**Active listening** - Listen carefully to what others are saying - even when you disagree with what is being said

**Conscious challenges** - Challenge or criticise the **idea, not the person**, and support your statements - this allows for 'unlearning'. Encourage students to use evidence and provide rationale for their points.

**All voices welcome** - Vary the processes of discussion (group, pairs, talking stick) to allow all voices to be heard.

**Respect** - Distinguish between **challenge and aggression**. Recognise our opinions are shaped by our contexts and our beliefs, and that they are all different.



# We believe educators need a more innovative toolkit to facilitate learning that is both relevant and resilient to the world we live in.

The climate crisis is the biggest challenge of our time. Many young people are seeking to learn more about the future of their planet, but most are struggling to know where to go for guidance, whilst parents & teachers are being offered minimal climate-education support or training.

These participatory and immersive workshops from ThoughtBox and our partners at *AimHI Earth* will give you the tools and guidance to create whole school engagement across all aspects of climate change, with practical steps and progressive strategies to help leadership, teachers and students simplify the complexities and address eco-anxiety in a holistic and age-appropriate way.





# Transforming education together with lessons in which every student's voice is heard and every voice matters.

## ENVIRONMENTAL EDUCATION

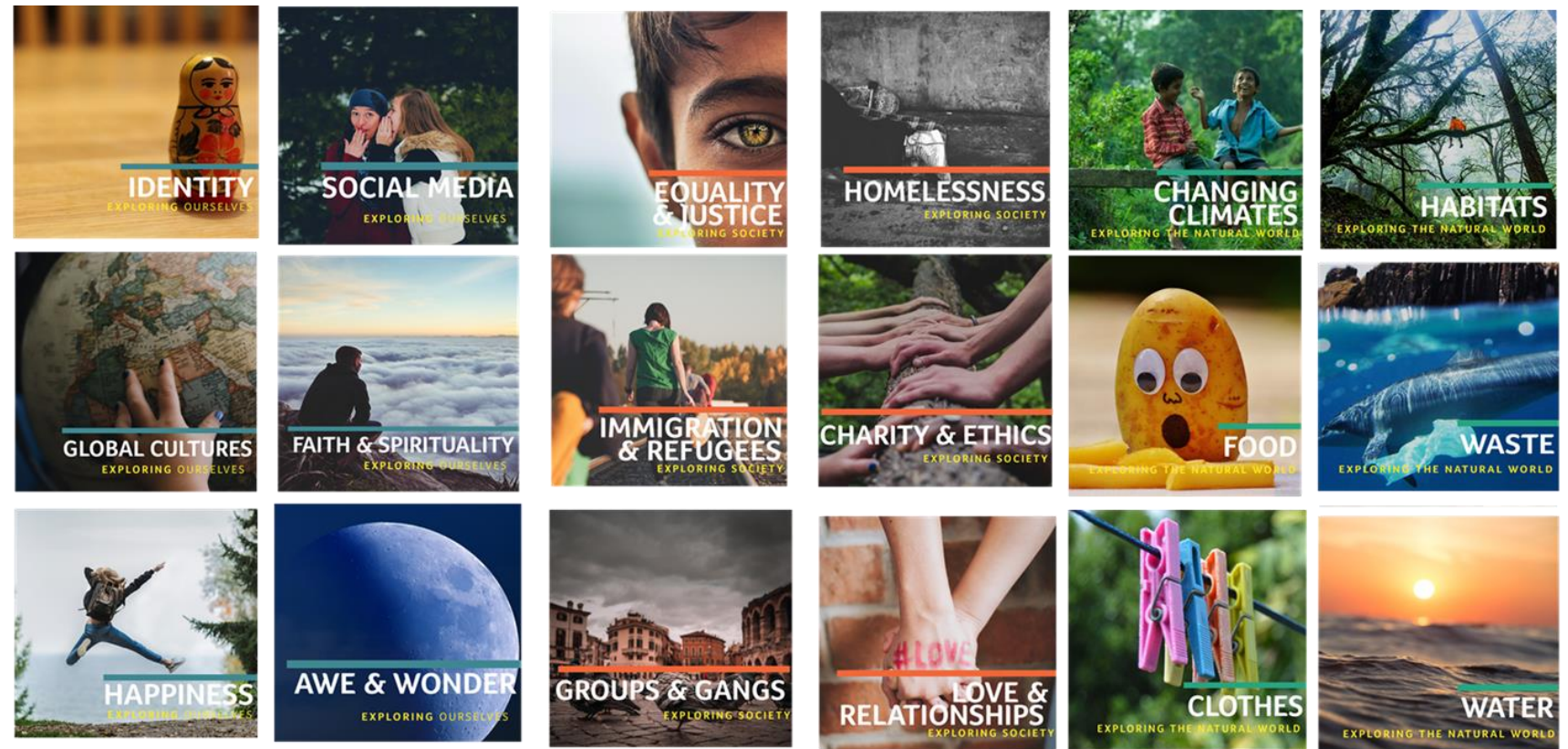
*Changing Climates* is just one of our Think & Thrive curriculum topics, each built around a triple wellbeing framework to support young people learning to care for and connect with *ourselves*, *society* and *the rest of the natural world*.

Using our *Think & Thrive* curriculum we help schools explore the big issues young people are talking about, recognising that the climate crisis is also a crisis of social justice and human emotion as much as it is about environmental action.

Our topics help young people explore how these issues interrelate through a systems-thinking approach.

Explore our full *Think & Thrive* programme for schools here:

[Primary Programme](#)  
[Secondary Programme](#)



# A TRIPLE WELLBEING APPROACH

ThoughtBox programmes explore the methods and develop the mindsets needed to become more resilient, adaptable and innovative in a rapidly changing world.

The ability to navigate uncertainty whilst also guiding students into a space of resilience and empowerment is one of the essential leadership qualities of our time.

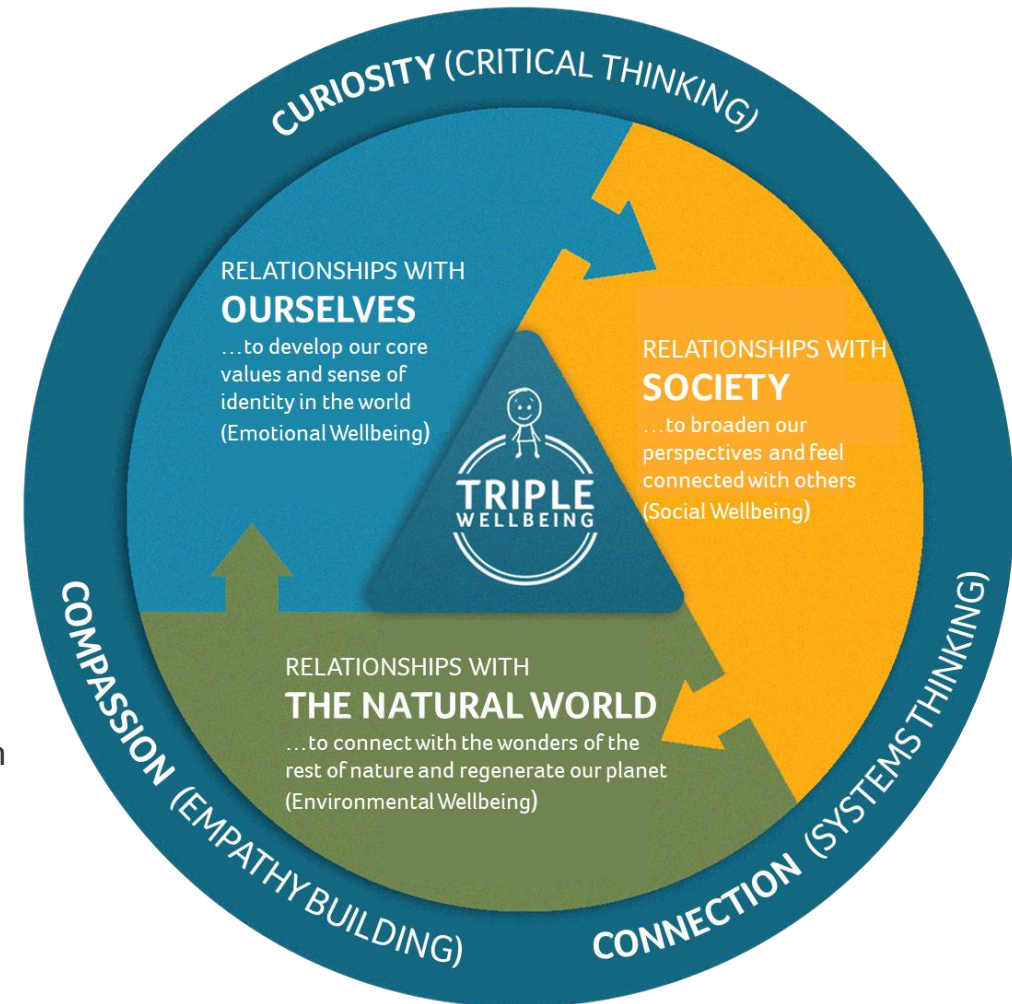
Using a holistic approach to environmental education, we actively support young people in developing social, emotional and environmental wellbeing through nurturing healthy relationships in these core areas.

Our triple wellbeing framework has been developed in response to what leading thinkers call the three disconnects in our societies: disconnection from ourselves, from others and from the rest of the natural world.



We offer school communities:

- Discussion based lessons to explore the world we're living in
- Globally-focused whole-school curriculum
- Practical classroom strategies
- Evidenced based research into holistic wellbeing
- Cutting edge neuroscience in teaching & learning
- Interactive talks and workshops
- Opportunities for community & collaboration





## [Student resources](#)

A wide bank of resources to share with young people

## [How to talk to kids about climate change](#)

A short podcast and article on how to talk to kids about the Climate Crisis.

## [Actions To Support Youth](#)

Adults sharing possible actions to support young people in their demands for a safe climate future.

## [Reboot the Future](#)

An online hub to help you kickstart climate conversations with your family and friends.

## [Let's Go Zero](#)

A UK campaign uniting teachers, pupils, parents and their schools as they all work together to be carbon zero by 2030

## [Transform our world](#)

An online, centralised, quality-rated resource hub to help teachers to bring environmental action into the classroom.

## [Overview Of Climate Change](#)

Sir David Attenborough presents some facts on Climate Change.

## [Taking The Class Outside](#)

The case for teaching outside - serious learning doesn't have to be an indoor activity.

## [Sustainable Learning](#)

Connecting teachers with free learning resources and expert knowledge to inspire children about sustainability through National Curriculum learning.

## [Talking to kids](#)

A podcast taking with kids about climate change and exploring some of their thoughts and emotions

## [Four Ways to Start Self Care](#)

Why it is so hard for teachers to take care of themselves and suggestions on how to start.

## [Green Schools Project](#)

A collection of fun and engaging environmental projects for secondary schools

# RESOURCES AND SUPPORT

## [Climate Change Quiz](#)

A short quiz from ThoughtBox to engage with some of the ideas surrounding climate change

## [Story books for empowerment](#)

The first in a series of fiction books for children that shows kids they really do have the power and influence to make a difference and change the world. This is a free storybook to download.

## [Books For Your Classroom](#)

Ten engaging children's books about Climate Change.

## [Supporting Kids](#)

What to do if climate change flares up kids' anxiety and depression.

## [Resources on Self Care](#)

Various tips, links, reflections, and mindfulness practices to help teachers cope with the common challenges faced by educators and other helping professionals.

## [Self Care for Teachers](#)

Why teacher self care matters and how to practice self-care in your school.





# This sort of learning can't wait...

If you are ready to dive deeper into the ThoughtBox learning journey, we can help with training, curricular, workshops, talks and ideas. Reach out to our team: [hello@thoughtboxeducation.com](mailto:hello@thoughtboxeducation.com) | [thoughtboxeducation.com](http://thoughtboxeducation.com)



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