



Why do we need
to talk about
climate change?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. Do you have conversations about climate change? Do you feel able to talk with others about it? Why do you think some people don't want – or are not able – to talk about climate change? Who would you talk to about your thoughts and feelings if you wanted to?

FEEL

How might different people feel about this?

e.g. How do you feel when you think about the climate changing and what you know and understand about climate change? Are you supported in your feelings? What helps you to feel calm and secure when thinking and feeling about climate change?

CONNECT

What links can you start to make?

e.g. Why is talking about climate change an important step in responding? Why are our emotions an important part of that conversations? How can being empathic to others' feelings about the effects of climate change help us in our own response?

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Activity ideas:

1. What is climate change and why is our climate changing? To help understand a little bit of the basics, take a look at this presentation and have some conversations with people around you about why our climate is changing:
[Why is our climate changing?](#)
2. One of the biggest 'culprits' of climate change are fossil fuels. Fossil fuels are a non-renewable energy source. Us humans have developed amazing systems that continuously take fossil fuels from the ground but we have no way of ever replacing them, meaning they will eventually run out. Watch the short video made by National Geographic and then discuss some of your thoughts and feelings together afterwards:
[What are fossil fuels?](#)
3. All of us have very different reactions, responses and feelings when we hear about the climate crisis or when we think about some of the impacts that are happening. You may be feeling overwhelmed or anxious, frustrated or confused, energised or maybe even completely apathetic. Whatever feelings you are experiencing, **these are valid emotions** and no-one can tell you that you should be feeling anything different at this stage. Many people – young people in particular – are struggling with something that is being called 'eco-anxiety' or 'eco-empathy' – as we feel this way because we care. We may be feeling completely overwhelmed by the extent of the climate crisis or feeling very insignificant in being able to make any changes that will have an impact. Or even numb, apathetic, confused...

It is so important to talk to others if you are feeling overwhelmed by what is happening around you. To help you have conversations, download our free Changing Climates programme with lots of conversation starters, activities and resources to start talking about climate change:

[Changing Climates](#)

USE THE **EXPLORER'S GUIDE TO HELP YOU*

What other activities could you do?

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RESOURCES:



[How to cope with eco-anxiety](#)

(Article | *Friends of the Earth*)

[Storybooks for Empowerment](#)

(PDF Storybook | *Jessica Lohmann*)



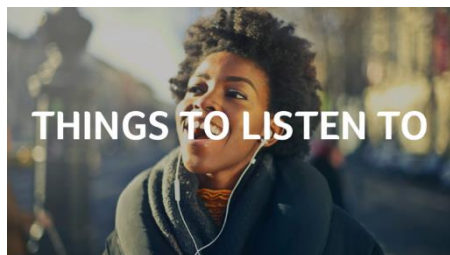
[How Wolves Change Rivers](#)

(4 minute video | *Sustainable Human*)

[The History of Climate Change](#)

[Negotiations in 83 seconds](#)

(83 second minute video | *CiceroKlima*)



[Ecolution](#)

(Podcast series | RTÉ Jr Radio)

[From anxiety to agency](#)

(49 minute podcast interview | *Climate Psychology Alliance*)



[Climate change food calculator](#)

Interactive guide | *BBC*

[Meet our Climate changemakers](#)

(*Alex Tempest* | *Lelo Munis* |)



[Download our free](#)

[Changing Climates programme](#)

(A home-learning topic for 5-18 year olds | ThoughtBox)

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