



Activity sheet

Podcast: Climate: how not to be depressed ?

Duration: From 30 minutes to 1 hour

Number of participants: 10 to 25 participants

Age: 15-25 years

Material: Printed copies of the statements; a spacious room; an object that can be used as a talking stick (ex: pen).

Objectives:

- Put participants in an active position of active reflection and enable them to exercise their critical mind;
- Bring out representations and preconceived ideas;
- Bring out the difficulties of using certain terms on a controversial subject.

Progress:

Step 1:

The animator provides instructions for the activity. He then makes a first statement and suggests that participants physically position themselves in the room: those who "disagree" with what has just been said on one side, and those who "agree" on the other one.

Possible variation (called the "river of doubt"): participants who don't want to take a side can position themselves in the center. This is a joker that can be used once during the activity.



Co-funded by
the European Union



Step 2:

Once all the participants have positioned themselves in the room, the animator invites one of the participants to take the floor to explain his or her position (voluntarily). The animator gives him/her the talking stick.

Possible variation:

Beforehand, a phase of collective cogitation can be organized between participants positioned on the same side.

Step 3:

The animator then distributes the talking stick, alternating between participants on one side of the room and the other. Participants can then change their minds and move around the room as the discussion progresses.

Step 4:

After about 20 minutes of discussion (or when participants seem to have run out of arguments), the animator can propose a new statement to the participants and restart the activity.

The animator can propose as many statements as he wishes, depending on the duration of the activity.

List of statements (not exhaustive) that can be proposed to young people:

- As youth, we don't have the power to take action against climate change.
- Climate change is not a subject that interests elected representatives.
- To fight climate change, only collective action matters.
- Times have changed. Now it's up to youth to educate their parents to live more modestly and eco-responsibly.
- Green transition is a matter for the 'rich'.



Co-funded by
the European Union



- Committing to green transition necessarily implies a reduction in living comfort.

To go further :

Here are some activities you can lead to go even further.

Activity: Identify and express your emotions!

Duration: 30 minutes

Number of participants: 10 to 25 participants

Age: 15-25 years

Material: Printed copies of the Climate Emotions Wheel

Objectives:

- Understanding the great diversity of emotions;
- Being able to identify and express its emotions linked to environmental issues.

Progress:

In her interview, Laelia Benoit indicates that more and more youth feel anxious or very anxious about climate change, and they feel a diversity of strong emotions. The animator invites young people to gather around the climate emotions wheel, which will have been printed in several versions and/or in a single A3 version.

(https://www.climatementalhealth.net/_files/ugd/d424e1_71802b234f66479c80d6780e885e9960.pdf).

The animator asks the participants to use the wheel of emotions to identify their emotions when they think about environmental issues (climate change ; biodiversity erosion ; pollution...). The participants are free to explain to others why they feel these particular emotions.



Co-funded by
the European Union



Activity : Formulation of a critical answer in a journalistic interview context

Duration: 1h

Number of participants: 10 to 25 participants

Age: 15-25 years

Material: Sheets of paper; pens

Objectives:

- Put participants in an active position of active reflection and enable them to exercise their critical mind;
- Writing a critical argument.

Progress:

During her intervention, Laelia Benoit explains that she has been outraged by the contempt formulated by a radio journalist towards youth that manifested for climate engagement. The latter was surprised that young people were mobilizing around these issues, when they should be more concerned about the color of their pencil case.

The animator distributes a sheet of paper to the participants and asks them individually to write down the response they would have made to this journalist's remark if they had been interviewed live.

At the end of the writing exercise, the animator plays the role of the journalist and invites volunteers to read their answer to the rest of the group.



Co-funded by
the European Union



Activity : Realization of an engaging campaign

Duration : 1h30

Number of participants: 10 to 25 participants

Age: 15-25 years

Material: Sheets of paper; pairs of scissors; glue sticks; rolls of scotch tape; felt pens; magazines; newspapers

Objectives:

- Stimulate participants' creativity;
- Put participants in an active position of active reflection and enable them to exercise their critical mind.

Progress:

During her interview, Laelia Benoit demonstrates that communication campaigns to mobilize against climate change in the 80's have been counterproductive. They showed a thinned polar bear isolated on a piece of pack ice in the middle of the sea. Even if the image touched people, it was far removed from their daily lives and the scope of their actions, generating a feeling of powerlessness and confusion regarding the impact of their actions. According to Laelia Benoit, for a campaign to be mobilizing, it must first and foremost speak to people, by fitting into their reality, and encouraging them to take action that is within their reach.

For this activity, youth are gathered in groups of 3 to 4. They have to develop a positive, mobilizing communication campaign that is accessible to all, to encourage people to take action on one of the following themes:

Eating
Getting around
Consuming

Participants work together to create a visual and a message on a large blank sheet of paper. They have felt-tip pens, glue, scissors and newspapers at their disposal.



Co-funded by
the European Union



At the end of the creative work, each group is invited to present its production to the other groups.

Productions can then be displayed in a public place (depending on possible partnerships) to raise public awareness.