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Activity sheet

What is eco-anxiety?

Duration: 45 minutes to 60 minutes

Number of participants: 8 to 20 participants

Age: 15-25 years

Material: Multimedia support and device for using the Mentiimeter website: (<http://www.menti.com>); multimedia support and device for watching the video : (<https://www.youtube.com/watch?v=skg2cym9tSA>) ; sheets; pens

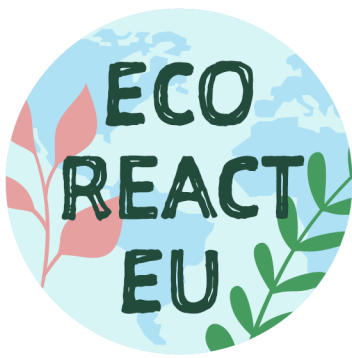
Objectives:

- Understanding the phenomenon of eco-anxiety: What is it? How does it manifest itself? What causes it?
- Know the possible existing solutions to deal with eco-anxiety
- Reflect on the current relevance of the phenomenon: How much is known? How much and how is it talked about in the media?
- Increase self-awareness regarding the topic of eco-anxiety

Progress:

Before starting the activity, prepare a slide on the website www.mentimeter.com with a word cloud that allows brainstorming on the concept of "eco-anxiety".

To start the activity, ask the participants to connect with their smartphone to the www.menti.com website, give them the credentials to access the slide previously prepared with the word cloud and ask them to write three words that they associate with the concept of "eco-anxiety".



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Leave a few minutes to send your answers and, when all the participants have finished, show the results without commenting on them.

Proceed showing the video (<https://www.youtube.com/watch?v=skg2cym9tSA>) up to minute 2:44.

Once the video has stopped, show the word cloud again with the words they had written and stimulate speaking with the following questions:

Do you notice any differences between the things you wrote and the things you saw in the video?

Now would you add some new words?

How would you now define the concept of eco-anxiety? What is it caused by in your opinion?

Once you have finished discussing this first part, show the remaining part of the video.

Continue the discussion by asking:

What emotions did you feel watching the interaction between the girl and the minister?

Why do you think you felt this way?

After the group has expressed its opinion on the emotional side of the phenomenon, conclude the activity by reflecting on the possible existing solutions to combat eco-anxiety.

Ask the group:

What solutions are proposed to deal with eco-anxiety?

Which solutions seem most effective to you?

Can you think of any other solutions that weren't mentioned in the video?

Debriefing:

Ask the participants to draw the outline of their hand on a sheet of paper and give them a few minutes to reflect on the activity they have just carried out and the things they have learned.

Ask them:

What do you take home from this activity? Write on each finger one thing that you think you have learned or that you can do thanks to this activity.