

Climate Anxiety

Top Tips for Kaiako and Leaders

Grow Waitaha



Acknowledge that climate anxiety is a normal and appropriate response.

Young people shouldn't be made to feel irrational.



Teach mindfulness and anxiety-reducing techniques.



For younger kids, build an emotional toolbox and emotional literacy – how do we talk about emotions and what activities can we do to alleviate immediate anxiety?



Explore background knowledge about climate change in your local curriculum. Focus on the local environment.



Explore ideas that interest students. Encourage learning inquiry so that students develop their own environmental projects while combining different learning areas.



Look for local opportunities – things that support the school and the local community. There may be community groups, initiatives etc.



Create EOTC opportunities for students to work together on environmentally positive activities. This may build self-efficacy and reduce feelings of isolation.

