

EPISODE 5

Feeling one's Feelings



LESSON PLAN

5

This teaching kit was designed by the Biosphère – a museum of Espace pour la vie. It gives teachers and students an opportunity to deepen their knowledge of **eco-emotions and emotions related to the climate**. To facilitate its use, we've opted for a simple and easy-to-use format inspired by a restaurant menu.

APPETIZER

Listen to Episode 5 of *The Amazing Earth* podcast series. Listen to the episodes in order to get the full story.

MAIN COURSE

Participate in our indoor educational activities (dish 1 and/or dish 2).

DESSERT

Conclude with a fun outdoor activity that lets you look more closely at the themes covered.

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Environment and
Climate Change Canada

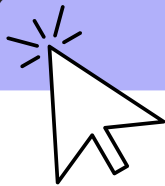
Environnement et
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Montréal 

Québec 

Appetizer

Listen to Episode 5



PREPARATION TIME 10 minutes

ACTIVITY TIME 15 minutes of listening + 10 minutes of discussion

RESOURCES Teacher:

Follow-up questions

The day after the storm, our three friends are joined by Slinky. The mood on the island has soured... Everyone is feeling the effects of the storm. Suddenly, cries echo throughout the pavilion, and the foursome run toward the sound to find... Greta Tunebird, in the grips of a rollercoaster emotional weather bomb! Each in turn, the participants express their feelings, and along the way they discover a new term: eco-emotions. Together (and with invaluable assistance from the robot voice), the small group explores eco-emotions, how to understand them, and most of all, how to soften them when the emotional weather wreaks havoc!

Dish 1

Flower, Star, Explosion


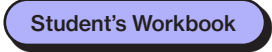
LEARNING OBJECTIVES

Recognize and express emotions

Appreciate the diversity of emotions

Observe the differences and similarities between people

Associate emotions with values

PREPARATION TIME	15 minutes to read the Teacher's Workbook	
ACTIVITY TIME	45 minutes	
MATERIALS	One Student's Workbook per child, printed on 8½" × 11" paper Lead pencils Erasers Coloured crayons Black ink fine-point pens (optional)	
LOCATION	Indoors	
RESOURCES	Teacher: 	Student: 

One of the steps toward better managing eco-emotions is learning how to recognize and name them. In this activity, students become familiar with a wide spectrum of emotions, then create a drawing that reflects their personal experience with eco-emotions.

Dish 2



Dragons of Inaction

LEARNING OBJECTIVES

Associate emotions with reactions

Explore attitudes that help promote the protection, conservation and improvement of the environment

Foster hope

PREPARATION TIME	15 minutes to read the Teacher's Workbook
ACTIVITY TIME	45 minutes
MATERIALS	Print one Student's Workbook per team (2-4 students) on 8½" × 11" paper Blunt-tip scissors (note: You can pre-cut the strips in Step 3 to shorten this part of the activity (see Steps) One lead pencil or red pencil per team
LOCATION	Indoors
RESOURCES	Teacher:  Student: 

Sometimes, our emotions prevent us from taking action on environmental and climate issues. These emotions give rise to behaviours that stand in the way of action, cause us to doubt, and make us want to look away, or even backslide. These are the dragons of inaction! In class, identify the dragons so that you can better fight them and stay in action mode.

Dessert

Grounding Yourself

LEARNING OBJECTIVES

Discover strategies for managing stress and eco-anxiety

Build greater emotional resilience

Develop self-awareness, including in relation to basic needs (need for safety and fulfilment)

PREPARATION TIME 15 minutes to read the Teacher's Workbook

ACTIVITY TIME 60 to 90 minutes

MATERIALS One Student's Workbook per child, printed on 8½" × 11" paper (both sides)
Lead pencil
Eraser
Coloured crayons (optional)
A hard surface to write on

LOCATION Outdoors

RESOURCES

Teacher:

Teacher's Workbook

Student:

Student's Workbook

Emotions like eco-anxiety are not always easy to navigate. However, there are strategies that can help soothe these emotions and build resilience. One such strategy is to reconnect with nature! Spending time outdoors and observing nature from a new perspective can help us reduce stress and appreciate the world around us. Slow down, observe, breathe, feel.