

EDUCATIONAL KIT
BIOSPHERE

15-21 YEARS
OLD



INNER CLIMATE

Understanding and Embracing Our Ecoemotions

Montréal 

 espace
pour la
vie montréal

PARTNERS:



Environnement et
Changement climatique Canada

Environment and
Climate Change Canada

Québec

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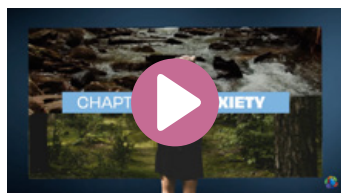
THE BIOSPHERE AT A GLANCE

An institution of the City of Montréal's Espace pour la vie museum complex, the Biosphère **explores environmental themes from scientific, artistic and community-based perspectives**. It seeks to inspire communities in the socioecological transition.

INTRODUCTION

Climate change has profound impacts on human health, affecting how we feel physically and psychologically. These effects, including those on our emotional well-being, are now part of our everyday. Researchers emphasize that experiencing a range of emotions in response to today's climate upheavals is normal and understandable.

To help us better understand how climate change affects us and the environment, the Biosphère has developed two tools:



The four-episode **webseries** *Inner Climate, Understanding and Embracing Our Ecoemotions* presented by the Espace pour la vie and produced by URBANIA.



A **learning kit with activities** to spark reflection and build knowledge of climate emotions.

01



OVERVIEW

GENERAL OBJECTIVES

1

Equip school staff and community educators to initiate meaningful conversations about climate emotions and the issues they raise

3

Create a **safe and supportive space for dialogue** that encourages self-expression and the sharing of feelings about climate change

2

Provide activities and resources that help make sense of climate emotions

4

Explore ways to **emotionally adapt and build resilience** in response to climate challenges

INTENDED AUDIENCES

This learning kit is designed to help **young people aged 15 to 21** express their feelings and eco-emotions. It's **intended for educators and support staff**, as well as anyone working with people of this age.

CONNECTIONS TO THE CURRICULA AND EDUCATIONAL PROGRAMS

Academic paths and classroom terminology vary across provinces and territories. **These keywords are meant to align with competencies and topics taught across Canada.**

COMPETENCIES:

- Communication
- Critical thinking/analysis
- Personal & Social Competencies

THEMES :

- Socio-ecological Systems & Transition
- Environmental Responsibility, Awareness & Sustainability
- Climate Change Education
- Global Citizenship & Issues
- Citizenship: Culture & Community Life
- Personal & Social-emotional Development
- Emotional Management
- Well-being, Wellness
- Health education
- Psychology
- Arts

PROPOSED ACTIVITIES

The *Inner Climate* kit includes five activities to build awareness of climate emotions:



Episodes of the webseries *Inner Climate, Understanding and Embracing Our Ecoemotions*.

Time: 7-10 minutes per episode



Climate-Sensitive discussion activity to explore the inner climates we feel and share strategies to collectively calm the storm.

Time: 60-75 minutes



Memory of lost landscapes art activity. Learners take on the role of museum curators to explore solastalgia.

Time: 60 minutes



Making peace with the beast and *Comfort kit* interactive activities to encourage learners to explore their relationship to anxiety while grounding themselves in the present.

Time: 60 minutes



Stories of the living world writing activity to foster empathy by inviting learners to step into the perspective of the living world.

Time: 60 minutes

Each activity can be completed on its own, but learners are encouraged to engage with all of them to get the most benefit.

GLOSSARY

Understanding a few key concepts will help learners get the most out of the activities.

What's an emotion?

There's no universal definition of emotion, but experts agree that an emotion arises from the **interaction between the environment, brain and body**. Simply put, an emotion is what we feel when our brain perceives change, interprets it and triggers a response.

What role do emotions play?

Emotions are reflexes that help us **survive, adapt and communicate**. They're also linked to motivation.

Climate emotions

These are the emotions we experience **in relation to climate change**.

Eco-emotions

These emotions are triggered by **environmental degradation** such as deforestation, pollution, biodiversity loss, soil erosion, ocean acidification and climate change. Climate emotions fall under this broader category.

Eco-anxiety

This refers to the emotions, **thoughts and behaviours associated with worry or concern** about environmental changes and collective inaction. It's sometimes used interchangeably with eco-emotions.

To specifically describe the feelings tied to fear and uncertainty about climate change, climate anxiety is the preferred term.

Resilience

Resilience is the **ability to successfully cope with challenging situations**, especially through mental, emotional and behavioural flexibility and the capacity to adapt and grow positively despite difficult circumstances.

Climate denial

This term describes the **attitudes and discourses that reject, minimize or question the scientific consensus on climate change**, particularly its human causes and serious consequences. Denial can be active, like explicit rejection, or passive, like indifference or trivialization, and may sometimes be unconscious. It can also be experienced as a feeling.

ACTIVITY 01



INNER CLIMATE: UNDERSTANDING AND EMBRACING OUR ECO-EMOTIONS

Inspired by the Biosphère's Emolab exhibition, this **original webseries** presented by Espace pour la vie and produced by URBANIA takes viewers into the heart of conversations between Olivia, Liam, Maude, Rami and Nadia. Through their texts and voice messages brought to life as multimedia collages, **explore how they experience and express their climate emotions.** Their conversations are deepened with expert insights and advice.

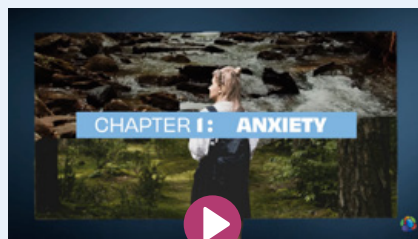
THERE ARE
FOUR EPISODES,
EACH LASTING
7 TO 10 MINUTES.

Click on the images
to watch the videos



Each episode can help prepare for other activities but also stands on its own.

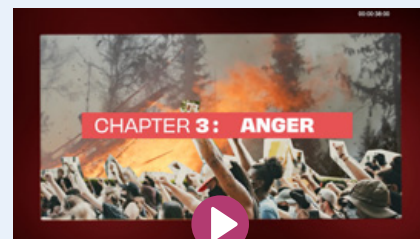
Anxiety



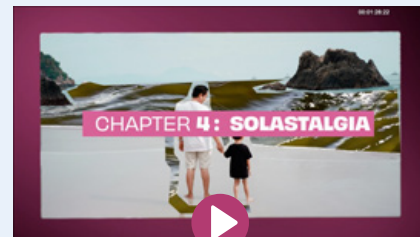
Empathy



Solastalgia



Anger



ACTIVITY 02



CLIMATE-SENSITIVE

Type: Discussion

Time: 60–75 minutes

Materials:

- › One sheet of paper and a pencil per participant.
- › [Printed questions](#) (optional) (p. 12)

Description

Talking about climate emotions helps break taboos. Learners gain a deeper understanding of themselves and can then engage more meaningfully with climate issues.

PREPARATION

GETTING READY TO FACILITATE

To ensure the activity runs smoothly, learners must treat each other with respect. Building group cohesion is important. Review the facilitation guide in advance to prepare.

The climate and emotions are sensitive topics, so it's essential to create a supportive, non-judgmental space that encourages open discussion. Before starting, reflect on your own feelings about climate change so they don't surface unexpectedly while facilitating.

It's also recommended that facilitators complete the self-reflection exercise and answer the questions they plan to ask learners honestly.

LOCATION

A meeting room, library space or outdoor classroom is ideal to help create a relaxed atmosphere. Arrange chairs in a circle so everyone can see each other and interact more easily.

FACILITATION GUIDE

TAKE A SUPPORTIVE STANCE

Your stance is the attitude you bring to the conversation. It should encourage dialogue. **Authenticity and active listening are key.** Active listening means giving your **full attention with kindness and openness**, not interrupting and rephrasing what the speaker says to ensure you truly understand.

SOME ADVICES TO FACILITATE DISCUSSION

- › Focus on what's being expressed.
- › Rephrase what you heard to confirm understanding.
- › Validate and respect feelings, even if you disagree.
- › Ask open-ended questions so the speaker can expand on their thoughts.
- › Pay attention to your tone, body language, gestures and emotions.
- › Share your experiences in connection with the topic.



The **goal is to share emotions and feelings**, not debate scientific facts like the reality of climate change or the ways humans are responsible for its acceleration.

SET GROUND RULES FOR THE DISCUSSION

- › Speak respectfully, remain open to different viewpoints and void judgment.
- › Speak in the first person (use I).
- › Don't interrupt, even if you disagree.
- › Respect the moments of silence for reflection.



Sadness, anger and anxiety are **emotions that are often difficult to express or receive**. Not everyone has the same tools to share these emotions and discuss them in a healthy way.

USE EMOTIONAL VALIDATION PRINCIPLES

- › There are no right or wrong emotions.
- › Everyone has the right to feel sad, angry, excited, etc.
- › Everyone has the right to express their emotions in a healthy way.
- › Climate-related emotions are normal responses to an abnormal situation.



AVOID THE PITFALLS

- › Don't minimize others' feelings by saying things like "It'll be fine", "There are solutions" or "Trust life".
- › Don't try to solve the problem of the person who's sharing their emotions by giving unsolicited advice.

1. SELF-REFLECTION EXERCISE

To encourage learners to express themselves, start with this self-reflection exercise.

Take a few minutes to spontaneously write everything you feel, think or imagine when you hear the words **climate change**.

Use words, short sentences or drawings without filtering or organizing your thoughts. You won't have to share with the group.

The goal is simply to become aware of your feelings, whether positive, negative, neutral or mixed.

2. INNER CLIMATE, UNDERSTANDING AND EMBRACING OUR ECOEMOTIONS WEBSERIES

Watch two episodes of the webseries.
Learners can choose which ones or vote.

3. DISCUSSION

After watching, ask the following question:

➔ Which situations in the series are like your own experiences or reality?

Give learners time to reflect.

Let the discussion start naturally. As it continues, check in with the group and let the conversation flow. If needed, on the next page you will find **prompts to guide the conversation**.

Questions about the webseries

Now that you understand the concept of solastalgia, can you describe a situation where you experienced this emotion related to climate or environmental change?

Which emotional resilience tips in the series stood out to you? Why?

What strategies or actions help you calm strong or difficult emotions when they arise?

Beyond the emotions specifically mentioned in the episode titles, what other emotions did you notice while watching the webseries? What made you recognize them?

What climate-related situations trigger anger in you?



To make the discussion more dynamic, write questions on small pieces of paper and have learners draw them randomly.

General questions

What role do emotions play for you? What purpose do they serve?

What emotions come up when you think about your future?
How do they influence you?

What do the emotions you shared mean to you?

What needs to change to create a climate-friendly future? What actions will you take to do your part? What are you not willing to give up?

Can you describe a time when you felt positive emotions related to climate change or the environment? What sparked those feelings?

Which emotions feel strongest when thinking about the impacts of climate change?

When did you first realize climate change affects you?

Think about your hometown. How has climate change affected the people, plant life and wildlife? What about the buildings, institutions and social groups? How do you feel about these changes?

How do you manage your emotions about climate change? Is it natural for you to talk about them with others?

Have you noticed active groups or environmental initiatives in your community? How do you feel about them?

If you could create a law to protect the environment, what would it include? Why?

CONCLUSION

End the activity by asking:

- ➔ What can we do to adapt to the difficult emotions climate change can bring about?

Allow some time for reflection and listen to a few responses. **Then present the emotional resilience strategies.**

Ecopsychology experts recognize **three main approaches.**



EXPLORING CLIMATE EMOTIONS

- Name and understand your emotions
- Express your emotions through discussion, writing or art
- Maintain healthy habits (eat well, exercise, get enough sleep)
- Spend time in nature and connect with the living world
- Remember that responsibility for the planet isn't on one person's shoulders: everyone contributes as best they can, according to their values and resources (time, energy, financial)



CHANNELLING EMOTIONS INTO ACTIONS

- Share your experiences, knowledge and emotions about climate change
- Gradually adopt environmentally responsible behaviours
- Get involved with local nonprofits that share your values
- Educate yourself on climate change, current solutions, climate justice and environmental policies at all levels of government



CULTIVATING HOPE

- Imagine the future you want and find ways to achieve it
- Look for positive news about the climate and environment
- Follow social media accounts that cover climate issues in scientific and solution-first ways

ACTIVITY 03



MEMORY OF LOST LANDSCAPES

Type: Art activity

Time: 60 minutes

Materials:

- Printed activity sheet (p. 15-18)
- Creative medium of your choice that best supports freedom of expression and spontaneity:
 - painting, drawing
 - oral or PowerPoint presentation
 - collage, etc.

Description

Experts have identified three emotional resilience strategies in response to climate change: exploring emotions, channelling emotions into actions and cultivating hope.

The *Memory of lost landscapes* interactive activity focuses on the latter through creative approaches that encourage engagement and foster hope. It introduces the concept of **solastalgia**.



Solastalgia is the **feeling of loss and uprootedness** that arises when the landscape and climate of our childhood change to the point of becoming unrecognizable.

FLOW

1

Watch the webseries episode titled **Solastalgia**

2

Reflect after watching it.

Have you ever experienced solastalgia? Have you noticed concrete impacts of climate change around you? If so, would you be willing to share some of your experiences with the group?

To explore the topic further, refer to the discussion activity.

3

Complete the activity sheet



INTRODUCTION

It's the year 2076. The Biosphère is launching an immersive exhibition titled *Memory of Lost Landscapes* dedicated to past landscapes that have disappeared or been profoundly transformed by climate change. As the museum's curators, you're responsible for preserving the memory of these places and passing it on to future generations.

In this activity, the Biosphere invites you to pay attention to the changes affecting your environment and encourages you to protect it.

STEP 1

When preparing an exhibition, it's essential to **define the concept** and **research the topic**.

On your own or in a group, reflect on these points:

- > What's the theme of your exhibition? It must focus on solastalgia, but what specific aspects do you want to explore?

- > Research the landscapes affected by climate change you want to highlight and identify the factors that may have contributed to these transformations.



STEP 2

When designing an exhibition, it's also important to **define the perspective and messages**. A topic can be approached in different ways depending on the type of museum.

Once you've chosen the theme, think about the messages you want to communicate and the perspective through which you want to bring it forward.

To support your reflection, ask yourself:

> In what type of museum will the exhibition be presented?



A history museum that highlights past events and cultural expressions

A science museum that focuses on data, research and discoveries

An anthropology museum that explores social phenomena and human behaviours

A multidisciplinary museum that combines different approaches



STEP 3

Once your research is complete, focus on the content.

1. On your own or in a group, imagine how the exhibition could present landscapes that have disappeared or been transformed by climate change.

- > What elements could be included? They may be symbolic objects linked to specific locations, photos of natural beauty from the past or a combination of different media.

2. Draft a descriptive information sheet explaining your choices, exhibition design and the information you want to share.

- > What's the concept? Which objects do you want to display? What scientific or cultural information do you want to communicate?

- > Use the next page to design your exhibition ideas.



There are no right or wrong answers. Let your creativity flow and imagine your own exhibition!



A large, empty rectangular area with rounded corners, intended for drawing or writing.



Exhibition design ideas:

Sound

Lighting

Colours

Display furniture

Decor elements



ACTIVITY
04

MAKING PEACE WITH THE BEAST AND COMFORT KIT

Type: Art activity

Time: 60 minutes

Materials:

- [Printed activity sheet](#) (p. 20-22)
- Creative medium of your choice that best supports freedom of expression and spontaneity:
 - painting, drawing
 - oral or PowerPoint presentation
 - collage, etc.

Description

Experts have identified three emotional resilience strategies in response to climate change: exploring emotions, channelling emotions into actions and cultivating hope.

The Making peace with the beast and Comfort kit interactive activities focus on creative approaches that encourage exploring and recognizing one's emotions. They explore the concept of **anxiety**.



Anxiety is an emotion linked to **anticipating danger, disaster or something bad happening**. It can show up physically (muscle tension, faster breathing, increased heart rate).

It differs from fear because it relates to a vague or hypothetical future threat, while fear is more fleeting and rooted in the present in response to a clear and identifiable danger.

FLOW

1

Watch the webseries episode titled ***Anxiety***

2

Reflect after watching it.

Do you ever feel anxious about climate change? Are some aspects more concerning to you than others? Do you have strategies or tools to cope?

To explore the topic further, refer to the discussion activity.

3

Complete the activity sheet



Climate change isn't just scientific facts or external phenomena. **It affects us deeply, in ways we don't always notice** right away.

Today, the Biosphère invites you to take time to explore the emotions climate change can bring up. This activity focuses on anxiety to help you recognize it, express it and find ways to regulate it better.

STEP 1

Figuring out what triggers climate anxiety is an important first step to understand your reactions and learn to respond in healthier ways.

On your own or in a group, take a few minutes to think about whether certain climate change-related issues make you feel anxious. If so, which ones?


They may be local issues that have a direct impact on you or global challenges affecting people and communities worldwide.



STEP 2

Anxiety shows up in different ways: as physical sensations, intrusive thoughts or a constant feeling of tension. It can sometimes take up so much space in your mind that it almost feels like a presence—an inner creature making your life harder.

On your own, imagine and draw the creature that represents your anxiety.



To help you think about it, ask yourself:

What does your anxiety creature look like?

What are its main features?

What shape does it have?

Does it take up a lot of space?

If you had to place your creature somewhere in your body, where would it be? Your belly? Your throat? Your head?

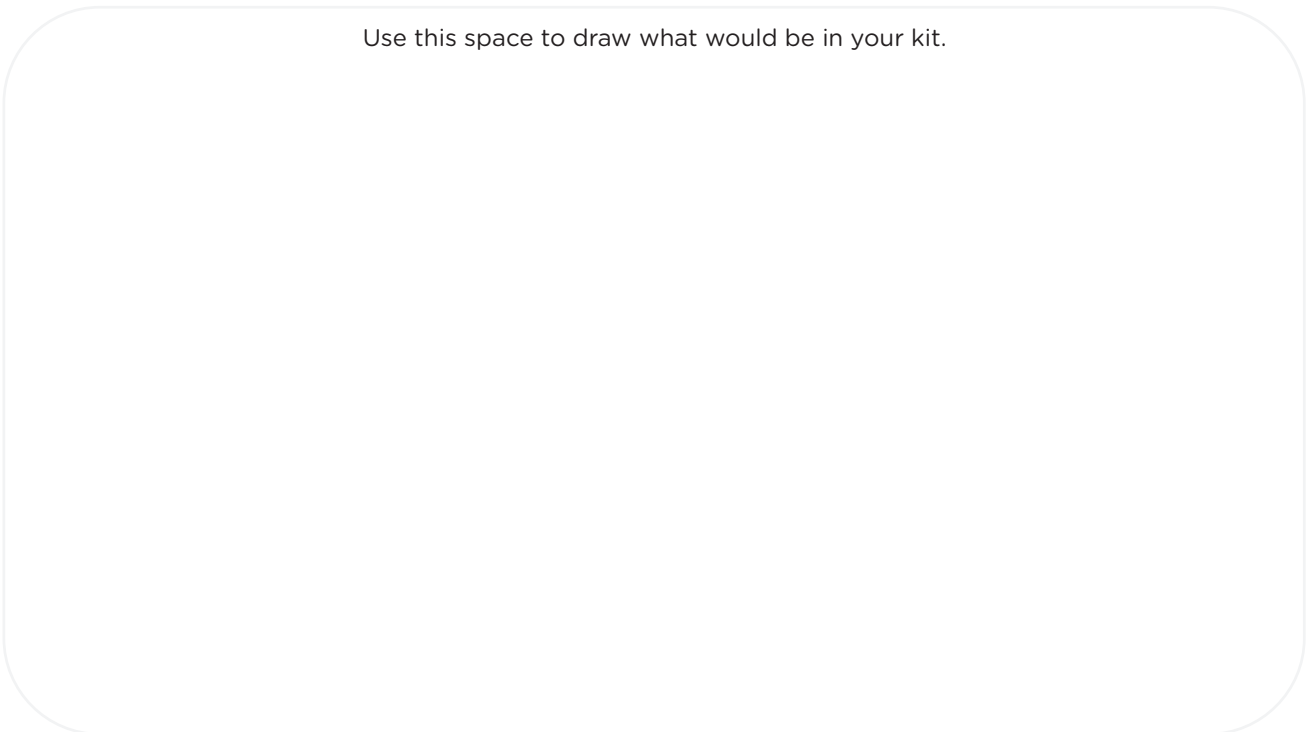


STEP 1

Recognizing and naming what causes your anxiety is an important step toward feeling better. It's just as important to **explore coping strategies and take concrete** actions to calm these feelings.

On your own or in a group, imagine or create an anti-anxiety survival kit. Think about the actions or objects that help you feel good.

Use this space to draw what would be in your kit.



ACTIVITY 05



STORIES OF THE LIVING WORLD

Type: Interactive activity

Time: 60 minutes

Materials:

- [Printed activity sheet](#) (p. 24-26)

Description

Experts have identified three emotional resilience strategies in response to climate change: exploring emotions, channelling emotions into actions and cultivating hope.

The *Stories of the living world* interactive activity focuses on the last two through creative approaches that encourage engagement and build confidence in the future. They explore the concept of **empathy**.



Empathy is the ability to understand what someone else is experiencing, thinking or feelings **without necessarily feeling it yourself**.

FLOW

1

Watch the webseries episode titled ***Empathy***

2

Reflect after watching it.

Have you ever felt a strong connection to a community, animal or plant, as if you understood what they were going through or feeling?
What did you learn from that experience?

When it comes to environmental issues, how can feeling empathy toward living beings or nature influence your choices and actions?

To explore the topic further, refer to the discussion activity.

3

Complete the activity sheet



INTRODUCTION

In the context of climate change, **empathy helps us imagine what certain communities or living beings are going through** as they face serious environmental challenges.

Through this activity, the Biosphère invites you to explore this idea further.

STEP 1

Start by carrying out **detailed research on a natural element affected by climate change**, like an especially vulnerable animal or plant species, a landscape that has changed in a specific region or a community whose way of life is being disrupted.

> What's the focus of your research? Describe the topic you've chosen.

> What environmental issues are related to your topic and how do they affect it? Describe the causes and their impacts.



CONCLUSION

Climate change is now part of our reality, so it's important to develop ways to adapt to the emotions it brings up. The activities in this learning kit provide paths for exploration, letting each participant engage with them in their own way.

To help us become more emotionally resilient in the face of climate issues, the Biosphère has created a collection of resources you can explore and share.

Don't forget to keep the contact information of psychosocial support experts handy so you can direct anyone who may need professional help in dealing with climate emotions.

The Biosphère is always interested in seeing the artistic projects that come out of these activities. Feel free to send your group's work to [**mediation@montreal.ca**](mailto:mediation@montreal.ca).

Enjoy the activities!



RESSOURCES À PARTAGER

RESOURCES TO SHARE

Organisme <i>Organization</i>	Langue <i>Language</i>		Lieu <i>Location</i>	Activités <i>Activities</i>		Site Web <i>Website</i>
	FR	EN		En ligne <i>On-line</i>	Présentiel <i>In-person</i>	
100° Encourager le passage à l'action et la réalisation de projets structurants et innovants.	x		Trois-Rivières - QC	x	x	centdegres.ca
Break the Divide Inspiring youth through personal connection.		x	Surrey - CB/BC	x		breakthedivide.net
Changement climatiques et santé mentale Nous croyons qu'il faut agir pour réduire les risques sanitaires liés à la crise climatique. Climate Change and Mental Health <i>We believe in taking action to reduce the health risks posed by the climate crisis.</i>	x	x	Toronto - ON	x	x	www.camh.ca
Carbon Conversation TO <i>If you're concerned about climate change, you're not alone. Let's start talking.</i>		x	Toronto - ON	x	x	www.carbonconversationsto.com
Carrefours Climatiques Communautaires Fédérer les voix autour d'une vision commune d'un avenir décarboné et juste pour les communautés. Community Climate Hub <i>Uniting voices around a shared vision of a carbon-free and just future for communities.</i>	x	x	Pancanadien/ Cross-Canada, NE/NS, NB, QC, ON, MB, SK, AB, CB/BC	x		www.carrefourclimat.ca www.climatehub.ca
Climate Psychology Alliance North America Encourager les changements culturels en faveur de la résilience humaine, de la régénération et de l'équité axé sur les dimensions psychologiques de la crise climatique et écologique. <i>Addresses the urgent psychological dimensions of the climate and ecological crisis and promotes cultural shifts toward human resilience, regeneration, and equity.</i>	x	x	New York - États-Unis / United States Actif au/Active in Canada	x		www.climatepsychology.us

Organisme Organization	Langue Language		Lieu Location	Activités Activities		Site Web Website
	FR	EN		En ligne On-line	Présentiel In-person	
<p>CLIMAtlantic CLIMAtlantic facilite l'accès aux données et aux informations qui favorisent l'adaptation aux changements climatiques au Canada atlantique par la collaboration, le réseautage et les partenariats.</p> <p><i>CLIMAtlantic facilitates access to data and information that supports adaptation to climate change in Atlantic Canada through collaboration, networking, and partnerships.</i></p>	x	x	Halifax - NE/NS	x	x	climatlantic.ca
<p>Commission de la santé mentale du Canada Améliorer les résultats en santé mentale de tous les habitants du Canada.</p> <p>Mental Health Commission of Canada <i>Improving mental health outcomes for all people in Canada.</i></p>	x	x	Pancanadien/ Cross-Canada, Ottawa - ON	x	x	commissionsantementale.ca mentalhealthcommission.ca
<p>Eco Anxious Stories <i>Feeling worried about climate change is normal. Embrace your anxiety with courage and compassion and transform it into meaningful action.</i></p>		x	Victoria - CB/BC	x		ecoanxious.ca
<p>Éco-Motion Relever ensemble les défis de notre époque avec sens et espoir.</p>	x		Sherbrooke - QC	x	x	eco-motion.co
<p>Environment Lethbridge <i>Inspiring community action towards sustainability.</i></p>		x	Lethbridge - AB		x	environmentlethbridge.ca
<p>Fleurs d'attache Se créer de nouveaux repères pour naviguer les polycrises.</p>	x		Montréal - QC		x	fleursdattache.ca
<p>La Maison du Développement Durable La transition écologique par et pour les communautés.</p> <p>Center for Sustainable Development <i>Ecological transition activities by and for the community.</i></p>	x	x	Montréal - QC	x	x	lamdd.org

Organisme Organization	Langue Language		Lieu Location	Activités Activities		Site Web Website
	FR	EN		En ligne On-line	Présentiel In-person	
<p>Laboratoire des jeunes sur le climat Se mobiliser pour créer un avenir juste et résistant aux changements climatiques.</p> <p>Youth Climate Lab <i>Enabling and mobilizing youth to co-create a just, climate resilient future.</i></p>	x	x	Ottawa - ON	x	x	www.youthclimatelab.org
<p>Le Havre Jeunesse / The Youth Harbor Système de soutien aux jeunes pour le climat. <i>Youth-for-youth climate support system.</i></p>	x	x	Toronto - ON	x		www.theyouthharbour.org
<p>Mental Health and Climate Change Alliance <i>Supporting individuals and communities in protecting their mental health and building resilience in the face of climate change.</i></p>		x	Pancanadien/ Cross-Canada, Victoria - CB/BC	x		mhcca.ca
<p>Réalité Climatique Canada Éduquer le public sur la science et les impacts des changements climatiques, ainsi que sur les solutions pour aborder la crise climatique.</p> <p>The Climate Reality Project Canada <i>We tackle climate change, focus on greenhouse gas, and on education and grassroots action as the solution.</i></p>	x	x	Pancanadien/ Cross-Canada, Montréal - QC,	x	x	www.realiteclimatique.ca www.climatereality.ca
<p>Réseau environnemental du Nouveau-Brunswick Une organisation qui catalyse et encourage des actions efficaces en rapport avec l'environnement.</p> <p>New-Brunswick Environmental Network <i>Catalyzing and encouraging effective action on the environment.</i></p>	x	x	Moncton - NB	x		nben.ca
<p>L'apathie c'est plate Transforme l'apathie en participation active, en aidant les jeunes à trouver leur voie d'engagement et à exercer un réel pouvoir sur leur environnement.</p> <p>Apathy is Boring <i>Transforms apathy into active participation by helping young people find their path to engagement and exercise real power over their environment.</i></p>	x	x	Pancanadien, Cross-Canada, QC, ON, NE/NS, MB, AB, CB/BC	x	x	www.lapathecestplate.com www.apathyisboring.com

Nom Name	Langue Language		Lieu Location	Site Web Website
	FR	EN		
<p>Atlas Climatique du Canada Promouvoir la sensibilisation et inspirer les actions par la science, la recherche communautaire, la mise en récit et les savoirs autochtones.</p> <p>The Climate Atlas of Canada <i>Combines climate science, mapping, and storytelling together with Indigenous Knowledges and community-based research and video to inspire awareness and action.</i></p>	x	x	Winnipeg- MB	atlasclimatique.ca climateatlas.ca
<p>BBC Future - Climate Emotions <i>BBC Future series looks for answers to the issues facing the world in science.</i></p>		x	Londres – Royaume-Uni, London – United Kingdom	www.bbc.com/future/columns/climate-emotions
<p>Climate Creativity <i>We create to transform the world and shape a sustainable future.</i></p>		x	Oslo - Norvège/Norway	climate-creativity.com
<p>Climate Mental Health Network <i>Building emotional resilience in a climate of change.</i> *Certaines ressources disponibles en français</p>		x	Los Angeles - États-Unis / United States	www.climatementalhealth.net
<p>ENvironnement JEunesse Encourager l'esprit critique et offrir à la jeunesse engagée un espace d'expression pour partager ses préoccupations, positions et solutions face aux enjeux environnementaux actuels.</p> <p><i>Encourage critical thinking and provide engaged young people with a space to express themselves and share their concerns, positions, and solutions to current environmental issues.</i></p>	x	x	Montréal - QC	enjeu.qc.ca
<p>Happy Eco News <i>Here to promote hope and inspire action on the climate and environment.</i></p>		x	Vancouver – CB/BC	happyeconews.com

Nom Name	Langue Language		Lieu Location	Site Web Website
	FR	EN		
<p>Indigenous Climate Action Justice climatique, menée par les peuples autochtones. <i>Climate justice, Indigenous-led.</i></p>	x	x	Edmonton - AB	www.indigenousclimateaction.com
<p>Lab22 Générer des transformations positives et durables pour les collectivités.</p>	x		Montréal - QC	www.lab22.org
<p>Psychology for a Safe Climate <i>Strengthening the emotional foundations of communities responding to the crisis, by putting the care in climate action.</i></p>		x	Melbourne - Australie/ Australia	www.psychologyforasafeclimate.org
<p>Reasons to be Cheerful <i>An online editorial project sharing stories of solutions and positive change.</i></p>		x	New York - États-Unis/ United States	reasonstobecheerful.world
<p>Réseau Action Climat Canada Nous tissons des liens et créons des consensus pour une action climatique transformatrice et juste, au Canada et à l'étranger.</p> <p>Climate Action Network Canada <i>Working to forge connections and build consensus for transformative climate action and justice, at home and internationally.</i></p>	x	x	Ottawa - ON	climateactionnetwork.ca
<p>Station SME Des ressources utiles pour soutenir la santé mentale étudiante dans les cégeps, collèges et universités.</p> <p>Useful resources to support the mental health of CEGEP, college, and university students.</p>	x	x	Québec - QC	stationsme.ca
<p>The 89% Project <i>The 89 Percent Project, organized by the global journalism collaboration Covering Climate Now, reports on the massive silent majority who want stronger climate action.</i></p>		x	New York - États-Unis/ United States	89percent.org

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Un • Cinq Le média qui détend l'atmosphère.	x		Montréal - QC	unpointcinq.ca
Développement Durable Expliqué Des courtes vidéos engageantes pour apprendre et enseigner le développement durable. Sustainability Illustrated <i>Short, engaging videos for learning and teaching about sustainable development.</i>	x	x	Nelson - CB/BC	sustainabilityillustrated.com
Resilience Articles, événements, balado et bien plus pour vous aider à traverser la polycrise. <i>Articles, events, podcasts and more to help you navigate the polycrisis.</i>	x	x	Corvallis - États-Unis / United States	www.resilience.org/about-resilience
Ecojustice Canada <i>We use the power of the law to defend nature, combat the climate crisis, fight for a healthy environment for all from coast to coast.</i>		x	Vancouver - CB/BC	ecojustice.ca
i-SEA : Institute for Sustainability, Education and Action <i>Quality investigative journalism, with specific emphasis on Indigenous issues, impacts of climate change and Canada's clean energy technologies.</i>		x	Salt Spring Island - CB/BC	www.i-sea.ca
Calm-ey <i>Coping with climate anxiety: Learning methods for mental health for youth.</i>		x	Collaboration Estonie, Danemark, Malte et Allemagne Collaboration Estonia, Denmark, Malta and Germany	calm-ey.eu

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Description				
<p>A Matter of Degrees <i>Climate change is the story of our time. We're here to help you understand it in a deeper way – and take part in that story yourself.</i> S03E04 : How To Cope with All the Climate Feels</p>		x	États-Unis	www.degreespod.com/episodes/season-3-episode-4
<p>BBC - The Climate Question <i>Why we find it so hard to save our own planet, and how we might change that.</i></p>		x	Royaume-Uni	www.bbc.co.uk/programmes/w13xtvb6/episodes/downloads
<p>Conversations Climatiques: une perspective franco-jeunesse Découvrez un balado qui vous plonge dans des discussions passionnantes sur la crise climatique et l'environnement. Cette série explore la complexité des enjeux liés au réchauffement planétaire, tels que la perte de biodiversité, le racisme environnemental et bien d'autres sujets.</p>	x		Canada - YT & MB	podcasts.apple.com/ca/podcast/conversations-climatiques/id1682712370
<p>Drilled Media Podcast Library <i>Investigating the obstacles to climate action.</i></p>		x	Costa-Rica	drilled.media/podcasts
<p>L'effet durable L'environnement et l'avenir de la planète sous l'angle des solutions, voilà ce que propose L'effet durable.</p>	x		Canada - QC	baladoquebec.ca/cibl-101-5-fm-l-effet-durable
<p>Le podcast d'Éco-Motion Chaque semaine, les trois intervenant.e.s d'Éco-Motion exploreront ensemble des thématiques diverses liées à la santé personnelle, communautaire et planétaire.</p>	x		Canada - QC	creators.spotify.com/pod/profile/eco-motion
<p>Race Against the Climate Change <i>Race Against Climate Change brings you the stories and solutions you won't hear anywhere else.</i></p>		x	Canada - CB/BC	www.i-sea.ca/race-against-climate-change-podcast
<p>Sismique Des entrevues pour explorer, se préparer et s'adapter à un monde en pleine mutation.</p>	x		France	www.sismique.fr

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The Place That Thaws <i>Discover the untold stories of resilience and adaptation in the High Arctic with a new six-part podcast series.</i>		x	Canada - NU	www.aptnnews.ca/ourstories/theplacethatthaws/#listensection
Time to shift Le podcast qui éclaire sur les enjeux énergétiques et climatiques contemporains pour progresser vers une économie post carbone.	x		France	www.theshifters.org/publications/podcast
Trajectoires : la transition en 22 minutes Ces balados vidéo sont une invitation à se plonger dans les différents secteurs de la transition socioécologique au Québec en créant des dialogues entre expert-es, personnalités publiques et jeunes mobilisé-es.	x		Canada - QC	baladoquebec.ca/trajectoires-la-transition-en-22-minutes
Vert quoi se tourner? Cette série de dix épisodes explore différentes avenues énergétiques qui s'offrent à nous pour décarboner le Québec.	x		Canada - QC	baladoquebec.ca/vert-quoi-se-tourner
What On Earth with Laura Lynch <i>The climate is changing. So are we. We find inspiration in unexpected places, scrutinize new technologies, hold powerful people accountable and join you on the journey to fix this mess.</i>		x	Canada - ON	www.cbc.ca/listen/live-radio/1-429-what-on-earth
World on Fire <i>Wildfires cost us our health, our homes and our communities, yet people everywhere rebuild and not just survive but thrive.</i>		x	Canada - AB	www.cbc.ca/listen/cbc-podcasts/422-world-on-fire

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	FR	EN	FR	EN		
Erin Kelsey. « Why Hope Matters - Comment garder espoir au milieu de la crise climatique ». Youtube, [Climate Atlas of Canada]. 2025-03-28.		x	x	x	04:22	Voir la vidéo
Climate Mental Health Network. « Gen Z Mental Health: Climate Stories ». Vimeo, 2023-11-17.		x	x	x	08:37	Voir la vidéo
Isabelle Béliveau. « Les outils pour mieux naviguer les changements socioécologiques ». YouTube, [TEDx Talks]. 2022-08-25.	x		x	x	15:11	Voir la vidéo
Katharina Van Bronswijk. « How your climate emotions can save the world ». YouTube, [TEDx Talks]. 2022-01-12.		x	x	x	09:28	Voir la vidéo
Cyril Dion et Mélanie Laurent. « DEMAIN: Partout dans le monde, des solutions existent - Le Film ». PeerTube Lycée Connecté. 2015.	x				1h55	Voir la vidéo
Nathan Grossman (Dir.). « IAmGreta ». CBCGem. 2020.		x			1h40	Voir la vidéo
Marianne Desautels-Marissal (Anim.). « Carbone: La psychologie derrière l'inaction climatique ». Youtube, [Radio-Canada Info]. 2024-03-22.	x		x	x	15:38	Voir la vidéo
Émile Roy. « Renverser l'écoanxiété ». YouTube, [Émile Roy]. 2024-03-19.	x		x	x	14:50	Voir la vidéo
Britt Wray. « The Climate Baby Dilemma ». CBC GEM. 2022.		x			44min	Voir la vidéo
Espace pour la vie et URBANIA. « Climat intérieur, comprendre et apprivoiser nos écoémotions ». Youtube, [Espace pour la vie Montréal]. 2026	x				4 épisodes de 8min	Visiter le site
Espace pour la vie et URBANIA. « Inner Climate, Understanding and Embracing Our Ecoemotions ». Youtube, [Espace pour la vie Montréal]. 2026		x			4 episodes of 8 min	Visiter le site