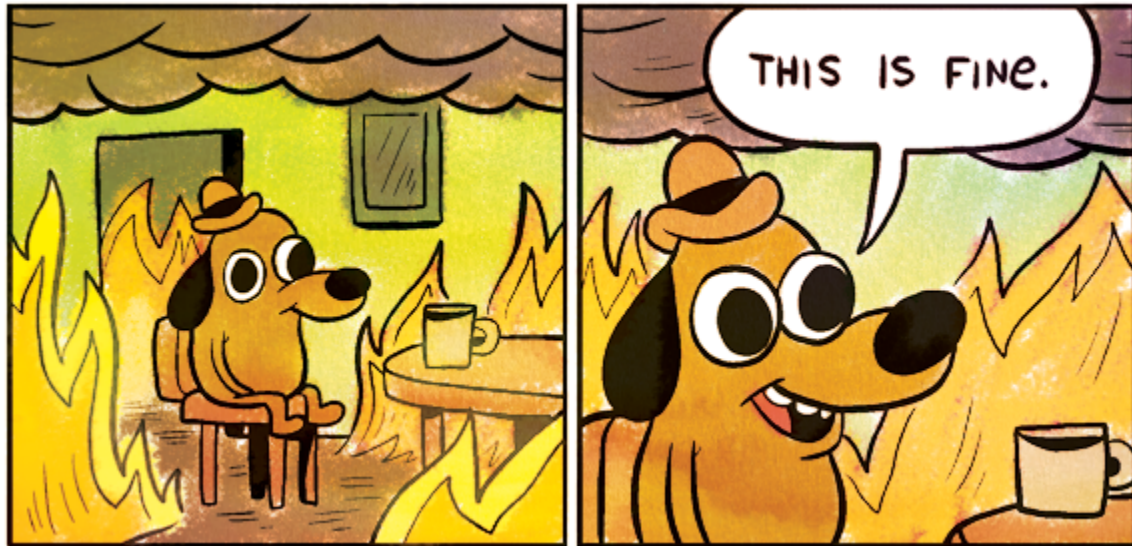


Climate Emotions Matter

How to address students' climate emotions.



Learning and teaching about climate change can elicit a wide range of emotions. Acting as if everything is fine is probably not a healthy response. The "This is fine" meme originated from [the webcomic Gunshow #648](#).

6-7.30PM ET
Monday May 2, 2022

The recording of the session is [here](#).

Research shows that students overwhelmingly struggle with a range of climate emotions from both learning about climate change and direct environmental disasters experiences. How can schools and teachers help students become more emotionally resilient in the face of climate change?

This workshop is part of a series of educator workshops hosted by [The Paleontological Research Institution](#) in conjunction with the publication of their [Learning Earth newsletter](#). *Learning Earth* is published five times a year, with a workshop following the publication of each newsletter. The event is in partnership with [Climate Mental Health Network](#).

Panelists:

(Detailed bios are [below the agenda](#))

[Andra Yeghoian](#), Environmental Literacy and Sustainability Coordinator at [San Mateo County Office of Education](#)

[Leslie Davenport](#), author of [All the Feelings Under the Sun](#) (via recorded video)

[Vernessa Perry, MSPH, PMP](#); Senior Program Director for Health, [The National Environmental Education Foundation](#) (NEEF)

[Vanessa Villanueva](#) (CMHN Gen Z advisor)

[Max Offerman](#) (CMHN Gen Z advisor)

Moderator: [Jylana Sheats, PhD](#), MPH; Civic Science Fellow with the [Science & Society Program](#) at [The Aspen Institute](#) (CMHN advisor)

Host & co-moderator: [Don Haas, PhD](#); Director of Teacher Programming, [The Paleontological Research Institution](#)

Working Agenda:

Note that the agenda is tentative.

We will livestream on YouTube, but to participate in the discussion join the Zoom by registering [here](#).

6:00 - Guests join, welcome in the chat, ask people to introduce themselves

6:02 - Introductions

- Don introduce Jylana as co-moderator and panelists
- Don introduce panelists (name, affiliation)

6:05 - Grounding exercise Leslie (video 00:00:50 - 00:03:18)

6:08 - Overview of the issue: PPT Leslie

- Don't Be Afraid of Fear
- Direct/Indirect experiences + education: what are students experiencing
- Climate justice and mental health
- Leslie's book: *All the Feelings Under the Sun* American Psychological Association, 2021. <https://www.apa.org/pubs/magination/all-feelings-under-sun>.

6:15 - [BSC Report](#) Overview (findings and strategies) Jylana

6:19 - Gen Zers perspective: Max Offerman and Vanessa Villanueva

- *What led you into this work?*
- *What stokes your climate anxiety the most and what helps you work through it?*
- *How can Gen Zers translate climate emotions into something meaningful?*

6:24 - Resources and Strategies for Building Emotional Resilience:

- The National Environmental Education Foundation ([NEEF](#)) programs: Vernessa
 - *What resources are available for teachers right now to address climate emotions?*
 - *What does a “whole school” perspective look like?*
 - *Key stakeholders: school counselors, parents, school nurses -- what are the knowledge gaps that they have so that they feel comfortable speaking on these issues?*
- San Mateo County Environmental and Climate Aligned Trauma Informed Practices : Andra
 - *What inspired the creation of the materials and what is happening/programs offered?*
 - Resources to Share:
 - [BSC Climate Anxiety Report](#)
 - Slide Deck with Visuals:
https://docs.google.com/presentation/d/1U1LtpRG1rj2fwbf7Qv5azV4f7JM7CbOVrJxLSAQU_DY/edit#slide=id.g1261c56c36f_2_378
 - Resource - Trauma Informed Practices Framework:
<https://docs.google.com/document/d/18Ja-cp1kWOvhyKhEliAePLX6i40hBJp8kUbhyzTB5Q/edit>
 - Resource - Environmental and Solutionary Book List:
<https://docs.google.com/document/d/1tsHXi90hCEwnTW3zwC1y71KNCFYk5cdRmGj7yy-cxUU/edit>
 - Resource - Nature Connection Time:
https://docs.google.com/document/d/1JVYg8VzfwiQ406rcNq-nuzWnjktRUItfK_F6Cfs-P-s/edit

6:35 - Q & A All live guests (ask people to put questions in the chat)

6:42 - Breakout Session #1 (led by live guests) Jamboard

- What's happening in classrooms?
 - In response to climate/environmental education?
 - In response to direct climate experiences?
- Groups [links are to Jamboards]:
 - [Elementary](#) (Vanessa)
 - [Middle School](#) (Andra)
 - [High School](#) (Don)
 - [College & University](#) (Jylana)
 - [Informal Education](#) (museum & nature center, non-profit) (Vernessa)
 - [Parents](#) (Sarah)
 - [Other](#) (Max)

6:50 - Share with larger group, facilitated by Jylana

7:00 - Breakout Session #2 (led by live guests)

- What to do?

- Asset mapping what's Resources/tools for teachers and youth are available in schools and outside of schools to support students
 - What exists?
 - What's needed?
- Make plans, strategies to support students
- How to bring climate justice to the classroom
- Groups [links are to the same Jamboards as above, scroll to later pages]:
 - [Elementary](#) (Vanessa)
 - [Middle School](#) (Andra)
 - [High School](#) (Don)
 - [College & University](#) (Jylana)
 - [Informal Education](#) (museum & nature center, non-profit) (Vernessa)
 - [Parents](#) (Sarah)
 - [Other](#) (Max)

7:20 Share with larger group, facilitated by Jylana

7:27 Closing with grounding exercise by Max Offerman

Links to put in the chat:

The Paleontological Research Institution (PRI):

- [PRI Homepage](#)
- [Resources for teaching and learning about climate and energy](#)
- *Learning Earth* educator newsletter
 - [April Issue](#)
 - [Learning Earth Archive](#)
 - [Subscribe to Learning Earth](#)

Climate Mental Health Network (CMHN)

- [CMHN homepage](#)

The National Environmental Education Foundation (NEEF)

- [NEEF homepage](#)

Climate Change & Mental Health LinkedIn Group:

- [homepage](#)

Books:

Davenport, Leslie. *All the Feelings Under the Sun*. Washington, DC: American Psychological Association, 2021.

<https://www.apa.org/pubs/magination/all-feelings-under-sun>.

Ray, Sarah Jaquette. *A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet*. A Field Guide to Climate Anxiety. University of California Press, 2020.

<https://doi.org/10.1525/9780520974722>.

Campaigns & Coming Events:

- **Action for the Climate Emergency (ACE)** is running a campaign called Let's Talk About It focused on climate anxiety. [Here's the page](#).
- **Science in the Virtual & Actual Pub** is a twice monthly program with speakers on a wide range of topics, often with direct connections to climate and energy issues. The May 25th session will be a climate education panel.

Prior Workshops:

You can see recordings of prior sessions we've done. Our February session was "Inoculating Against Misinformation: A PRI Educator Workshop." [Here is the agenda for that session](#) and [here is the recording](#). Our December session was a forum with journalist and author, Katie Worth, about her book, [Miseducation: How Climate Change Is Taught in America](#). [Here is the recording of that session](#).

People:



Leslie Davenport works as a climate psychology educator, consultant, and therapist integrating social science insights into relevant resources for organizations often exploring the intersectionality of climate, economics, education, policy, and social justice. Leslie is a founding member of the Institute for Health & Healing, one of the nations' first and largest hospital-based integrative medicine programs. Her 25 years of medical experience developing an empowering and collaborative approach to resolving crises has informed her climate psychology

model. Leslie helped shape the document: "Mental Health and Our Changing Climate: Impacts, Implications, and Guidance" and is the author of four books including *Emotional Resiliency in the Era of Climate Change*, a manual for the mental health field, and *All the Feelings Under the Sun* written for youth through the American Psychological Association children's book division. She is also an advisor to the non-profits Post Carbon Institute, Climate Mental Health Network, Integrative Healers Action Network, One Resilient Earth, and co-lead of the Climate Psychology Certification at the California Institute of Integral Studies and faculty with their School of Professional Psychology and Health. For more information, go to www.lesliedavenport.com.

Platform links:

Twitter: <https://twitter.com/MindingEarth>

LinkedIn: <https://www.linkedin.com/in/lesliedavenport/>

Facebook: <https://www.facebook.com/LeslieDavenportAuthor>

Instagram: <https://www.instagram.com/ldavenportauthor/>



Andra Yeghoian is the Environmental Literacy Coordinator at the San Mateo County Office of Education. Her passion centers around personal and organizational learning, and facilitating the journey for others in becoming change makers for a sustainable future. She currently provides visionary leadership in implementing a broad [Environmental Literacy Initiative](#) that calls for whole-school sustainability integration across all facets of an institution: campus and operations, curriculum and instruction, community engagement, and organizational culture.



Jylana L. Sheats, Ph.D., MPH, is an applied behavior scientist who has leveraged her education, training, and experience to lead, shape, and innovate across public, private and non-profit sectors. Jylana has successfully designed and balanced a career in both industry and academia. An independent and collaborative scientist, Jylana has deep expertise in reducing health disparities through the design and implementation of [digital] health behavior change solutions. Her efforts are grounded in health equity and principles of community engagement, while considering the complex interplay between individual and interpersonal to societal and environmental factors that impact behaviors and health outcomes. In 2021 Jylana was honored to receive the Aspen Institute Science & Society Program [Civic Science Fellowship](#), which aims to meaningfully connect science and research to communities. Aspen efforts involve leading/co-leading efforts focused on science and social justice, global science, public trust in science, fund development, and science communication. She maintains active faculty appointments at the University of California - Berkeley (UCB) and Tulane University School of Public Health and Tropical Medicine to ensure that future leaders are well-prepared to address real-world problems.

Jylana is a graduate of Spelman College (BA, Psychology), Tulane University School of Public Health and Tropical Medicine (MPH, Nutrition), Indiana University-Bloomington School of Public Health (Ph.D., Health Behavior, Minor, Public Affairs) and Stanford School of Medicine (Postdoctoral Certificate, Cardiovascular Disease).



Vernessa Perry Regester (she/her)

Senior Program Director, Health

National Environmental Education Foundation (NEEF)

Vernessa Perry Regester leads efforts to advance health equity and access to environmental health initiatives at NEEF. She is responsible for delivering innovative evidence-based best practice solutions that promote NEEF's mission and values while executing its strategic plan to improve the health of all people. Vernessa oversees the development and dissemination of public health programs and partnership activities with key stakeholders to accelerate the adoption of guidelines-based care practices and elevate messaging on healthful behaviors. She advances the scope and reach of NEEF health resources by curating accredited health content and directing the design of online learning experiences. She is a member of the Environmental Health and Equity Collaborative (EHEC) and serves as board liaison for NEEF's Ex Officio Board. Vernessa is a credentialed project management professional with the Project Management Institute. She earned a BS in psychology from the College of Charleston and a master of science in public health from the University of North Carolina Charlotte.



Max Offerman is a 24 y/o artist and activist that believes a sustainable future is inevitable and the opportunity of a lifetime. He's interested in building as many bridges to that future as possible by creating new mediums for cultural and intrinsic change in areas like education, fashion and design, and mental health.

He serves as a Gen Z advisor for the Climate Mental Health Network, assists Isaias Hernandez with the Queer Brown Vegan platform, and is the co-founder of Piece-wear Garments. Max received his B.S. in

Environmental Studies and Sustainability from Michigan State University and went on to help Clover Hogan launch her start-up, Force of Nature.



Vanessa Villanueva is a recent graduate from the University of Hawai'i at Manoa, having earned a Bachelor's in Natural Resource and Environmental Management with a specialization in Community and Cultural Resource Management. As the daughter of Mexican Immigrants and having grown up in Southern California, community resilience is the focal point in every project Vanessa takes on.



Don Haas, PhD (formerly, Don Duggan-Haas) is the Director of Teacher Programming at The Paleontological Research Institution and its Museum of the Earth & Cayuga Nature Center in Ithaca, NY. Don's work in public outreach, teacher education, teacher professional development and curriculum materials development marries deep understandings of how people learn with deep understandings of the Earth system. He is a past president of the National Association of Geoscience Teachers, and a nationally regarded expert in climate and energy education, place-based and technology-rich Earth and environmental science education. He has led educator professional development programming throughout the US. He also is co-author of the books, *The Teacher-Friendly Guide to Climate Change* and *The*

Science Beneath the Surface: A Very Short Guide to the Marcellus Shale. He served on the Earth & Space Science Design Team for the National Research Council's *A Framework for K-12 Science Education: Practices, Crosscutting Concepts, and Core Ideas*. Don has taught at Colgate, Cornell, and Michigan State Universities, the University at Buffalo, Kalamazoo College, and Tapestry and Norwich (New York) High Schools. Ask him about his 2x4.

Registered: 87 Attended: 33