

Station 1 - Lived experience

These images depict real environmental events such as deforestation, bushfires, floods and coral bleaching.



Station 2 - Media overload

Each of these news headlines can be categorised as overwhelming, neutral or hopeful. Turn to your Student Worksheet to sort and respond.

World on Fire: Hottest July Ever Recorded

UN Releases Latest Climate Data in Global Report

Renewable Energy Surpasses Fossil Fuels in National Grid for First Time

Scientists Continue to Monitor Glacier Melt Rates

Rising Seas Threaten to Swallow Entire Island Nations

Youth Climate Movement Helps Pass New Environmental Laws

New Legislation Sets National Emissions Target for 2035

Climate Crisis Worsens: Just 6 Years Left to Avoid Catastrophe

Coral Restoration Efforts Revive Bleached Reef Systems



Station 3 - Guilt and regret

Each image represents a personal choice that impacts the environment such as soft plastics, fast fashion and meat consumption.



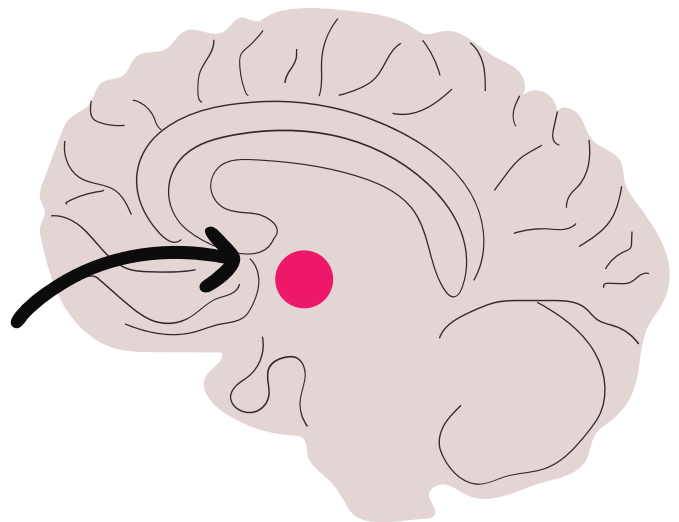
Station 4 - Science behind eco-anxiety

Have you ever felt worried, scared, or overwhelmed when hearing about climate change? That feeling is called eco-anxiety. But don't worry, feeling this way doesn't mean there's something wrong with you. In fact, it means your brain is working exactly as it should. Eco-anxiety is a natural, human response to a real challenge.

Your brain is always on the lookout for threats. When it senses danger like extreme weather, scary news stories, or concerns about the future, it activates a built-in alarm system to protect you. One important part of that system is called the amygdala (uh-MIG-duh-luh). This small part of the brain acts like an alarm bell.

When the amygdala is activated, it prepares your body to do one of three things:

- Fight - take action to protect yourself or others
- Flight - escape the situation or problem
- Freeze - stop, pause, or shut down until it's safe again



This is often called the fight/flight/freeze response and it's totally natural. The good news is: you can calm your brain and manage eco-anxiety in healthy ways. Taking small actions, spending time in nature, learning about real solutions, practising breathwork, gratitude, talking to someone, or doing something you enjoy can all help.

These strategies send a message to your brain. Feeling eco-anxiety means you're engaged, aware, and full of potential. Your brain isn't broken, it's doing exactly what it was built to do: keep you safe and help you care.