

THE ARTICLE

From <https://breakingnewsenglish.com/2106/210605-eco-anxiety.html>

More and more children are suffering from "eco-anxiety". This is a condition that causes people to worry a lot about the future of Earth and the life on it. People worry about climate change, pollution and the loss of biodiversity. This has led education experts to call for more teaching in schools about climate change, wildlife and the environment. Many teachers say very little is taught in schools about climate change. Some teachers believe climate change should be taught to all year groups. The Teach the Future campaign group found that only four per cent of schoolchildren felt they knew enough about the climate crisis. The group said this is leading to more children suffering from eco-anxiety.

Another campaign group, Earth Rangers, has taken action to address the problem of eco-anxiety. It said: "Eco-anxiety is not an official diagnosable disorder. However, it does affect children in very real ways. This includes feelings of fear, hopelessness and despair." It added: "It is important to research and understand the ways in which we can help children find effective strategies to cope with these feelings." Earth Rangers said schools should create conservation activities and help children to teach their parents about how to protect nature. The Earth Rangers president said more needed to be done to help children. She said: "Children are on the front lines of climate change."

Sources: <https://news.sky.com/story/youngsters-suffering-from-eco-anxiety-as-campaigners-demand-more-climate-change-teaching-in-schools-12321819>
<https://www.globenewswire.com/news-release/2021/06/02/2240546/0/en/New-research-from-Earth-Rangers-Ipsos-mental-health-experts-shows-rising-climate-concerns-among-children-can-be-healthy-with-the-right-support.html>
<https://www.reuters.com/article/us-climate-change-health-idUSKCN2D7206>

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------|--|
| 1. suffering | a. Feeling pain, distress, or hardship. |
| 2. condition | b. A number of people who get together to change something in our world. |
| 3. pollution | c. An illness or other medical problem. |
| 4. biodiversity | d. A person who has a lot of knowledge of or skill in a particular area. |
| 5. expert | e. The dirt, waste or poison in our rivers, seas, the air and the environment. |
| 6. campaign group | f. The many different kinds of animals, fish, birds, insects, etc. in the world or in a particular habitat or ecosystem. |
| 7. crisis | g. A time of great difficulty, trouble, or danger. |

Paragraph 2

- | | |
|------------------|--|
| 8. address | h. Successful in created a good result. |
| 9. official | i. The complete loss of hope. |
| 10. diagnosable | j. Think about and begin to deal with an issue or problem. |
| 11. despair | k. The saving or protection of the natural environment and of wildlife. |
| 12. effective | l. Having the approval of an important group of people. |
| 13. conservation | m. The area or place that is closest to danger or to an important fight against something. |
| 14. front line | n. Being able to say something is a medical problem. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2106/210605-eco-anxiety.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says most children suffer from eco-anxiety. **T / F**
2. Teachers want climate change to be taught more in schools. **T / F**
3. Teachers believe climate change should only be taught to teenagers. **T / F**
4. A group found only 40% of school children knew about climate change. **T / F**
5. Eco-anxiety is an official medical condition. **T / F**
6. Children feel fear and hopelessness because with eco-anxiety. **T / F**
7. A campaign group wants children to teach parents about climate change. **T / F**
8. The group said children are on the front lines of climate change. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|---------------------|------------------|
| 1. condition | a. deal with |
| 2. loss | b. instructed |
| 3. experts | c. support |
| 4. taught | d. specialists |
| 5. crisis | e. successful |
| 6. address | f. illness |
| 7. affect | g. emergency |
| 8. effective | h. safeguard |
| 9. protect | i. disappearance |
| 10. help | j. impact |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---------------------------------------|-----------------------------|
| 1. This is a condition that causes | a. problem of eco-anxiety |
| 2. pollution and the loss | b. is taught in schools |
| 3. education | c. with these feelings |
| 4. teachers say very little | d. and despair |
| 5. leading to more children suffering | e. people to worry a lot |
| 6. address the | f. be done to help children |
| 7. Eco-anxiety is not an official | g. of biodiversity |
| 8. feelings of fear, hopelessness | h. diagnosable disorder |
| 9. find effective strategies to cope | i. from eco-anxiety |
| 10. more needed to | j. experts |

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2106/210605-eco-anxiety.html>

1. What does eco-anxiety cause people to worry about the future of?
2. Who has asked for climate change to be taught more in schools?
3. What do teachers want to be taught in schools besides climate change?
4. Which children do teachers believe climate change should be taught to?
5. How many children believe they know enough about climate change?
6. What does the group Earth Rangers say is not an official disorder?
7. What feelings might children have besides hopelessness?
8. What do teachers want so children can cope with negative feelings?
9. Who do the group Earth Rangers want children to teach?
10. Where did the Earth Rangers' president say children are?

ECO-ANXIETY DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'suffer'?
3. What is eco-anxiety?
4. Do you think you could suffer from eco-anxiety?
5. How much do you worry about things like climate change?
6. How sad is it that children have eco-anxiety?
7. What do you think about biodiversity loss?
8. How much time should schools spend teaching about climate change?
9. What do you know about climate change?
10. What advice do you have for children with eco-anxiety?

More young people suffering from 'eco-anxiety' – 5th June, 2021
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ECO-ANXIETY DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'anxiety'?
13. What do you think about what you read?
14. Should eco-anxiety be an official disorder?
15. How might eco-anxiety affect children?
16. Are you hopeful or fearful about Earth's future?
17. What do you think of conservation activities at school?
18. What do you do to help protect our planet?
19. Why are children "on the front lines of climate change"?
20. What questions would you like to ask the Earth Rangers?