

# FEELING WORRIED ABOUT OUR PLANET?

Here are some things that might help

Changes are happening to our planet. Some things you see, hear or read about may make you feel happy or hopeful. Other news may make you feel confused, anxious, upset, sad or angry.

It's natural to feel worried about big issues like climate change. Lots of people do. If you're feeling worried there are things that can help. Let's explore a few.

## Talk to an adult

Telling an adult you trust about your feelings can help. It means you don't have to cope with your feelings on your own and they might have ideas for ways to feel better.

### Who should I tell?

Choose an adult you feel safe and comfortable with. You might like to tell:

- \* A parent or carer
- \* A brother, sister, aunt or uncle
- \* A family friend
- \* A teacher at school

### How should I start?

Try these sentence starters to help you begin. You can write or draw your thoughts if it helps.



I'm feeling...



Confused



Anxious



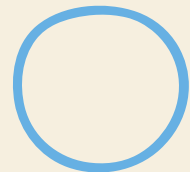
Angry



Sad



Happy



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I'm feeling like this because...

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## Focus on one problem

Sometimes problems like climate change can feel so big we don't know how they will be solved. This can feel scary. It can help to focus on one thing you really care about, like protecting the Amazon rainforest or encouraging more people to walk and cycle. This can help make a big problem feel more manageable.

## Make a change

We can all play our part in creating a happier and healthier planet. Here are some ideas of changes you could try.

- \* Use less plastic by carrying a refillable water bottle.
- \* Have at least one meat-free day a week at school.
- \* Ask your family if you can walk, cycle or use public transport more.



## Talk about the solutions

Around the world lots of people are working together for a greener, healthier and more peaceful planet. Greenpeace is one of them. We believe that we can work together to create the future we want to see. So we talk a lot about the solutions.

Knowing the solutions may help you feel less worried and more hopeful. Check out our '[Protect our oceans](#)', '[Protect our forests](#)', '[Climate emergency](#)' and '[The plastic problem](#)' sheets to find out about some of the solutions. Ask an adult to help you find them on our website.



Today, I will...

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## Join a group

Joining other people who feel the same can help us feel less alone. You could join an eco-team at school or set one up with friends.

Together you can make a change in your school or local community. Seeing the positive changes you make can help things to feel better.

Once you've got your team, decide on the change you want to see and plan how you'll make this happen. You can use the 'Make Change Happen Action Plan' at the back of this pack to help you. Here are some ideas to help you get started.



## Share your knowledge

Talk to your friends and family. Tell them why we should look after our planet and what they can do to help. Seeing others make changes could help you feel more positive.

**What do we want to achieve?**

**What will we do to make it happen?**

More people walking and cycling to school.

Make posters showing why walking and cycling is good for people and the planet.

Use less plastic in our classroom.

Record all the plastic used in our classroom for a week. Then identify ways to use less plastic.

More people eating less meat and more plants.

Make a tasty plant-based recipe book and share it with your friends and family.



**What will you do? You might like to write or draw your thoughts to help you.**

**I'm going to...**

## Still feeling worried?

If your worries are stopping you from being able to live your life or do things you enjoy then it's important to speak to someone. Talking to an adult you trust, like a family member or a teacher, is a great place to start. There's also Childline, a free helpline for children and young people. You can talk to them, online or on the phone, about any worries at all, no matter how big or small. Visit [www.childline.org.uk/kids](http://www.childline.org.uk/kids) or call 0800 1111.





# MAKE CHANGE HAPPEN ACTION PLAN

## What do we want to achieve?

Say what you aim to do.

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## What do we need?

Say what equipment and resources you will need.

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## What will we do to make it happen?

Say how you will achieve your aim. Think about timings, tasks and who will be responsible.

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## Who will help us?

Say who will help make your project a success, like teachers, local businesses, friends or family.

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