

## Communication Activity (for CliMent website & social media)

### Being an Eco-Anxiety Aware Teacher: Supporting Emotions in Climate Education

As part of the COST Action CA23113 “Climate Change and Mental Health”, we carried out a pilot workshop designed to support preschool teachers in recognizing and addressing climate-related emotions in early childhood settings. The workshop, titled “*Being an Eco-Anxiety Aware Teacher*”, brought together a group of early childhood educators who explored how climate change can affect the emotional world of children and how teachers can respond with empathy, awareness, and confidence.

Throughout the one-day training, participants learned about the emotional dimensions of climate change, practiced emotion coaching strategies, and discussed ways to create supportive classroom environments where children can express their feelings safely. Teachers reported feeling more equipped to guide children through difficult emotions, and many emphasized that the training helped them move from worry and uncertainty toward hope and action.

This pilot workshop represents an important step in integrating emotional awareness into climate education. By supporting teachers, we support children—and by empowering children, we contribute to communities who face climate challenges with resilience and care.

The project team is currently preparing the findings for publication and plans to expand the workshop model in collaboration with partners across the COST network.

1. “Workshop session in progress (Istanbul, 22 August 2025).” Dr. Meryem Demir Gdl



2. "Climate education conceptual framework presentation."2. Dr. Emine Hande Aydos



3. "Emotion coaching session (interactive component)." Dr. Ayçe Ülker



4. Activity planning Dr. Sevcan Yağın,

