

# A Climate of Change

## Student Journal

Wellbeing resource for students



# A Climate of Change.

## My Journal

Name: \_\_\_\_\_

School: \_\_\_\_\_

Country: \_\_\_\_\_

Phone: \_\_\_\_\_

This journal is yours to keep – a place for your reflection, creativity, and exploration as you travel through *A Climate of Change* wellbeing resources and lessons.

Some activities will be part of class, while others are for you to do when you wish.

Use these pages however feels right for you. Doodle, draw, colour in the pictures, journal your thoughts, write poetry or songs, or just jot down whatever comes to mind.

There are no right or wrong answers here.

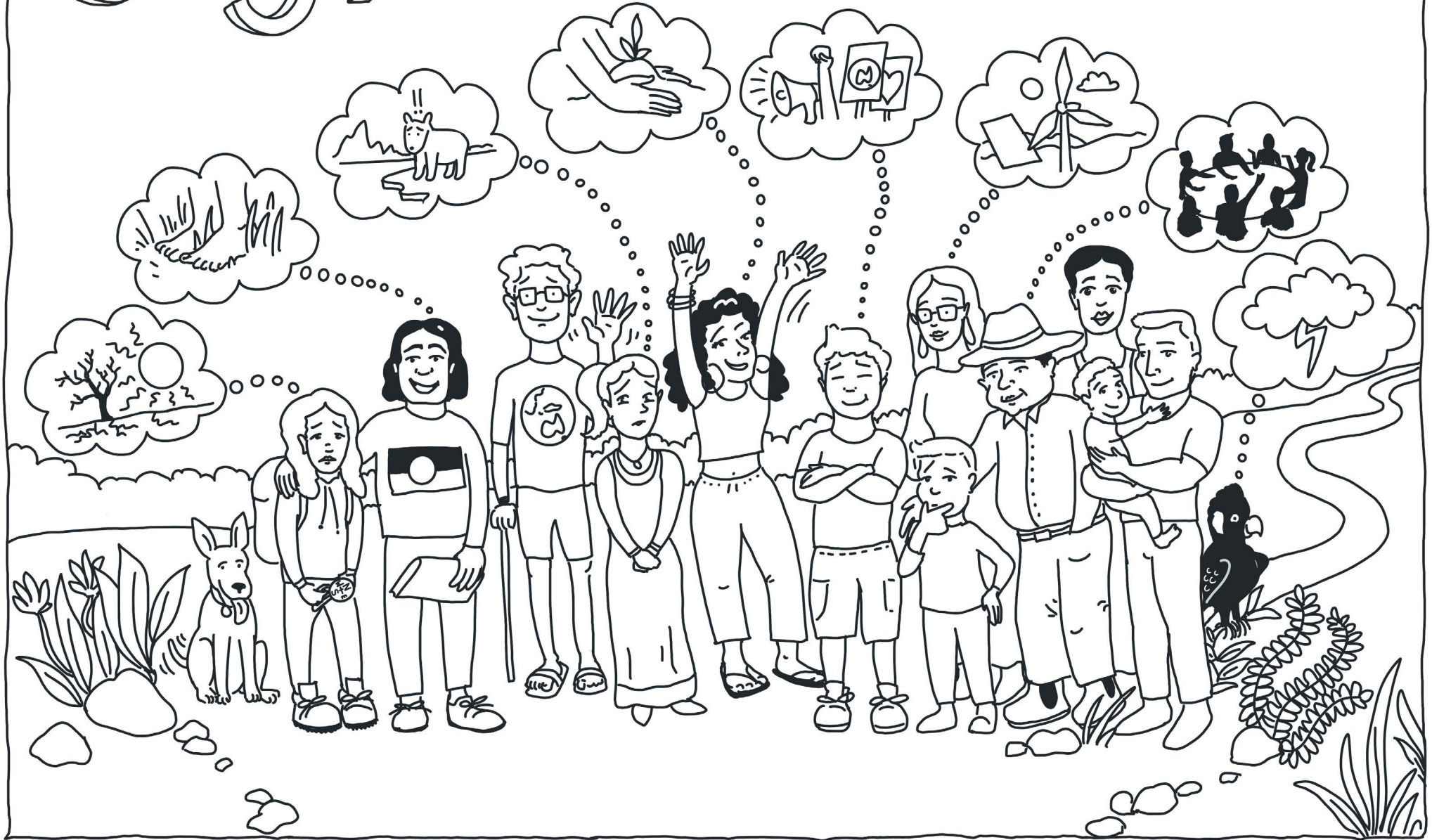
This is a space for you to reflect, express, process, learn and grow as we explore ways to care for ourselves, our communities, and the planet.



What do I think, and how do I feel, about climate change at the beginning of my journey through these lessons?

(Write or draw.)

# Stay Awake. Connect. Act.



## Lesson 1

# A Climate of Change

To **'stay awake'** is to be aware of climate change and the state of the world around us, and to find inspiration *and* connection in all the positive actions already underway. It's also about looking after our wellbeing, remembering who we are, and recognising the power we have – especially when we act together to create change. It means, despite all the challenges, staying awake to the wonder of being alive.

To **'connect'** means connecting with nature, each other and our own values and passions. These are all sources of wellbeing, and can help us feel a sense of belonging and to make sense of these times. Traditionally, people have found relationships with nature a source of strength, inspiration and wisdom. By intentionally reconnecting with nature or Country, we can appreciate the beauty and interconnectedness of all life. Connecting with each other can be a source of support and motivation – and an opportunity to create positive change together.

To **'act'** means to take part in positive changes underway around the world. Taking action for regenerative futures can empower us, connect us, and bring us joy and positive experiences. It can even feel like an adventure. Even if our actions and efforts don't reach a goal we've set, we can draw strength from being engaged, collaborating with others and showing we care.

*\* Stay Awake. Connect. Act. © The Joyality Project (2015).*

## Stay Awake. Connect. Act.

Do I relate to any of the experiences shared by the people in the video?

Do I have other feelings or responses to climate change and the state of the world that weren't named in the video?

# Stay Awake



# Connect



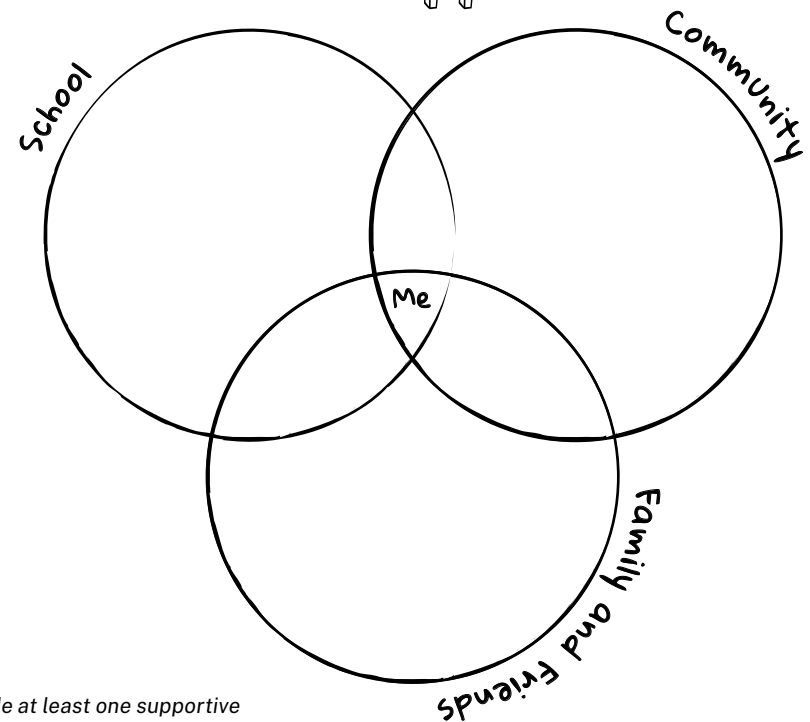
# Act



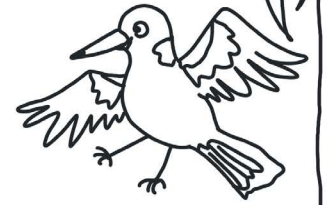
My key takeaway

People in my life  
I can talk with about  
these topics.\*

## Circles of Support



\* Include at least one supportive  
adult in each circle.



# First Nations Contemplation

'When birds migrate, they often navigate vast distances by responding to environmental cues and seasonal changes, demonstrating remarkable adaptability, resilience and communication. How can I learn from this to enhance my own approach to navigating change?'



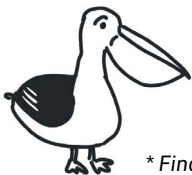
## Finding Balance

Something that upsets me about climate change and the state of the world, and how I feel about it ....

## Good News Stories

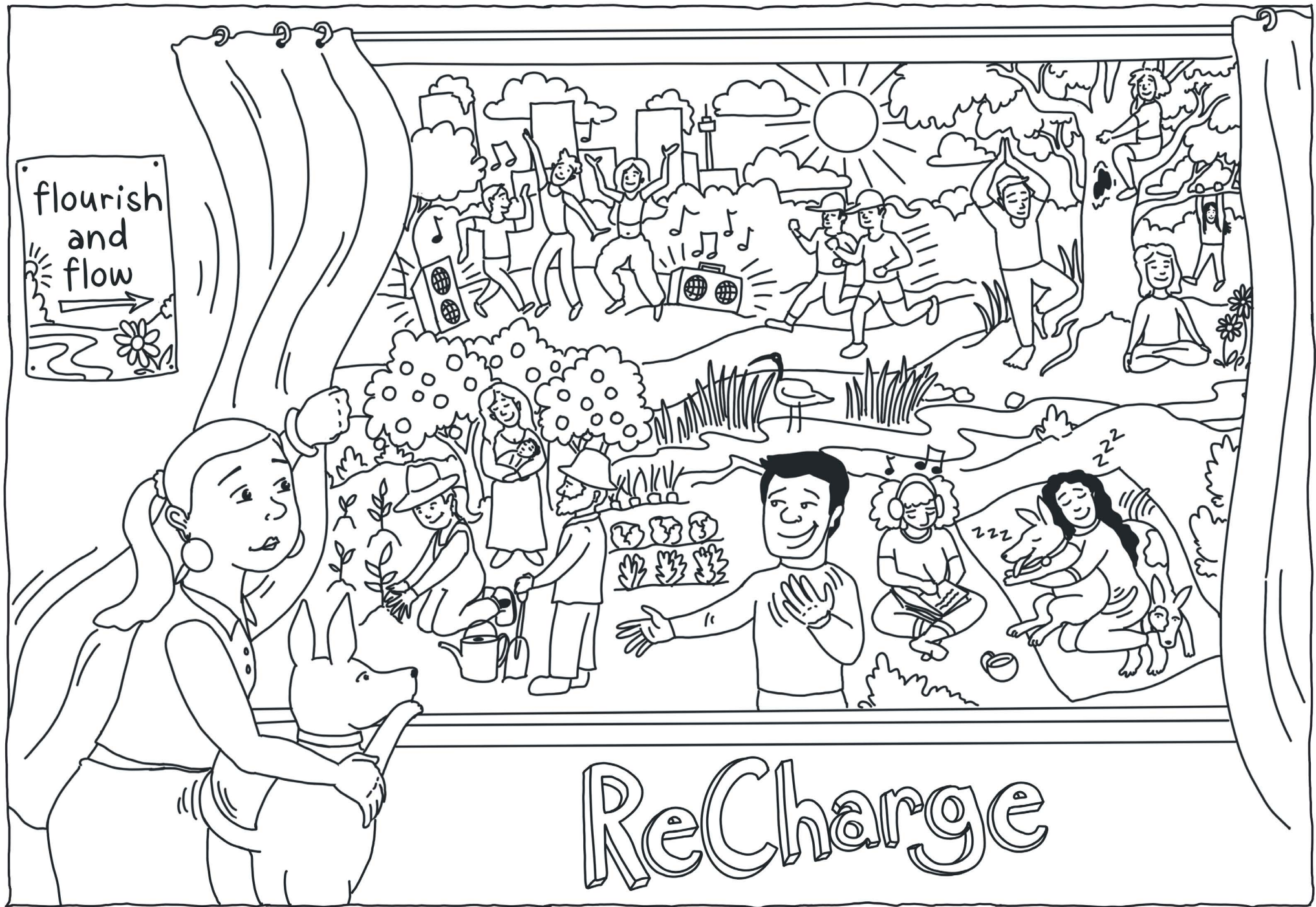
Some good news about the same issue or event.

Stories of groups finding creative and inspiring solutions to challenges, working together to create powerful change, or small, local examples of empowered community in action.



\* Finding Balance © The Joyalty Project (2015).





## Lesson 2

# Thriving in Times of Uncertainty

The window of tolerance is a way to describe the 'zone' where we can handle stress and a range of emotions without feeling overwhelmed. That's the **green zone**, where we flourish and flow.

When we get pushed out of that zone by life's circumstances, things can go different ways. Normal responses include feeling anxious, or like we're in fight-or-flight mode. That's the **red zone**.

Or, we might experience feeling numb, shut down, or even frozen. This is the **blue zone**.

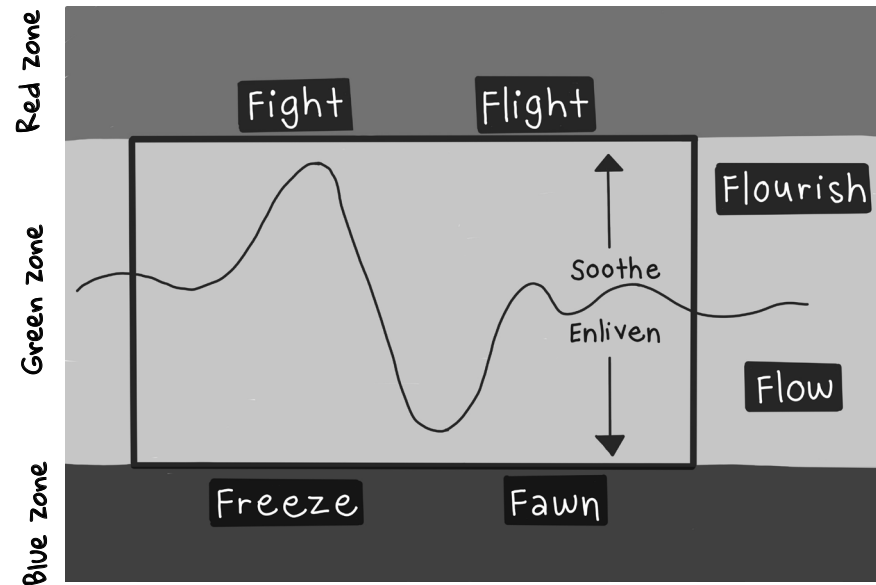
General stresses in our lives, as well as trauma, can shrink our window of tolerance, making it harder to feel okay or stay balanced in tough situations. But there are many soothing and enlivening actions we can take to expand our own window of tolerance, so we can relax and recharge.

When we get back into the green zone, we're able to think clearly, process what's going on, and stay calm. We feel balanced. We are able to flourish and flow. We can have a wide range of feelings and emotions but not feel overwhelmed or shut down.



\* Window of tolerance concept from Dan Siegel (2012)

# ReCharge



'Self-regulation' is learning how to control our inner state in a changing or challenging world. These techniques support us to feel more control within ourselves, to feel safe, calm or more grounded and awake.

## Green Zone

What is the zone that is spoken about in the video? How would I know if I were in the zone of flourish and flow?



## Relax and Recharge

- Self care
- Community care
- Nature connection

## My Emotional Resources

How do I help myself feel better when I am stressed or experience challenges in life? How do I stay in the zone?

Which of these activities are best for soothing? For enlivening? And which work for both?

Other good ideas I might try from the rest of the class.



# New Soothing and Enlivening Activities

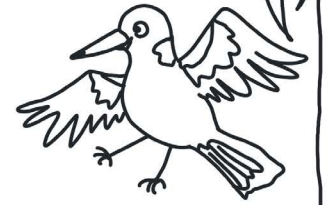
What are my favourite somatic practices I've learned? Write some notes here to remind myself about how to do them ....

## Hints

- Earth
- Tree shake
- Butterfly taps
- Finger holds
- Breath hacks



How I feel before and after doing these practices.  
Write some words, a poem or drawings.



# First Nations Contemplation

'The interconnected mycelium network is the underground web that helps trees share nutrients. How can I learn from this to draw on practices that support my wellbeing during climate stress? And how can I share the tools I use with others to build collective resilience?'



# Everyday Recharge

What enjoyable self care and community care activities can I schedule into my weekly timetable?



## Review

What are some signs that I might have noticed in my body and/or mind when I'm heading out of the green zone? For example, 'the muscles in my shoulders get tight and sore' or 'I feel irritated by my sibling'.

What is one strategy that has helped me get back in the green zone?

Some signs that I'm already in the red or blue zone? For example 'my heart pumps fast and I feel really angry'.

What is something I already do regularly that helps keep me in the green zone?



# Feel Real



Overwhelm Beginner's mind



Anger Passion



Fear Courage



Grief Love



Guilt Humility



### Lesson 3:

# Empowering Feelings

*'Our emotional responses to climate change can be healthy reactions to an unhealthy state of the world. Learning to engage with our emotions can empower us to take positive action.'*\*

Uncomfortable emotions are normal and healthy when we are in challenging circumstances – and climate change is challenging. There are many ways we can support ourselves and each other so these feelings are not too overwhelming.

We can even be empowered through awareness of our emotions, understanding their 'flipsides', and using them as energy to create positive change.

Self care, deep listening, mutual support and connection are core aspects of being a positive changemaker. Creating safe spaces for ourselves and others to identify and share our feelings helps us to process our emotions, and find:

- Love and care within our grief and sadness
- Passion for justice within our anger and frustration
- Courage and action even if we are anxious or afraid
- Humility and desire to repair within our guilt and shame
- A beginner's mind within our sense of overwhelm.

\* Dr Eshana Bragg, *How on earth: Helping young people overcome climate anxiety* (2022)

## Feel Real



What do the young people in the video mean when they talk about flipsides?

What was it like talking about a challenging feeling I have about climate change and the state of the world?



What was it like talking about the flipside of a challenging feeling?



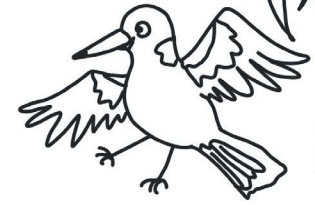
## Care

What is one self care, community care or nature connection activity that I could do this afternoon?



# First Nations Contemplation

'A forest can regenerate after a cool fire, using the disturbance to spark new growth. How can I use feelings of anxiety or distress to strengthen my connection to nature and let those emotions guide actions that restore balance and regenerate my own growth?'





## Lesson 4:

# Visioning and Inspiration

There are 3 main stories shaping our time – lenses through which we see the world and our place in it.

These stories live through us, shaping how we think and act. We can choose which one we feed with our energy and attention.

The first is **'business as usual'** – the story that nothing needs to change.

The second is **'disaster'** – a story of collapse, destruction and hopelessness.

The third is **'the great transition'**. This invites us to focus on a regenerative, just and sustainable world.

It's natural to move between all 3, but where we choose to focus matters to our wellbeing and can help sow the seeds of positive change.

*\* 3 stories of our time concept from Joanna Macy and Chris Johnstone's book 'Active Hope' (2022)*

## ReVision

What can I see in the central vision for the great transition?

What kinds of values can I see portrayed in this vision?

# Our Values

What's really important?

What values were important to the young people in the video?

What are the core values I would like to weave into our collective vision?

## Strengthening our Imagination Muscles

A visioning process is all about using imagination to picture the kind of future we want to create. Instead of dwelling on our challenges, we ask: 'What could it look like if the regenerative future we dream of existed now?'

By visualising positive outcomes, we're essentially 'rehearsing' for success, which strengthens problem-solving skills, boosts motivation, and enhances our ability to be creative.

When we vividly imagine a scenario, our brain activates similar neural pathways as if we were actually experiencing it. This not only feels really good. Over time, it can lead to greater ingenuity and innovation, as our brains get used to exploring new ideas and possibilities!



# My Vision for the Future



Describe, draw or write a poem about your vision of the sort of future you want to see for the world and be part of.  
What are your favourite bits of what you've created?

# Inspiration Station

Find a story of positive change that inspires you to take action in your community or more broadly. Write down some notes so you can share this story.

Think about:

- projects or groups you're already involved in
- projects or groups in your local area you've heard about
- other initiatives for young people.



What has inspired me most from today's lesson?

**'Hope lies in action and it all starts with the first step.'**

*Kal Glanznig, young Australian changemaker and filmmaker*

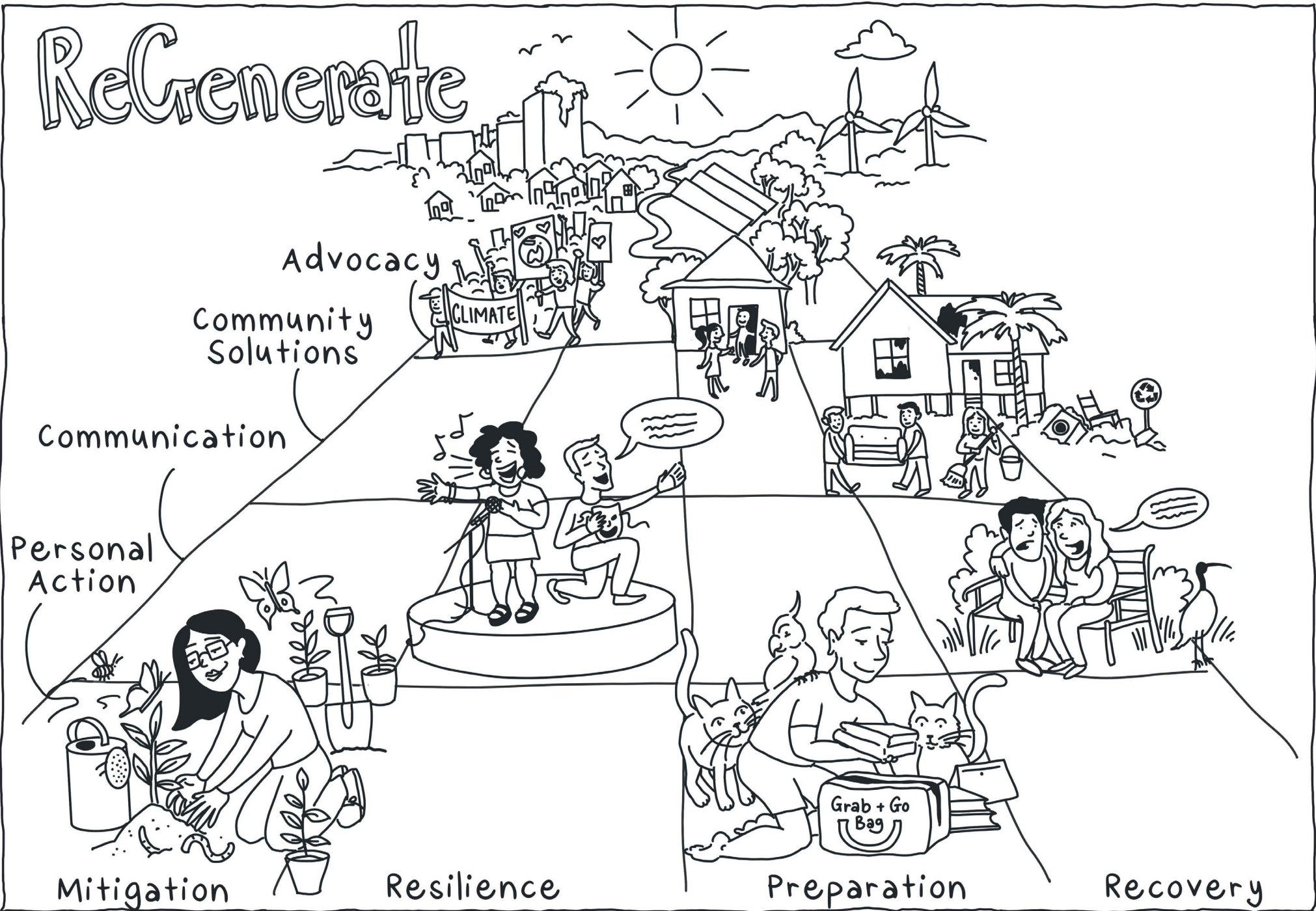


# First Nations Contemplation

'Mangroves constantly adapt to shifting tides. How can I adapt to change by engaging with cultural stories, joining community-led activities, and taking shared responsibility for caring for the land?'



# ReGenerate



## Lesson 5:

# Climate Action

## Levels of Action for Social Change

### Level 1: Personal action

Think of something one person can do that has a direct positive impact on your team's climate action theme and write it down.

Example: For 'mitigation', plant a tree.

### Level 2: Communication

Come up with a way to share or educate others about your action. Write it down.

Example: Sharing on social media why tree planting helps with flood mitigation.

### Level 3: Community solutions

Plan how your group can collaborate with others in your local area.

Example: Organising a tree-planting event with your neighbours or friends.

### Level 4: Advocacy

Think of an action that involves working with or influencing decision-makers.

Example: Encouraging government support for large-scale tree planting projects.

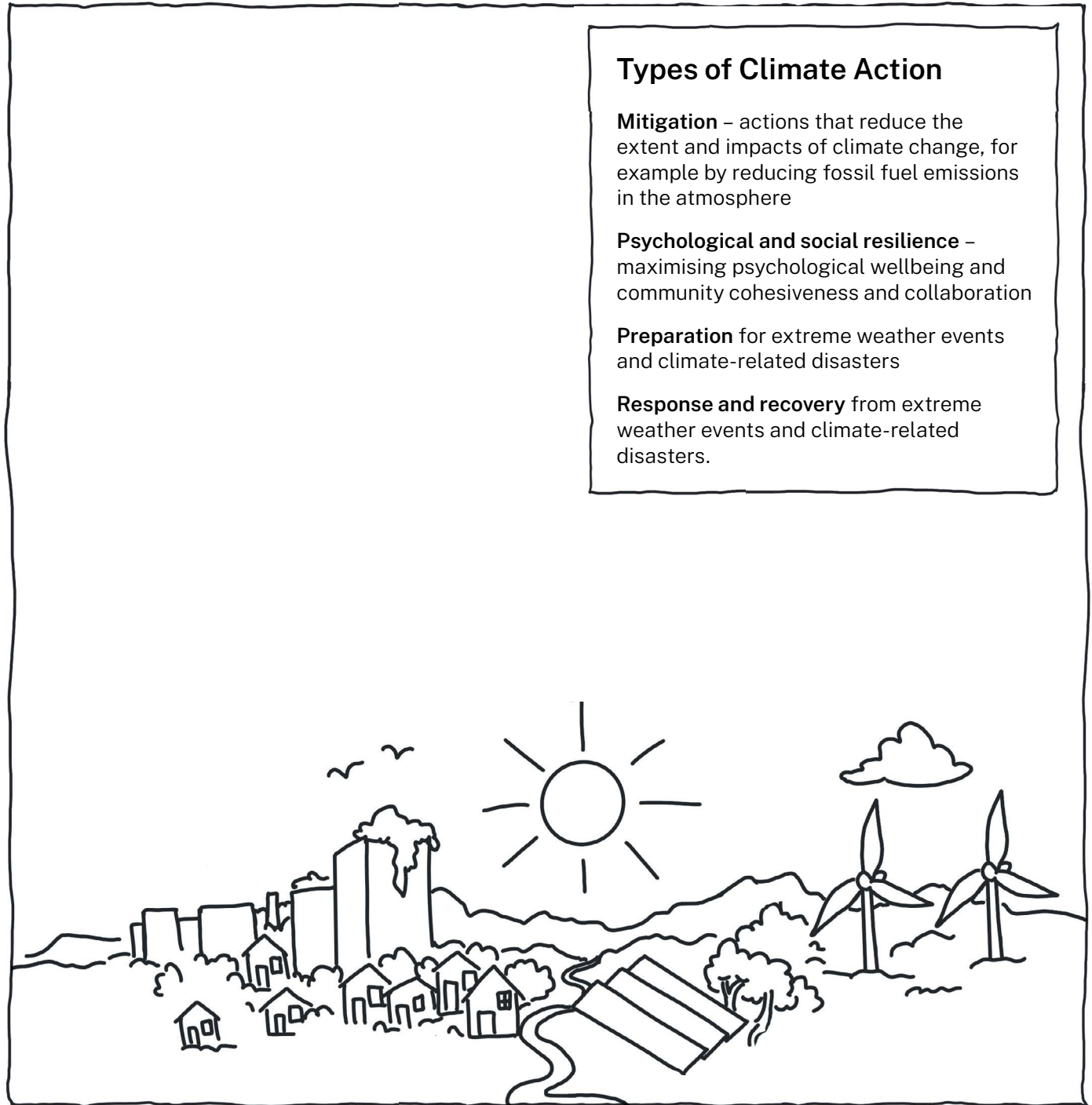
## Types of Climate Action

**Mitigation** – actions that reduce the extent and impacts of climate change, for example by reducing fossil fuel emissions in the atmosphere

**Psychological and social resilience** – maximising psychological wellbeing and community cohesiveness and collaboration

**Preparation** for extreme weather events and climate-related disasters

**Response and recovery** from extreme weather events and climate-related disasters.



# Ideas for Action



Bring these ideas with you when you play the Climate action game.

## Climate action game

	Mitigation	Psychological and social resilience	Preparation	Response and recovery
<p><b>4. Advocacy</b></p> <p><b>Change the system!</b> <i>(Grassroots influence for top down change)</i></p>	<p>Writing to government and corporate decision-makers encouraging the transition from fossil fuels to renewable energy and advocating for a just transition for workers and communities.</p>	<p>Educating politicians about the mental health impacts of climate change; and lobbying for government resources to support resilience initiatives.</p>	<p>Supporting politicians and businesses that promote sustainable, regenerative, local economies.</p>	<p>Talking with local politicians and people working in government about declaring a state of emergency and seeking funds for recovery efforts covered by insurance.</p>
<p><b>3. Community solutions</b></p> <p><b>Let's do it ourselves!</b> <i>(Grassroots action)</i></p>	<p>Embracing community gardens and farmers markets to reduce food miles.</p>	<p>Taking action to feel productive and reduce eco-anxiety such as a community tree planting day, beach clean-up.</p>	<p>Hosting market stalls and community events to raise awareness about preparation for climate-induced disasters.</p>	<p>Asking friends for help and forming working bees to clear fallen trees and make the place safe again.</p>
<p><b>2. Communication</b></p> <p><b>Talk about it!</b> <i>(Share info, ideas, feelings and actions)</i></p>	<p>Creating videos for social media that educate others and inspire action.</p>	<p>Sharing personal experiences and feelings about climate change with other people to receive support and help others not feel alone.</p>	<p>Raising awareness for what can happen in the future – climate predictions.</p>	<p>Sharing on social media the devastation of a storm; the actions needed to recover; and the resilience of the forest.</p>
<p><b>1. Personal action (start here!)</b></p> <p><b>Do it yourself!</b> <i>(Direct impact)</i></p>	<p>Eating a plant-based diet and shopping at local farmers market.</p>	<p>Adopting self-care tactics including meditation, getting out into nature.</p>	<p>Having fire season plans including clearing gutters, evacuation kit and plan.</p>	<p>Clearing pathways and fallen branches, repairing damage after storms and cyclones.</p>

\* Climate Action Game © The Joyality Project (2020)

# What's Important to Us?

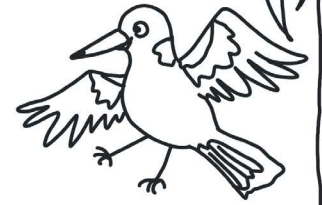


Guiding principles to weave through our actions in the Climate Action Game.

## After the Game

What's one idea for an action that sparked my interest, or got me inspired? Maybe one I'd like to get involved with ... or even start?





# First Nations Contemplation

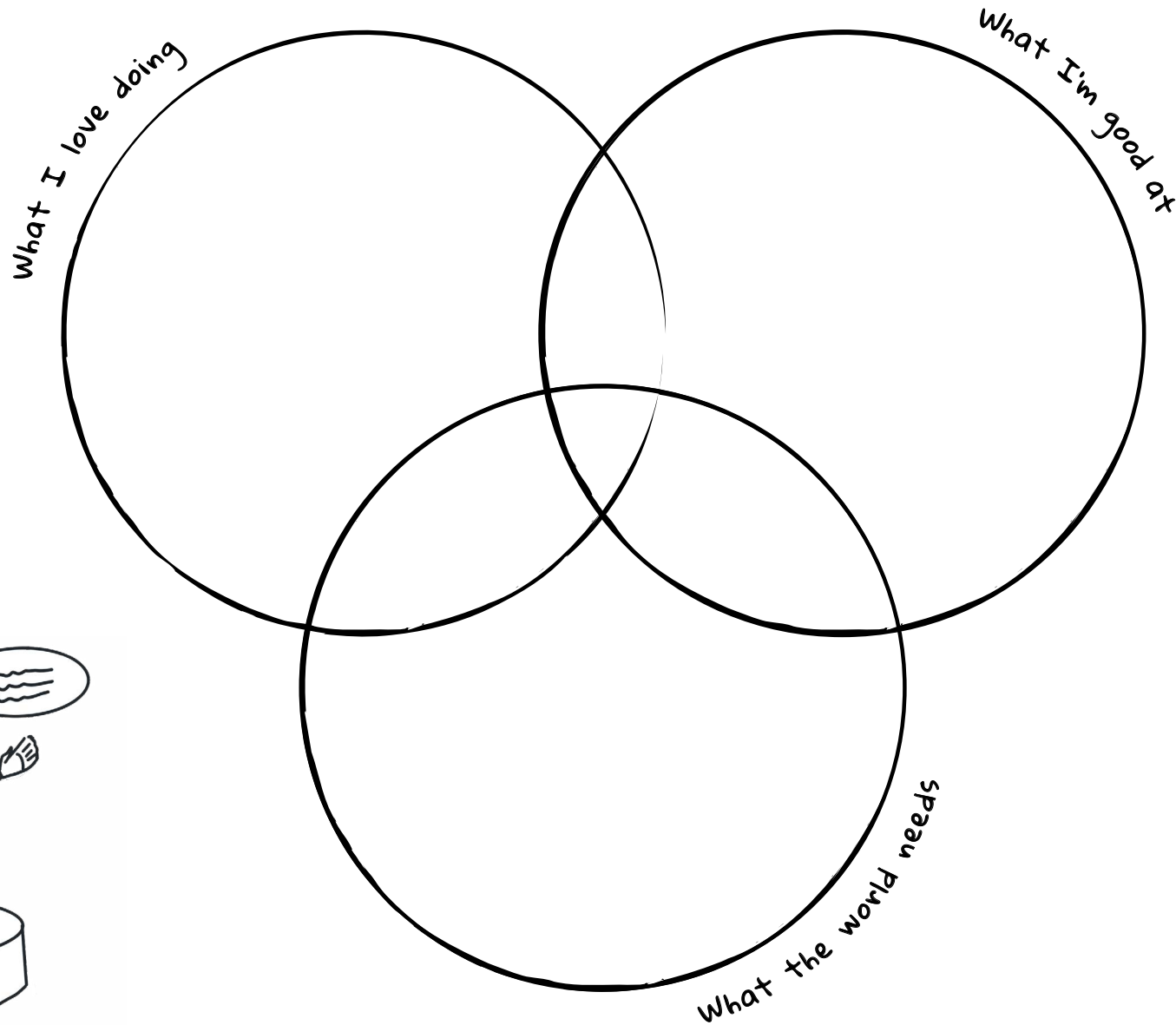
'Wetlands filter pollutants, provide habitat and adapt to environmental change to support many species. How can I learn from this to explore different ways of understanding climate action? How can I do this while recognising that people and communities have different capacities and responsibilities?'



# 3 Circles

The aim of this exercise is to find actions where these 3 circles intersect for you.

Finding actions that fall into this intersection are the ones that are likely to be fuelled by joy and purpose and most regenerative for you and the planet.



\* Inspired by the Japanese practice of Ikigai.



## Lesson 6:

# Nature Connection and Reciprocity

When we take time to connect with nature, whether it's by walking in a park, listening to birdsong, or simply sitting under a tree, we give our minds and bodies a chance to rest and recharge.

Studies show that being in nature has physical and psychological benefits like reducing stress, improving focus, and even boosting our immune system. Spending time connecting with nature can help us feel calmer, healthier and more alive.

Nature connection is more than just spending time outside. It's about forming a relationship with the natural world that helps us feel part of something bigger. When we build a connection to the earth, we start to see how every part of nature, including us, is interconnected.

However, not everyone has easy access to natural spaces. Urban environments, mobility challenges or other barriers – like financial resources, time constraints, safety concerns or a lack of welcoming spaces for certain communities – can make it difficult for some people to be in nature. In these cases, virtual nature experiences, tending to indoor plants, or even listening to recorded nature sounds can offer meaningful ways to connect with the natural world.

# ReConnect

What are the ways that I already connect with nature?



What gets in the way  
of me connecting  
with nature?



How could I overcome  
some of these obstacles?

After the Video

Are there other ways  
I would like to connect  
with nature?

## Nature Connection Benefits

- Reduce stress, anxiety, depression and improve overall emotional wellbeing
- Improve focus and creativity
- Better sleep, lower blood pressure, boost immunity and lower risk of chronic disease
- Reciprocal relationship and mutual benefits including wellbeing, health and regeneration of both the natural world and humans.



How do I feel  
when I connect  
with nature?



# My Nature Place

Nickname:



Write a poem, list of words, draw a picture of the place  
or use colours to describe/express your feelings.

# Letter from Gaia

Imagine the Earth could speak to you.  
What do you do you think it would say?

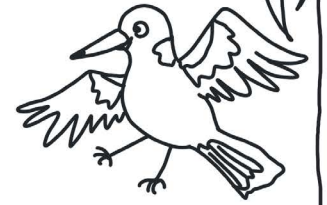
Dear .....

This is your Mother Earth and I want to tell you ...



With all my love,  
Your Mother Gaia

*\* Letter from Gaia practice inspired by John Seed.*



# First Nations Contemplation

'Wattle trees and their pollinators thrive in a symbiotic relationship. How can I learn from this to find inspiration in nature's reciprocal connections? How can I, even in the face of environmental challenges, practise a similar reciprocity with Country?'



# Harvesting Insights



What are the main benefits or takeaways that I've received from these lessons?

How can I take these lessons into my life, share them with others and the world?



What do I think, and how do I feel, about climate change at the end of my journey through A Climate of Change?  
(Write or draw.)

## Further Resources

### Lesson 1

Climate Change Resources (n.d.) [Youth](https://climatechangeresources.org/youth/), accessed 15 October 2025. <https://climatechangeresources.org/youth/>

Force of Nature (n.d.) [Resources](http://www.forceofnature.xyz/resources), accessed 15 October 2025. [www.forceofnature.xyz/resources](http://www.forceofnature.xyz/resources)

[The Joyality Project](#) (2015) *The Joyality program: Toolkit for empowerment, connection and conscious action*, accessed 21 November 2025. <https://thejoyalityprogram.org/>

### Lesson 2

Yoga International (n.d.) [Soothe your nervous system with 2-to-1 breathing](https://yogainternational.com/) [Video], *Yoga International website*, accessed 15 October 2025. <https://yogainternational.com/>

### Lesson 3

Force of Nature (n.d.) [Do I have eco-anxiety?](https://www.forceofnature.xyz/eco-anxiety-quiz), accessed 15 October 2025. <https://www.forceofnature.xyz/eco-anxiety-quiz>

### Lesson 4

Australian Youth Climate Coalition (n.d.) [Homepage](http://www.aycc.org.au), accessed 22 October 2025. [www.aycc.org.au](http://www.aycc.org.au)

Seed Mob (n.d.) [Homepage](http://www.seedmob.org.au), accessed 22 October 2025. [www.seedmob.org.au](http://www.seedmob.org.au)

### Lesson 5

Force of Nature (n.d.) [Community](http://www.forceofnature.xyz/community), *Activating a global community of change-makers*, accessed 22 October 2025. [www.forceofnature.xyz/community](http://www.forceofnature.xyz/community)

Gasch R and Reticker-Flynn J et al. (n.d.) [Youth activist toolkit](http://www.advocatesforyouth.org/wp-content/uploads/2019/04/Youth-Activist-Toolkit.pdf), *Advocates for Youth*, accessed 22 October 2025. [www.advocatesforyouth.org/wp-content/uploads/2019/04/Youth-Activist-Toolkit.pdf](http://www.advocatesforyouth.org/wp-content/uploads/2019/04/Youth-Activist-Toolkit.pdf)

Glanznic K (2024) [Rising up](http://www.risingup.tv) [Film], accessed 22 October 2025. [www.risingup.tv](http://www.risingup.tv)

### Lesson 6

[AllTrails: Hike, bike and run](https://apps.apple.com/us/app/alltrails-hike-bike-run/id405075943) [mobile app], Apple App Store, accessed 22 October 2025, <https://apps.apple.com/us/app/alltrails-hike-bike-run/id405075943>

[iNaturalist Classic](https://apps.apple.com/us/app/inaturalist-classic/id421397028) [mobile app], Apple App Store, accessed 22 October 2025, <https://apps.apple.com/us/app/inaturalist-classic/id421397028>

[SkyView® Lite](https://apps.apple.com/us/app/skyview-lite/id413936865) [mobile app], Apple App Store, accessed 22 October 2025, <https://apps.apple.com/us/app/skyview-lite/id413936865>

## Copyright Material

The Joyality Project (2015) [The Joyality program: Toolkit for empowerment, connection and conscious action](http://thejoyalityprogram.org/), accessed 21 November 2025. [https://thejoyalityprogram.org/](http://thejoyalityprogram.org/)

The Joyality Project (2020) [How on Earth: Youth leadership training in climate resilience](http://www.joyality.org/how-on-earth), accessed 21 November 2025. <https://www.joyality.org/how-on-earth>

## References

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Bragg E in AdaptNSW (2022) [How on Earth: Helping young people overcome eco-anxiety](https://www.climatechange.environment.nsw.gov.au/stories-and-case-studies/how-earth-overcoming-climate-anxiety), accessed 21 November 2025. <https://www.climatechange.environment.nsw.gov.au/stories-and-case-studies/how-earth-overcoming-climate-anxiety>

Macy J and Johnstone C (2022) *Active hope: how to face the mess we're in with unexpected resilience and creative power*, New World Library.

Glanznic K (2024) [Rising up](http://www.risingup.tv), Hompag, accessed 16 December 2025. [www.risingup.tv](http://www.risingup.tv)

Mitsuhashi Y (2018) *Ikigai*, Kyle Books.

Seed J, Macy J, Fleming P and Naess A (1988) *Thinking like a mountain: towards a council of all beings*, New Society Publishers.