



Eco-Anxiety to Eco-Action Micro-Credential

Helping Students Cope with Eco-Anxiety



"The course was very informative and engaging as I learned about Eco Anxiety and how to create Eco Action among my students. The modules were easy to follow and the resources provided were helpful. I would recommend this course."

Soraya, Core French and Music Teacher

THE NEXT SESSIONS RUN FROM:

APRIL 8 - MAY 10, 2024
JULY 15 - AUG 16, 2024

Registration is **\$99.99**

A personalized certificate will be provided upon completion.

SIGN UP TODAY

To inquire about group discounts, student rates, financial assistance, or for any additional information, contact **Stephanie Doyle** at courses@earthrangers.com.

Between wildfires, flooding, and extreme weather events, many of us are feeling worried about the future of the planet. How can we support our students without making things worse? How can we deal with complicated questions or reactions?

Earth Rangers' [Eco-Anxiety to Eco-Action micro-credential](#) gives you concrete strategies and tools to help your students channel this eco-anxiety into positive eco-action.

Based on research, this 5-week asynchronous course covers topics like:

- **Checking in with your own level of eco-anxiety**
- **Helping children name and manage feelings of anxiety**
- **Taking into account diverse identities**
- **Supporting environmental problem-solving through local land-based learning**
- **Fostering student-led environmental stewardship projects.**

The five self-directed modules require about 10 hours to complete and can be done at any time. The course includes three optional interactive Zoom sessions to meet and share best practices with other participants.

"This course provided many amazing resources and readings. The assignments were thoughtfully designed and resulted in meaningful reflection and products. In our session, we had parents, teachers, school district staff, and NGO educators. This diversity of perspectives really reinforced how eco-anxiety is prevalent across many fields and a top priority for adults and youth alike! I will take my learnings here forward with me in my professional and personal life."

Cailey, Non-Profit Education Programs Manager