



NEWS DETECTIVES

TODAY'S NEWS STORY

Climate cafes help people tackle eco fears

KEYWORDS

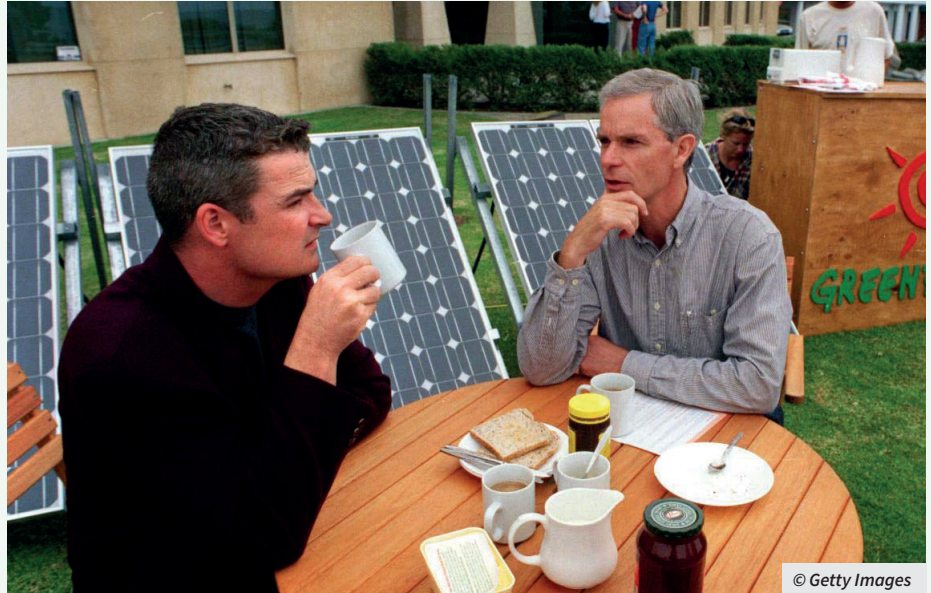
- ☐ **Psychology:** Scientific study of the human mind
- ☐ **Alliance:** A group of people with the same aim
- ☐ **Anxieties:** Worries
- ☐ **Narrative:** Story

Around the world, people are coming together in climate cafes to share their fears for the planet's future.

Opening up

It's said that a problem shared is a problem halved. But what if that problem is really big, like climate change?

Maybe the answer is to share it with a lot of people. A growing number of people have found that talking about the climate crisis helps them.



© Getty Images

BUILD YOUR KNOWLEDGE

In 2021, a poll in the UK found that almost four in five young people were worried about climate change. This feeling is often called eco-anxiety. Some experts say that you can fight feelings of powerlessness in the face of climate change by taking action.

Cafe culture

They call the places where they meet climate cafes. In most cases, there's no actual cafe, just some chairs and maybe some snacks. But that's all you need. People show up to share fears that they don't feel they can talk about in everyday conversations. They also hope that opening up is a first step towards helping the planet.

Taking back control

Rebecca Nestor, of the Climate **Psychology**

Alliance, hosted her first climate cafe in 2018. Since then, the Alliance has trained 350 people to host these chats.

By talking about their eco-**anxieties**, people hope to take back control over a situation that seems too big for any person to manage.

"I can't buy into the **narrative** anymore that there's no choice in how this ends," said Sheila McMenamin, 32, while attending a climate cafe in New York.





INVESTIGATION OF THE DAY

IS WORRYING A WASTE OF TIME?

WHAT
is a
climate cafe?

WHO
says she can't
believe she has
no control?

WHERE
do people feel
they can't talk
about these
problems?

WHEN
did Rebecca
Nestor host her
first climate cafe?

WHY
do people
find it helpful?

HOW
is it different
from a normal
conversation?

1 TAKE ACTION

What are the common fears people your age have about climate change? Do a survey to find out what people worry about, and then think about how we might reassure people.



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2 SHARE YOUR IDEAS

What have you found out in your investigation? Write, present or even record a piece that talks about some of the common worries people have. Share what you've learned with your family and friends. What do they think? We want to hear your ideas too! Your teacher can share your reports with us too by sending them to editorial@theday.co.uk.

3 Build THE Change



CREATE YOUR DESIGN

Climate cafes mostly take place in people's houses or meeting rooms. But maybe an actual cafe space would help. Can you design a meeting space that would suit a serious chat about the climate crisis?

STEP 1:

Think about your design!
Do you want it to be comfy?
How can you make a space that encourages people to talk?

STEP 2:

Build the change!
Create your cafe design!
If you have time, why not make your model of it using LEGO® bricks or other bits of recyclable materials?

Share your genius
Show your work
to your class!



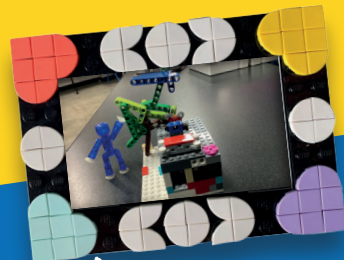
Upload a photo of your work to the **Build the Change** gallery by scanning the QR code and have your work displayed to inspire real-world change.



4

BUILDER OF THE WEEK

Every week we handpick one of the most inspirational designs from our online photo gallery to be our **BUILDER OF THE WEEK**. To get your creation featured here, ask your grown up to take a photograph and upload it to our Build the Change gallery, using the QR code on this page.



This week features a futuristic house with a solar panelled tree.

"GREAT WORK!"



This worksheet is available every weekday at 6:30am London time from <https://theday.co.uk/resources/news-detectives>. For any feedback or help please contact buildthechange@theday.co.uk. Thank you.

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