

'Education For Climate Justice' Workshop Series organised by:



**TEACH THE
FUTURE**



Moving from despair to hope: The importance of addressing climate anxiety

17 April 2021

Programme and Bios

10:00 – 10:20 Welcome & Introduction

Event Host: Jennifer Ba (SCOREscotland)

Opening Comments: Callum McGregor (University of Edinburgh)

Mentimeter

Bennett

Questions

1. What are the emotions that you have encountered in your engagement with climate justice?
2. What have been your experience of coping with them?

**10:20 – 11:10 Keynote: Jayden Foytlin (Our Climate Voices)
(2 part session)**

Bio: Jayden Foytlin is a 17-yr-old indigenous climate justice activist and two time flood survivor from Deep South Louisiana. She is currently one of 21 plaintiffs involved in a landmark case suing the US government for its contribution to climate change and climate disaster.

Host: Aniqah Ali

11:10 – 11:20 Break

11:20 – 11:30 Recap and Welcome to Newcomers

11:30 – 12:15 Morning session: A youth-led conversation on emotional responses to intergenerational injustice

Hosts: SCOREscotland and Teach the Future Scotland (TTF)

Participants:

Mahmoud Makkawi (SCOREscotland),

Ayisha Ba (SCOREscotland)

Lily Henderson (TTF)

Leah Duffy (TTF)

Eilidh Robb (TTF)

Prosper Adikwu (Passion4Fusion)

Anna Brown (TTF)

This conversation will address the following questions:

“What do you think older generations don't understand about growing up in the world today?”

“Can intergenerational injustices be solved through education?”

OPTION 1: Pre-recorded presentation: Dr Karen Nairn / Lunch

12:15—13:15 If you have not watched Karen's presentation before the day, we invite you to watch it during this time.

“Moving from despair to hope: the importance of critical emotional literacy”

Part 1 (9 min): https://youtu.be/KgUC6337_Zo

Part 2 (10 min): <https://youtu.be/PLcFS2tpYDs>

Summary of Karen Nairn's talk

Many emotions fuel activism: anger, love, frustration, hope, despair, optimism. In research with young activists from six groups in New Zealand, there was no one emotion that was *the* driving force. This presentation describes how activist groups build hope collectively while acknowledging obstacles to hope, like climate anxiety and the challenges of working together. My intention is to expand the ways we think about emotions in activism, focusing on how we can collectively build hope meaningfully but critically.

Bio: Karen Nairn is based in Ōtepoti/Dunedin in the south of Aotearoa (New Zealand). As a former high school geography teacher with a passion for environmental issues, her research path has evolved from working with high school students to her current project with activists in their 20s/early 30s.

OPTION 2:

12:15 – 12:45 Lunch / Yin yoga Session with Annelise Piers

Yin yoga is a deeply meditative practice rooted in Traditional Chinese Medicine. The differentiator is long-held poses that target energy meridians believed to run in deeper connective tissues. This soulful practice helps make the body more flexible and strengthens the joints, while at the same time, heals deeply on the emotional and mental layers as it releases stuck energy.

12:45 – 13:05 Lunch / Nidra yoga Session with Annelise Piers

Yoga Nidra is also called Yogic Sleep. It's a practice of deep relaxation that guides your consciousness to the stage between waking and sleeping. One hour of Nidra is equivalent to four hours of quality sleep.

Annelise Piers specializes in physical and emotional healing, using a combination of yin yoga, essential oils and metaphor therapy. She is a qualified Hatha and Yin yoga teacher with Yoga Alliance USA, and an NLP Master Practitioner and Trainer, licensed by co-founder Dr. Richard Bandler and the Society of Neuro Linguistic Programming (USA & UK). She uses a potent mix of NLP and yin yoga to coach leaders in the corporate, in academia and women's health interventions. She has a global reach and a deep understanding of cross-cultural sensitivities, which she brings to her teachings.

13:05 – 13:15 **Conversation with Annelise - Zarina**

13:15 – 13:30 Recap and Welcome to Newcomers

13:30 – 14:00 Live Story with Storyteller Mara Menzies

Mara is an award-winning performance storyteller and narrative artist, drawing on her rich, dual Kenyan/Scottish cultural heritage, to create worlds that explore contemporary issues through legend, myth and fantasy. She fuses ancient and modern in an intoxicating experience where the audience takes centre stage leading to invitations to perform around the world.

<https://www.marathestoryteller.com>

14:00 – 14:10 **Break**

14:10 – 14:40 **Panel discussion: “Moving from despair to hope: the importance of critical emotional literacy”**

Host: Ayisha Ba

Session Summary

In this afternoon panel discussion, we invite everyone to reflect on the themes and issues raised through Dr Karen Nairn's talk entitled "Moving from despair to hope: the importance of critical emotional literacy".

We are sharing Karen Nairn's thought provoking talk with each of you and we invite you to watch it before the event or over the lunch break:

Part 1 (9 min): https://youtu.be/KgUC6337_Zo

Part 2 (10 min): <https://youtu.be/PLcFS2tpYDs>

Reflecting on Karen's talk, the panel will respond to the following question:

"In what ways can education for climate justice help us to 'hope well' instead of 'hoping naively' or giving in to cynicism?"

Panel: Catherine Walker, Jeni Snell, Pete Cannell, Amber Dean

Panelist Bios:

Dr Catherine Walker is a Research Associate at the Sustainable Consumption Institute, University of Manchester. Catherine gained a PhD in environmental sociology from University College London in 2016 and has researched on children and young people's environmental concerns, lived experiences of environment, and environmental education in India, the UK and Brazil. She recently received funding to work on a research project called 'Young People at a Crossroads', which will consider how families composed of first and second-generation immigrants from the Global South are responding to lived experiences of climate crisis in Manchester and Melbourne.

Jenni Snell currently works as a senior development officer at YouthLink Scotland, the national agency for Youth Work, with a focus on youth volunteering, youth social action and Learning for Sustainability. Jenni has an MEd in Community Learning and Development from The University of Aberdeen and has over 10 years of experience in both voluntary and paid Youth Work. Jenni is particularly interested in participative approaches that enable young people to have a voice and influence change on key societal issues such as climate change. In her spare time Jenni volunteers with 2050 Climate Group, the Scottish Third Sector Women's Network and sits on the advisory group for the YWCA in Scotland.

Pete Canell is a founding member of Scot.E3 (Employment, Energy and Environment) - a group of rank-and-file trade unionists and climate activists that campaigns for a worker-led just transition to a zero carbon economy. He's been involved in political activism for a number of decades and is a teacher and researcher in Adult Education.

Amber Dean is a Primary School Teacher in Clackmannanshire Council with an interest in Climate Justice and BLM as well as health and wellbeing.

14:40– 14:45 Break

14:45 – 15:25 Open Floor: Critical Reflective Dialogue on the Education for Climate Justice Series

15:00 NB we will observe a 1-minute silence to acknowledge the lives lost in the pandemic and mark the death of Prince Philip, Duke of Edinburgh

15:25 – 15:35 Closing Words Ali Watson