

**An Urgent Message for Humanity:
A sample lesson plan
Ages: 12-18**

(Please adapt for age appropriateness and a variety of learning styles)

Topics:

Nonviolence, Climate Disruption, Future Thinking, Constructive Thinking

Essential definitions:

climate disruption, nonviolence

Resources:

Transcript of animation

Mettacenter.org for nonviolence definition

Mettacenter.org/explore (See Roadmap)

True-to-Life Climate Stories by Rivera Sun

[Climate Change for Kids: NASA Resource](#)

[How to Talk to Kids about Climate Change, NPR](#)

Print out the transcript of the animation and share with students.

Explain that what they will be watching will ask them to think of solutions and it will require their highest creative selves and open hearts. Note that the content's implications can be difficult because it has to do with a very important crisis that we're facing as a planet: climate disruption.

Describe climate disruption: what it is and elicit some ideas as to why it is happening. Put these on the board. Make sure that all students can explain climate change and climate disruption in their own words.

Ask students to imagine the kind of future and world they want to live in. They can do this as a class or in small groups or pairs. Give them the opportunity to make drawings or use creativity to express what they would like to see.

Using the Metta Center Roadmap, describe nonviolence. Emphasize the three circles on the Roadmap and describe how they relate to solutions for climate.

Open the space for the animation: Take a moment of meditation before starting the video to center the classroom on the topic. Use a bell or some sound to start and end the moment.

Watch the 3 minute animation all the way through.
Break into small groups and let the students read the transcript together, taking turns.

Ask students to share what they heard, what spoke to their heart, what moved them. Put these on a flipchart or a blackboard so they are present.

Add the True-to-Life Climate Stories to the lesson. Read them and discuss each one as a class. What practical actions did these young people from around the world take to make a significant difference?

Ask the students to work together to pick an issue related to climate disruption and how they might use nonviolence to solve it. Invite them to do research to get involved in this issue and what creative solutions they can find. Give them a chance to present their ideas in a creative way, such as art, stories, movement, a short play.

Additional Activity:

Have the students set up a news interview where they are questioned about climate disruption and what we can do about it. Try different TV stations, such as those that are sympathetic and those who perpetuate lies about climate disruption and our role in it. Also, have the news anchor ask what nonviolence is all about and how it works. Have them explain.

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Invite the students tell the story from another creature's perspective as the animation did.