Schools, Climate, and Health

RESPONDING TO EXTREME HEAT

NETWORK FOR RESILIENT PK-12 SCHOOLS IN EXTREME CLIMATES AND APA'S DIVISION 34:
SOCIETY FOR ENVIRONMENTAL, POPULATION AND CONSERVATION PSYCHOLOGY

Additional Resources

PLANNING AND PREPAREDNESS

- **National Schoolyard Forest System's Resource Library (Green Schoolyards America)**
  Resources for making the case for schoolyard forests, design and implementation guidance
- **CDPH Health Guidance for Schools on Sports and Strenuous Activities During Extreme Heat (California Department of Public Health)**
  Guidance for assessing risk of extreme heat and developing action plans
- **HeatReady Schools (Arizona State University)**
  Heat preparedness checklists, activity/curriculum ideas, posters, educational tools for families and caregivers
- **Framework for Effective School IAQ Management (EPA)**
  Resources to develop and sustain effective and comprehensive IAQ management programs
- **Eco-Healthy Child Care® Climate Change and Child Care FAQ**
  Guidance for child care providers on how to reduce adverse impacts from climate change, including extreme heat

EDUCATION

- **Extreme Weather Resources (Climate Mental Health Network)**
  Practical, age-appropriate resources to help adults support children and youth through dangerous weather events. These tools offer guidance on how to prepare and talk about what's happening, process emotions, and build a sense of safety and resilience.
- **Extreme Heat Resource Hub and Extreme Heat & Health Training (American Public Health Association)**
  Use this resource hub to discover actionable steps you can take to address the challenges of extreme heat, from raising public awareness and strengthening healthcare system preparedness to advocating for heat-resilient communities.
  - » This three-hour training equips participants to lead on extreme heat and health solutions through a focus on both individual care and systemic approaches, with interactive exercises, audience engagement, and practical resources throughout.
- **Climate and Health Youth Education Toolkit (American Public Health Association)**
  Lesson plan and supporting materials for educating students grades 9-12 on climate, health and equity
  - » Supplemental resources available from the **Children's Environmental Health Committee**

AMERICAN PSYCHOLOGICAL ASSOCIATION
APHA AMERICAN PUBLIC HEALTH ASSOCIATION For science. For action. For health.
Children's Environmental Health Network
Climate Mental Health Network
DLRGROUP
naeyc
National PTA everychild. onevoice.
nea NATIONAL EDUCATION ASSOCIATION
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- **Climate Emotions Toolkit (Climate Mental Health Network and National Environmental Education Foundation)**
  Evidence-based, teacher-tested resource designed to help middle school educators address climate change emotions. Toolkit equips teachers to manage their own emotions and support student well-being.
  - » The animated music video "**A Whole Lot**" was created as a companion resource to the toolkit in partnership with Hip Hop Public Health. Designed for educators, caregivers, and youth-focused groups, the video blends music, visuals, and story to validate emotional experiences and support conversations around self-care, community care, and climate action.
- **What to Do When Climate Change Scares You: A Kid's Guide to Dealing With Climate Change Stress (American Psychological Association)**
  An empowering workbook that helps kids understand their emotions and discover ways to make a difference. Through fun activities, relatable stories, and science-backed strategies, this book helps kids feel more confident, calm, and capable—even when the world feels uncertain.
- **All the Feelings Under the Sun: How to Deal with Climate Change (American Psychological Association)**
  A timely, thoughtful book that will help young readers work through their feelings of anxiety about climate change. Through informative text and activities, the book gives children age-appropriate information about the climate crisis and gives them the tools they need to manage their anxiety and work toward making change.
- **Transforming Climate Anxiety: A Workbook for Courage, Clarity, and Collective Action (American Psychological Association)**
  A therapeutic workbook designed to help you navigate the emotional toll of a warming world while discovering your capacity to make meaningful change in your life, in your community, and for the planet itself.

ADVOCACY

- **Factsheets (Children's Environmental Health Committee, American Public Health Association)**
  Evidence-based factsheets with policy and advocacy recommendations on extreme heat-related topics, including the benefits of access to nature, effects of climate change on youth mental health, effect of extreme heat on pregnancy, etc.
- **K-12 Climate Advocacy Toolkit for Parents (Aspen Institute, National PTA, Mothers Out Front)**
  Resource to help parents advocate for developing a local K–12 climate action plan in their school districts