

## International Mountain Day (December 11, 2025)

# TEACHING GUIDE

**i What?** It's a World Mountain Day to talk about mountains and their importance.

**👤 Who?** The UN (United Nations), which established this day, and everyone who loves the mountains!

**🌍 Where?** All over the world, especially in regions where mountains play a major role.

**🕒 When?** This day takes place every year on December 11th.

**? Why is it important?** Because mountains provide water, are home to unique animals, and are threatened by climate change. This day is dedicated to protecting them.

**🎯 For this activity, your goal will be to learn a little more about mountains, including some well-known ones!**



### OBJECTIVES

- Understand why mountains are important for the planet
- Discover the role of glaciers and water in the mountains
- Identify the highest peaks on each continent
- Read and interpret an information chart
- Write a short text to express a personal choice



### SUBJECTS

- **Social Studies and Geography**
  - Countries and Continents
  - Natural Landscapes
  - Environmental Issues
- **English**
  - Informative Reading
  - Understanding Instructions
  - Writing a Short Descriptive Text
- **Science and Environment**
  - Water, Glaciers, and Climate
  - Impacts of Global Warming



### COMPETENCIES

- Read and extract information from texts, images, and tables
- Compare numerical data (heights, continents, dates)
- Apply geographical and environmental knowledge
- Structure short and coherent written answers
- Develop an understanding of current environmental issues



### DURATION

- About 60 minutes



### GETTING STARTED

- Show a picture or short video of a major world peak (Everest, Kilimanjaro, Elbrus, etc.) and ask the students:
  - "Which is the highest peak in the world, in your opinion? Why do mountains play such an important role?"
- Then explain:
  - "Today, we are going to discover the highest peaks on each continent and explore the incredible achievements of mountaineers who have climbed these giant mountains."



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### QUESTIONS AND ANSWERS

**STEP 1 — Why a Mountain Day?** Discovery of the importance of mountains using a text and an official website.

**Q1** — Because they store water in the form of snow and glaciers, which then feed rivers and communities.

**Q2** — Approximately 600 glaciers have disappeared worldwide.

**Q3** — Less water for drinking and agriculture, and more natural hazards such as floods and landslides.

**STEP 2 — The roof of the seven continents.** Guided research to complete a table on the highest peaks of each continent.

THE SEVEN SUMMITS


	Continent	Elevation in meters	Year of first ascent
Aconcagua	South America	6,961 m	1897
Denali	North America	6,194 m	1913
Elbrus	Europe	5,642 m	1874
Everest	Asia	8,849 m	1953
Kilimanjaro	Africa	5,895 m	1889
Puncak Jaya	Oceania	4,892 m	1966
Vinson Massif	Antarctica	4,884 m	1962

**STEP 3 — Exceptional mountains.** Choice of a mountain from a selection of famous examples and writing of a short text of 5 to 8 sentences explaining the chosen mountain, its location, the challenge it represents and the feeling at the summit.

### WRAPPING UP

- Group discussion:
  - What did you learn about mountains today?
  - Which mountain impressed you the most?
  - Why is it important to protect mountains?
- In one sentence: What are your key takeaways from this activity?

### FURTHER EXPLORATION

 Myra Weatherly. *The Lure of Mountain Peaks*. Child's World

