

BREAK THE DIVIDE

# CLIMATE EDUCATION & RESILIENCE PROGRAM

The Saskatchewan Climate Education and Resilience Program is a free school-based initiative led by **Break The Divide** (BTD), a non-profit that helps young people navigate the emotional and social impacts of climate change. Through interactive workshops and youth-led facilitation, the program supports students in **grades 7-12 in Regina and Moose Jaw in building resilience, understanding climate emotions, and taking action in their communities.**

## Program Structure

Five in-class sessions (60 minutes each) delivered by trained youth facilitators. Sessions are discussion-based and aligned with the Saskatchewan Environmental Science and Social Studies curriculum.

**Lesson #1** - Climate Emotions Introduction

**Lesson #2** - Understanding Climate Change and Our Local Environment

**Lesson #3** - Climate Emotions and Environmental Identity

**Lesson #4** - Navigating Climate Emotions, Community Resilience, and Climate Action

**Lesson #5** - Program Closing and Reflection

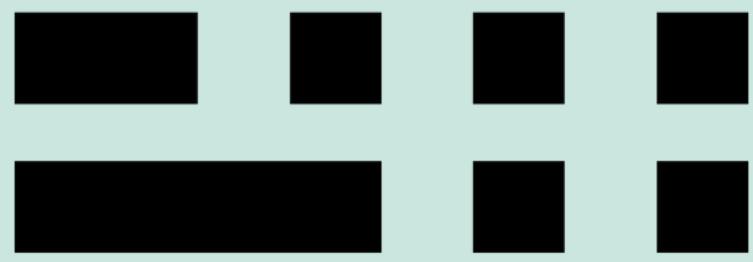
## Timeline Snapshot

This timeline serves as a guide for when each lesson can take place over spring 2026.

- **March 9-20** - Lesson #1
- **March 23 - April 3** - Lesson #2
- **April 13 - 24** - Lesson #3
- **April 27 - May 8** - Lesson #4
- **May 11 - May 22** - Lesson #5

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B R E A K   T H E   D I V I D E

## Why Participate?

- Supports student mental health by creating space for emotional reflection and connection
- Builds curriculum links to environmental education, wellness, and social responsibility
- Empowers student voice and leadership in local climate action
- Free for schools, thanks to community funding and partnerships



## Teacher Testimonials

*"I definitely recommend this program to other teachers, schools, and classrooms that really want to take more initiative in climate action change"* - Teacher (Grade 7)



*"For the first time, students were able to recognize and identify certain emotions that go hand-in-hand with climate change that they haven't thought of before. They also really enjoyed the artistic components that were included in the workshops"* - Teacher (Grade 11)

## Student Testimonials

*"Before this program, I felt so lost and scared about the future. Now, I see that we can use these emotions to connect and create change."* - Student, Grade 11

*"I'm kinda bummed these sessions are over."* - Student, Grade 7

*"I feel it was good to learn from new people plus, it was really good."* - Student, Grade 7

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