

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

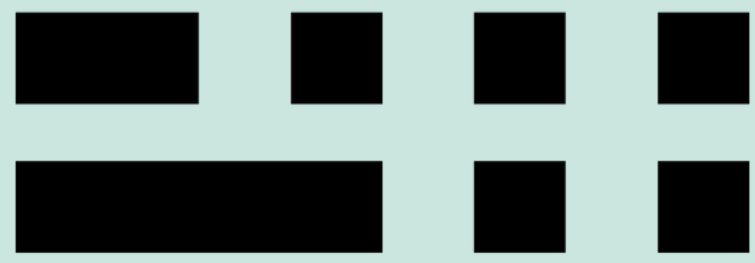
Timeline Snapshot

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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BREAK THE DIVIDE

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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