A: Don’t worry, we’ll definitely take breaks! We’ll have a 10min break every hour during Saturday sessions for you to step away from the screen and use the restroom, refill your coffee, stretch your legs, etc. We know that most of you will be joining us from your homes and may also need to step away for a moment during sessions, and this is no problem. We understand!

Q: Whoa, those Saturday sessions look pretty long! Do we get any breaks?

A: You may have heard Open Space called “un-conferencing,” or it might be totally new to you! This is an opportunity for you to share your knowledge and pick others’ brains by proposing a session topic that you either have expertise in or want to learn more about—or both! Open Space sessions themselves will take place on Saturday afternoon. We’ll share more about the process during the first evening of Teacher Escape, but in the meantime, start thinking about what you want to share and learn!
In recent years, we’ve come to better understand the restorative health benefits that green spaces, rural and urban, provide. But did you know that many of the exploratory activities you know and love from Tremont also double as coping skills to help us manage our body’s response to stress? In this session, we’ll go beyond the academic benefits of such activities to better understand the mental health benefits they can provide for you and your students during these turbulent times.

**Saturday Sessions**
A sneak preview of some of our planned sessions

**Reunite, Renew, and Thrive**
Our amazing community of teachers will support each other by processing the current extraordinary situations we face this school year. Together we will share resources, discuss challenges, and develop solutions to create effective and culturally sustaining learning environments for both students and adults.

**Schoolyard Mapping: Seeing outdoor spaces as learning environments**
We know getting outside has social and emotional benefits AND can help students make sense of interdisciplinary content. But what does that mean for our own schoolyards? How do we get started? Bring photos or Google images of YOUR schoolyard and together we will set goals for getting outside and map out (literally) our most underused resource: our own schoolyards!

**Think Systems, Act Local**
In this introductory session led by Gitanjali from Compass Education, we’ll explore ways to use a tool called the Sustainability Compass to guide your students to engage in systems thinking, a holistic way of looking at our complex and interdependent world. We will focus on specific activities that you can integrate into your teaching and learning plans to help students think critically and creatively about the bigger picture and gain a deeper understanding of sustainability.

**Nature Is Everywhere: Tools for exploring the natural world**
Let’s transform the way we see urban environments from “empty” fields or grass patches to wild outdoor spaces teeming with diversity and life! In this session, we’ll take a screen break to explore outside (or maybe even inside??) and meet a new critter, make observations, and share your discoveries with fellow teachers. We’ll learn to use the iNaturalist app and even participate in a mini “bioblitz.” The best part? These activities can be used both in schoolyards and at home!

**Outdoor Exploration and Mental Health**
In recent years, we’ve come to better understand the restorative health benefits that green spaces, rural and urban, provide. But did you know that many of the exploratory activities you know and love from Tremont also double as coping skills to help us manage our body’s response to stress? In this session, we’ll go beyond the academic benefits of such activities to better understand the mental health benefits they can provide for you and your students during these turbulent times.

≡ and more!! ≡