



The Couch Exchange: Professional Learning Opportunities and Resources

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Explore your personal professional learning goals through a variety of webinars, resources, websites, and other virtual learning opportunities that support your ongoing journey and well-being.

Online Webinars and Training for Educators and Administrators

- Webinar - Expanding Children's Imaginative and Dramatic Play, Session 3 – **Thursday May 12, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - Supporting Diversity & Inclusion; Session 3: Leaning into Discomfort and Talking About Race **Monday May 16, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - Inclusion in the Early Learning Classroom - **Tuesday May 17, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - Supporting your New Graduate in their First Year of Employment - **Thursday May 19, 2022** from **12:00 to 1:00 pm**: [click here](#)
- Webinar - Expanding Children's Rough and Tumble Play Series Session 1 - **Thursday May 26, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - Navigating Your New Supervisory Role Session 3: Let's Practice - **Friday May 27, 2022** from **12:00 to 2:30 pm**: [click here](#)
- Webinar - Understanding and Supporting Anxiety in Children with the CTRI - **Tuesday May 31, 2022** from **6:30 to 9:00 pm**: [click here](#)

What's Happening in May

International Day of Families: May 15

- United Nations: [click here](#)
- What is international families day; significance and facts: [click here](#)
- 2022 theme 'Families and technology': [click here](#)



World Bee Day-20th of May

- United Nations World Bee Day: [click here](#)
- 5-steps to starting a pollinator garden: [click here](#)
- Build a Bee House: [click here](#)
- Bee stories: [click here](#)
- Whole Foods Bee grants K-12: [click here](#)
- Ontario Nature pollinators: [click here](#)
- 10 ways to save the bees: [click here](#)
- Brock Bee experts: [click here](#)
- Activities to celebrate world bee day: [click here](#)

World Day for Cultural Diversity and Dialogue - May 21

- See Inclusion and Diversity below

Victoria Day - May 23

- Victoria Day family activities in Niagara: [click here](#)
- Toronto4kids Victoria day family activity ideas: [click here](#)
- Victoria Day Family activities in the GTA: [click here](#)

World Turtle Day - May 23

- What is world turtle day? [click here](#)
- Celebrating world turtle day: [click here](#)

Den Building Day - May 29

- Family den building ideas: [click here](#)
- Eden project - how to build a den: [click here](#)
- Muddy faces den building guide: [click here](#)



Diversity and Inclusion

- UNESCO: [click here](#)
- Observing cultural diversity day: [click here](#)
- Games to help visual tracking: [click here](#)
- Kids with disabilities active for life: [click here](#)
- Enabling disabled kids to stay active: [click here](#)

Resources for Information on Covid-19

- Coronavirus disease (COVID-19) Updates for Canada: [click here](#)
- Provincial and territorial resources for COVID-19: [click here](#)
- Public Health Ontario: [click here](#)
- Latest COVID-19 Updates for Ontario: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)
- College of Early Childhood Educators COVID-19 Updates: [click here](#)
- Roots of Empathy – Covid-19 Resources: [click here](#)
- Coping with COVID-19: [click here](#)
- Coronavirus Resources for Early Childhood Professionals: [click here](#)

Health and Wellness

- Canada Mental Health Association: [click here](#)
- Interactive Mental Health Activities for children 3-14 years: [click here](#)
- Child mental health resources: [click here](#)
- The Neuroscience of Gratitude and How It Affects Anxiety & Grief: [click here](#)
- Mindfulness For People Who Think They Can't Meditate: [click here](#)
- Six Habits of Highly Compassionate People: [click here](#)
- Get to Know Your Monsters: A Playful Mindfulness Practice to Work With Difficult Emotions: [click here](#)
- Understanding Math Anxiety in Students: [click here](#)
- A Body Scan Meditation to Help You Sleep: [click here](#)



Online Podcasts and Videos & Early Learning Websites

- Creating Community with and for Children: [click here](#)
- Critical Reflection and Belonging with Natalie Royer: [click here](#)
- Defining Play with Peter Gray: [click here](#)
- Active for Life podcast: Dr. Mariana Brussoni on the value of risky play: [click here](#)

Small Business and Leadership

- 7 Powerful Characteristics Of A Truly Inspirational Leader: [click here](#)
- Better Employee Retention: How Leaders Can Prevent the “Great Resignation”: [click here](#)
- Canadian Child Care Federation: Healthy and Sustainable Environments for Child Care - A vision for Canada: [click here](#)

Outdoor Activities & Resources

- How to help children connect with nature: [click here](#)
- 6 fun games to play on grass this summer: [click here](#)
- Let’s Expand Outdoor Education: [click here](#)
- Growing your first vegetable patch with children: [click here](#)
- Building a Sunflower House: [click here](#)

Want to Know More about ECCDC Services?

- Check us out online at www.eccdc.org or in person at **3550 Schmon Parkway, Thorold.**
- Wish to access resource deliveries directly to centre? Please contact the ECCDC at **905.646.7311 ext. 304** to make arrangements.
- The ECCDC offers a resource lending library of pedagogical materials, specialized workroom, an on-site conference room and a boardroom available for booking.
- Want to purchase items from a distance? We offer an online [EStore](#) of items including Personal Protective Equipment: [click here](#)
- Our organization supports early learning programs with organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- The ECCDC designs and delivers professional learning opportunities in person and via webinar on a range of topics. We can customize and deliver to small or large groups, and we always have sessions advertised for anyone to join. [Click here](#) to see what we have scheduled or register for one of our sessions.