



## 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

- Conflict resolution for Early Learning Leaders: Does it Really Work? **Friday June 3, 2022** from **12:00 to 2:30 p.m.:** [click here](#)
- Rethinking Documentation Following the Pandemic and Becoming Reinspired with Susan Stacey **Saturday June 4, 2022** from **10:00 to 12:30 p.m.:** [click here](#)
- Expanding Rough & Tumble Play Series Session 2 - **Thursday June 9, 2022** from **6:30 to 9:00 p.m.:** [click here](#)
- Treasure Baskets for Preschoolers & School-agers - **Monday June 13, 2022** from **7:00 to 8:00 p.m.:** [click here](#)
- Supporting Diversity & Inclusion Session 4: Anti-Racism for Early Childhood Educators - **Tuesday June 14, 2022** from **6:30 to 8:30 p.m.:** [click here](#)
- Expanding Rough & Tumble Play Series Session 3 - **Thursday June 23, 2022** from **6:30 to 9:00 p.m.:** [click here](#)

### Online Podcasts and Videos & Early Learning Websites

- Alternative revenue options for Canadian non-profits podcast: [click here](#)
- Devereux Center for Resiliency: Let's dig deep - Toxic Positivity series: [click here](#)
- Defending the Early Years Podcast - Investigating Choice Time podcast: [click here](#)
- How to work through trauma with children - Holly-Elissa Bruno podcast: [click here](#)



## June is National Indigenous History Month

- United Nations Declaration on the Rights of Indigenous Peoples: [click here](#)
- Government of Canada (Indigenous Peoples Day): [click here](#)
- Government of Canada (National Indigenous History month): [click here](#)
- Government of Canada-Reconciliation: [click here](#)
- Government of Canada-Kids Stop: [click here](#)
- Canada Child Care Federation-encouraging aboriginal cultural identity in child care: [click here](#)
- Ottawa Library Resources: [click here](#)
- Active for Life - 5 Indigenous Games to play with your children: [click here](#)
- CBC – 9 Things for your Kids to Watch, Read or Listen to this Indigenous History Month: [click here](#)
- Toronto Library – 5 Recommended Titles in honour of Indigenous History Month: [click here](#)
- Top Indigenous Experiences in Toronto: [click here](#)
- Niagara Parks: [click here](#)
- Weekly themes: [click here](#)
- Video: I Am Indigenous (CBC): [click here](#)
- Video: Métis Finger Weaving Lesson: [click here](#)

## June is Pride Month

- June 26<sup>th</sup> Toronto Pride Parade: [click here](#)
- CBC – 17 books for kids and teens to read during Pride Month: [click here](#)
- CBC Kids; LGBTQ 101-How to support your LGBTQ friends and family: [click here](#)
- Gender Creative Kids: [click here](#)
- Gender Spectrum: [click here](#)
- Pflag Canada: [click here](#)

## World Bike Day June 2<sup>nd</sup>

- UN World Bicycle Day: [click here](#)
- Active for Life: when are kids ready to ride bikes independently: [click here](#)



## Father's Day June 19<sup>th</sup>

- Active for Life: 14 ways to Celebrate Father's Day at Home: [click here](#)
- Father's Day Activities 10 memorable things to experience with your Dad: [click here](#)
- Good Housekeeping: Father's Day crafts for preschoolers: [click here](#)
- #OptionB Three for Father's Day: [click here](#)
- SuperDAD weekend KOA Campground: [click here](#)

## World Yoga Day June 21<sup>st</sup>

- UN: [click here](#)
- Cosmic Kids Yoga: [click here](#)
- Yoga For Kids: [click here](#)
- Yoga For Kids-The Sun Salutation: [click here](#)

## International Mud Day June 29<sup>th</sup>

- International mud day: [click here](#)
- CBC News celebrating international mud day-video: [click here](#)
- Community playthings 'Marvellous Mud' article: [click here](#)
- Mud day activities for preschoolers: [click here](#)
- Muddy faces: [click here](#)
- Mud day activities: [click here](#)

## Diversity and Inclusion

- Canadian Multiculturalism Day June 28<sup>th</sup> Government of Canada: [click here](#)
- Active for Life: 5 group games for kids in wheelchairs can play: [click here](#)



## Health, Wellness and Safety

- 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](#)
- Children First Canada - 'Catalytic for investment in children reversing the impact of covid-19' critical conversation: [click here](#)
- Coronavirus Resources for Early Childhood Professionals: [click here](#)
- 8 Meditation Apps for Kids: [click here](#)
- 6 Mindfulness and Meditation Apps for Kids: [click here](#)
- 5 Mindfulness Apps (for Children): [click here](#)
- 3 Steps to helping children navigate anger: [click here](#)
- Can Mindfulness change how we interpret Emotional Situations? [click here](#)
- The Genius of Play-11 ways play helps children relax: [click here](#)
- Active for Life: 10 Active Lego games: [click here](#)

## Outdoor Activities & Resources

- Exploring Farmers Markets with Children: [click here](#)
- Easy Outdoor Summer Activities to Entertain Kids and Toddlers: [click here](#)
- Niagara 2022-Canada Summer Games: [click here](#)
- 50+ Nature Play Activities in your Backyard: [click here](#)
- 49 Simple & Fun Outdoor Activities for Preschoolers that Toddlers will Love Too: [click here](#)
- Wildflower hikes with children: [click here](#)



## Small Business Resources and Remote Office Environments

- The early learning and child care industry in Canada: Business characteristics and industry gross domestic product: [click here](#)
- Ontario Economic Report 2022: [click here](#)
- Niagara Chamber of Commerce - Women In Niagara: [click here](#)
- Childcare Is a Business Issue: [click here](#)
- How COVID-19 is Impacting Child Care Providers: [click here](#)
- Prepare For the Future of Work: The Top 5 Upcoming Trends: [click here](#)
- Reclaiming hope and optimism from the pandemic grind: [click here](#)

## Uplifting Story of the Week

- 'Turn that hurt into love': Why an 11-year-old is dedicating his birthdays to saving rescue animals: [click here](#)
- Do you have any uplifting stories you would like to share? [Click here](#) to email the Early Childhood Community Development Centre and it may be included in a future edition of The Couch Exchange.

## Want to Know More about ECCDC Services?

- Check us out online at [www.eccdc.org](http://www.eccdc.org) or in person at **3550 Schmon Parkway, Thorold**.
- We are open for members to visit onsite and also offer curbside pick up and drop off of resources. We also make resource deliveries directly to centres. 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** with resources, books, and more: [click here](#)
- Our organization offers early learning programs 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. [Click here](#) for a catalogue of customized offerings.