


### Preschool Network

Agenda

- Welcome and Introductions
- Mindfulness Moment
- Reflection on Video and Article
- Self Reflection on Journey
- Well-Being
- Brainstorming
- Questions and Connections
- Resources Available
- Next Steps



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### Welcome and Introductions

- We invite participants to say good evening and share the centre they work for and what they have been focusing on in their program.



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### Mindfulness Moment

- Box Breathing



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### Reflection on Video and Article

- <https://rootsofempathy.org/covid-19-resources/> - video on Understanding the Importance of Play
- Making Sense of Sensory Play in 2021  
<https://eccdcgrowingtogether.wordpress.com/2021/02/12/making-sense-of-sensory-play-in-2021/>



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### Personal Reflection on Your Journey

- What has been your biggest accomplishment on your journey?
- What are you looking forward to next?



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### Well-Being

- How have you been supporting your own well-being?



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### Brainstorming

- Round Table Discussion for Brainstorming Ideas and Solutions to Challenges



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### Questions and Connections

- Participants are encouraged to ask questions and make connections.



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### Resources Available

- [www.eccdc.org](http://www.eccdc.org)
- ECCDC Services extending until further notice
- Curbside pick up and drop off available Tuesday, Wednesday and Thursday 3:00 -7:00 p.m., Friday and Saturday 1:00 – 4:30 p.m.
- Please contact 905-646-7311 ext. 304 upon arrival
- Personal Protective Equipment can be purchased through [www.eccdc.org/shop](http://www.eccdc.org/shop) or by email [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or by phone 905-646-7311 ext. 304
- Feel Good February! [www.eccdc.org](http://www.eccdc.org)



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### Next Steps

- What are topics you would like to explore in our 2021 network meetings?
- Follow up to today's network meeting



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