


Preschool Network

Agenda

- Welcome and Introductions
- Mindfulness Moment
- Reflection on Resources
- Self Reflection on Journey
- Well-Being
- Brainstorming
- Photos
- 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


- A Mindfulness Practice for Preschoolers



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Reflection on Video and Article

- Anti-racism as part of your Continuous Professional Learning <https://cece-talk.ca/en/2021/03/anti-racism-cpl/>
- Claire Warden Nature Diary



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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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Photos


- Please feel free to share any photos from your centre of Spring happenings.



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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
- ECCDC Services extending until further notice
- Curbside pick up and drop off available Tuesday, Wednesday and Thursday 8:30 – 8:00 p.m., Monday, Friday and Saturday 8:30 – 4:30 p.m.
- Please contact 905-646-7311 ext. 304 upon arrival
- Personal Protective Equipment can be purchased through www.eccdc.org/shop or by email eccdc@eccdc.org or by phone 905-646-7311 ext. 304



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Next Steps

- What are topics you would like to explore in our 2021 network meetings?
- **Next Meeting** – Monday September 20, 2021 7:00 - 8:30 p.m.



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