



We wish to acknowledge the land that ECCDC is located on, is Thorold in Niagara, and is situated on the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. One of the earliest names for the Region of Niagara is Onguiaahra and is on the territory which is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and by acknowledging them we are sharing our respect and appreciation of the resources we have received from the land and our friendship with Indigenous peoples.

1

Niagara Nature Alliance Network

Agenda

- Welcome and Introductions
- Mindfulness & Well-Being
- Reflection on Resources
- Sharing Resources, Photos & Documentation
- Round Table Conversations-Brainstorming, Questions and Connections
- ECCDC Resources Available & Services
- Next Steps



2

Welcome and Introductions

- Welcome to the participants to the Community of Practice Network!
- Round table introductions sharing the program you work for, your programs nature connections, and what are you looking forward to this Winter.



3

Mindfulness Moment



<https://www.youtube.com/watch?v=B0aDPgHlvE0&t=44s>

4

Reflecting on CNN Resource



5

Further Resources

- <https://www.childhoodbynature.com/being-mindful-in-nature/>
- <https://childsplayabc.wordpress.com/2019/06/06/nature-playdough-day-6-of-30-days-wild/>
- <https://www.yourbodythetemple.com/mindfulness-in-nature-with-kids/>
- <https://www.naeyc.org/resources/blog/nature-based-mindfulness>
- <https://www.ontarioparks.ca/parksblog/guide-forest-bathing/>
- <https://www.pbs.org/parents/thrive/nature-as-stress-relief-for-kids>

Upcoming Training

- Fostering Resilience in Niagara: Trauma-Informed Workshop – February 1, 2024 – 6:30 – 8:30 p.m. in person ECCDC Conference Room - free

6

ECCDC Resources

Calm Down Box (could be used outside)

Resources to Support Mindfulness for Young Children (could be used outside)

Exploring Sounds of Nature through Music (bringing those calming nature sounds inside)

NATURALLY INCLUSIVE: Bringing Children of All Abilities Outdoors

RACHEL TIDD WILD LEARNING: TEACHING OUTDOORS

TRAUMA-INFORMED PRACTICES FOR EARLY CHILDHOOD EDUCATORS: Strategies to Build Resilience in the Classroom

7

Video

<https://www.youtube.com/watch?v=U7TKWh1-TE0>

8

Brainstorming

- Round Table Discussion for Brainstorming Challenges and Solutions

9

Sharing Learnings

- Please feel free to share any photos or learning stories from your centre of Winter happenings.



10

Further Questions and Connections

- Questions
- Connections



11

2024 Workplan

- What would you like to see for the Niagara Nature Alliance Network for 2024?



12

ECCDC Services Update

- Check us out online at www.eccdc.org or in person at **3550 Schmon Parkway, Thorold.**
- We are open! Monday, Friday and Saturday **8.30 a.m.- 4.30 p.m.** and Tuesday to Thursday **8.30 a.m.-9.00 p.m.**
- Please contact the ECCDC at **905.646.7311 ext. 304** if you are looking for materials.
- The ECCDC offers a resource lending library.
- We offer an online **EStore** of items including Personal Protective Equipment.
- The ECCDC designs and delivers professional learning opportunities in person and via webinar on a range of topics. Please visit www.eccdc.org to see what we have scheduled or to register for one of our sessions.



13

Next Steps

- **Next Meeting** – 29th April, 2024
- Look out for the network E-blast for all network dates
- Minutes from the meeting will be sent out and posted on www.eccdc.org
- Ginette Wilson gwilson@eccdc.org



14
