

Niagara Nature Alliance Network Meeting Notes

31<sup>st</sup> of January 2024

**Agenda**

- check-in-nothing added to the agenda

**Welcome and Introductions**

- Participants introduced themselves & their program

**Mindfulness & Well-Being**

- A mindfulness in the wetland's activity was share with participants. Please network PowerPoint (PPT) for details.
- It was highlighted that it is world wetlands on the 2<sup>nd</sup> of February.
- Participants shared how they connect with nature to support their own wellbeing.

**Reflection on Resources-Children & Nature Network; Nature as a pathway to healing from Adverse Childhood Experiences (ACEs)**

- Resource attached with the PPT & notes.
- The winter communities of practice have a focus on trauma informed care. Much research has highlighted the benefits of spending time in nature. The CNN website has further information regarding the research. <https://www.childrenandnature.org/resources/nature-helps-children-recover-from-adverse-childhood-experiences/>
- Participants shared their thoughts on the resource and how they might use it.
- Please see PPT for useful links to resources.

**Resources Available**-please see PPT.

**Sharing Photos and Documentation**

- None was shared.

**Brainstorming ideas, challenges and solutions, and questions and connections**

- Discussion and suggestions were shared regarding winter activities for children, <https://www.plt.org/educator-tips/outdoor-winter-activities-preschool>

<https://runwildmychild.com/outdoor-winter-activities-for-kids/> also check out ECCDC learning Exchange February 2024, how to keep mittens on <https://www.childreach.on.ca/blog/wild-child-mittens-part-3-tips-amp-tricks-to-keep-mittens-on> <https://www.bienenstockplaygrounds.com/blog/mitten-magic-a-helpful-strategy-to-keep-mittens-on-all-winter-long/> and bringing nature indoors; suggestions included adding items collected outdoor in sensory bin, adding natural loose parts to playdough & clay, adding natural items to the water play, bringing snow indoors.

### **2024 Workplan**

- Participants would like to visit outdoor spaces in programs.
- Please send topics to be included to the ECCDC or share them at the next NNAN meeting

### **Next Steps**

- Next meeting will be held on the 29<sup>th</sup> of April 2024. Venue to be determined. Please look out for details at [www.eccdc.org](http://www.eccdc.org) and E-blast closer to the date.
- Meeting notes will be posted on the ECCDC website

