



1

Licensed Child Care Supervisors Spring Network

Agenda

- Welcome and Introductions
- Mindfulness & wellbeing
- Reflection on Resources
- Sharing photos and documentation
- Round table sharing: Brainstorming challenges and solutions, and Questions and Connections
- QCCN update
- Resources Available
- Next Steps



2

Welcome and Introductions

- We invite participants to say good evening and share what they have been focusing on in their role.



3

Well-Being

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



4

Mindfulness Moment

5-4-3-2-1 Grounding Exercise



Mindfulness at Work – Devereux Centre for Resilient Children



5

Mindfulness Moment

- **5 – LOOK:** Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.
- **4 – FEEL:** Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.
- **3 – LISTEN:** Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.
- **2- SMELL:** Say two things you can smell. It's okay to move to another spot and sniff something. If you can't smell anything at the moment then name your 2 favourite smells.
- **1 – NAME:** Name 1 good thing about yourself.



Mindfulness at Work – Devereux Centre for Resilient Children



6

Sit-spots You should sit in nature for 20 minutes a day...
Unless you're busy, then you should sit for an hour.
~ based on an old Zen saying on meditation



The Wild Network

7

Reflection on Resource
Nature Valley: 3 generations



8

Reflection on Resource
Sharing documents and tools for outdoor play



Collaborative Decision-Making:
Supporting a Balanced Approach to Children's Unstructured Play



9

Photos

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



10

Further Questions and Connections

- Questions
- Connections



11

Brainstorming

- Round Table Discussion for Brainstorming Challenges and Ideas



12

QCCN Update



13

Resources

- Outdoor play Canada <https://www.outdoorplaycanada.ca/resources/>
- ECCDC Lending Library https://eccdc.org/lending-library-workroom/catalogue/?search_results=Y&keywords=nature
- Thrive Outside <https://childnature.ca/thriveoutside/>
- Claire Warden Free Resources
- Natural Curiosity [NEW! Introducing Natural Curiosity's Self-Guided Learning Program \(mailchi.mp\)](#)
- Outdoor Blog <https://eccdcgrowingtogether.wordpress.com/2021/08/23/dont-shy-away-from-outdoor-play/>



14

New ECCDC resources

The collage features several resource covers:

- Summer Math Walk**: A cover showing a person's feet in sandals on grass, with the author Deanna Petroski McLennan.
- Spring Math Walk**: A cover showing a person's feet in boots on a path, with the author Deanna Petroski McLennan.
- Autumn Math Walk**: A cover showing a person's feet in boots on a path with fallen leaves, with the author Deanna Petroski McLennan.
- Winter Math Walk**: A cover showing a person's feet in boots on a path, with the author Deanna Petroski McLennan.
- The Sky Above and the Mud Below**: A cover showing a child's hands in mud, with the subtitle 'Lessons from Native Preschools and Forest Kindergartens'.
- Outdoor Learning Through the Seasons**: A cover showing various outdoor activities, with the author David Sobel and the note 'coming soon'.

15

Want to Know More about ECCDC Services?

- Check us out online at www.eccdc.org or in person at 3550 Schmon Parkway, Thorold.
- We are open! Visitors are asked to wear a face mask and will be screened. We are also making 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 of items including Personal Protective Equipment: [click here](#)
- Our organization supports early learning programs with 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.



16

Next Steps

- What would the network like for next steps?
- **Next meeting** –ESTEEM.



17
