

Niagara preschool educators Spring network meeting

8<sup>th</sup> June 2022

**Network notes**

**Agenda-Check-in-no additions**

**Welcome and Introductions**-Participants introduced themselves and shared what they have been working on in their programs, which included

- offering the full-range of experiences outdoors; playing in the rain, listening to the sounds outdoors
- taking in the calmness of the outdoors
- gardening and developing a sense of ownership.
- focusing on end of year pieces, planning event to get together.
- looking forward to reconnecting and building relationship post covid.

**Mindfulness & wellbeing**-Participants engaged in a grounding exercise followed by a discussion on how to use with children. Please see PowerPoint and visit Devereux Center for Resilient Children.

An overview of using sit-stops was provided and how they could be used to support mindfulness on a personal level and within child care programs with children. Followed by a discussion regarding sit-stops.

- using sit-spots as a transition time from indoor to outdoor spaces
- consider the needs of children who maybe more introverted
- use to support self-regulation & calming
- watching the clouds
- grounding with shoes off

**Reflection on Resources-supporting outdoor play** Participants view the Nature Valley 3 generations video <https://www.youtube.com/watch?v=8Q2WnCbTww0> which highlights the change in children's play over 3 generations. Participants shared their thoughts on the video and outdoor play tips-sheet;

- taking the time to reflect back on our experiences as children
- remembering the excitement and the joy
- the inspiring role that we play regarding outdoor play
- working with families regarding the importance of outdoor play

Active for life clothes for the temperature will be sent out with the post email. They also have some great information on their website Active for life <https://activeforlife.com/how-to-dress-for-the-weather-in-every-season/> Go outside & play is an other useful website with a prortal for educators and one for parents

**Photos & documentation sharing**-No photos were shared, however, participant shared that they are using planting and gardening outdoors to support SEL-gentle touching, empathy and so on. Outdoors quite areas for reading and quiet cozy nocks to be alone. Using teachable moments to support scissor skills by cutting the grass with scissors and language development

### **Brainstorming, Questions and Connections**

- The ECCDC is looking for panellists to share thoughts and/or support professional development and events. Further information to follow.
- Nature's Path Canada-Grant's 2023 information available on the website <https://www.naturespath.com/en-ca/gardens-for-good/>
- Natural Curiosity have free virtual training available

### **QCCN update**

- Priyanka is back from Mat leave and Katie-Lynn is moving over to the Coaching and mentoring team.
- QCCN visits are being currently being booked.
- The next round of QCCN conversation Café are being developed. Please share any thoughts with Priyanka [ptan@eccdc.org](mailto:ptan@eccdc.org)

**Resources Available**-please see the PPT

### **Next Steps**

- Notes from the meeting will be posted on the ECCDC website
- Network dates for the Fall are being finalized. Please look out for ESTEEM and the networks E-blast
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