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.

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Niagara Preschool Educators Spring Network 8th June 2022

Agenda

- Welcome and Introductions
- · Mindfulness & wellbeing
- · Reflection on Resources
- Sharing Photos & Documentation
- Brainstorming & sharing challenges & discussing solutions
- QCCN update
- Resources Available
- Next Steps



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Welcome and Introductions

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



Well-Being

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



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Mindfulness Moment

5-4-3-2-1 Grounding Exercise



Mindfulness at Work – Devereux Centre for Resilient Children



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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.
- frame.

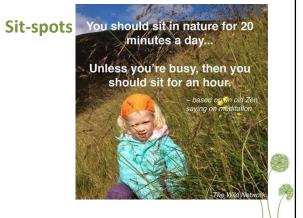
 4 FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

 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.
- out roud.
 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







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ECCDC Blog Post - Don't Shy Away From Outdoor Play! https://eccdcgrowingtogether.wordpress.com/2021/08/23/dont-shy-away-from-outdoor-play/

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Photos

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



Questions and Connections

• Participants are encouraged to ask questions and make connections.

Nature's Path Canada-Grant's 2023 information available on the website <a href="https://www.naturespath.com/en-ca/gardens-for-pat



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Brainstorming

• Round Table Discussion for Brainstorming Challenges and Ideas



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QCCN Update



2022 Workplan

• What is network look like moving forward



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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 <u>NEW! Introducing Natural Curiosity's Self-Guided Learning Program (mailchi.mp)</u>
- Outdoor Blog https://eccdcgrowingtogether.wordpress.com/2021/08/23/don t-shy-away-from-outdoor-play/

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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.

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Next Steps

- Follow-up email with PPT.
- Notes will be posted on the ECCDC website
- **Next meeting** –Look out for the ESTEEM and network E-blast.



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