

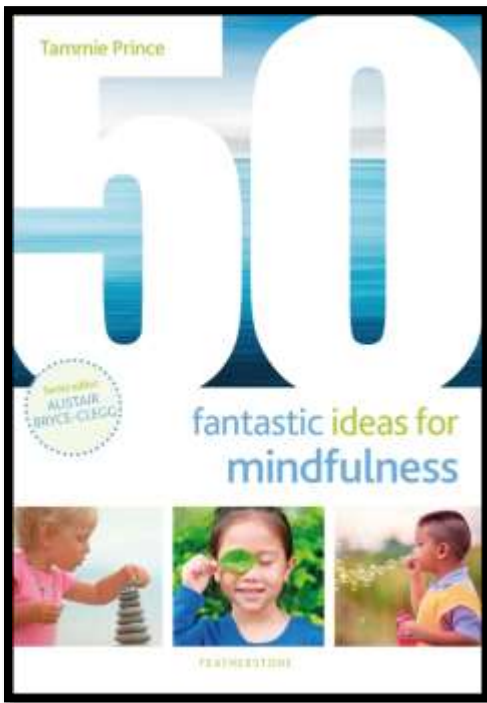
# Branching Out

Resource Updates to Support the Growth and Goals of Educators



As we are navigating through the second wave of the Covid-19 pandemic, there are a lot of conversations happening about the effects on our mental health and wellness and that of the children in our care. We do not yet know the extent of them, but we can certainly offer opportunities to explore concepts such as mindfulness, relaxation, empathy, and resilience, which will provide us with the tools we need to support the families and children we work with.

## Resources to Support Mindfulness & Relaxation



### 50 Fantastic Ideas for Mindfulness By Tammy Prince

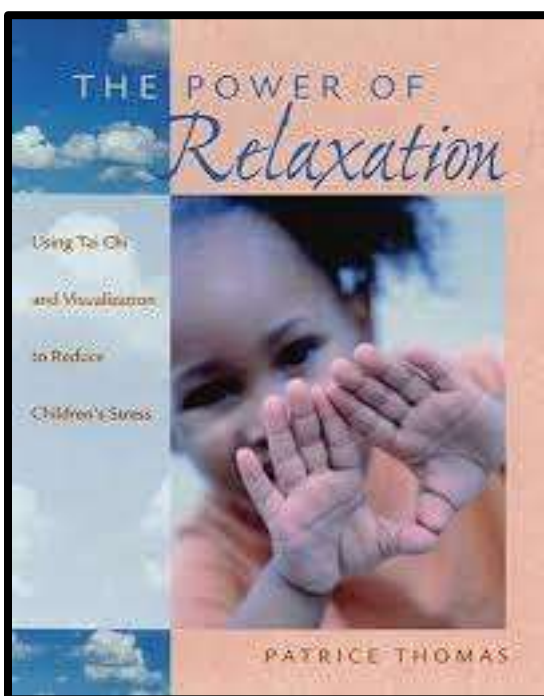
This book features a range of activities that enable children to build awareness of their emotions, focus on the present and empathize more easily with others. From ideas to manage distractions to games for independence, this collection of ideas includes colourful photographs and easy-to-follow instructions, making it a fantastic resource to bring mindfulness into the Early Years.



### Water Drop Labyrinth

The intended use of this beautiful wooden labyrinth is to encourage children's curiosity of water play but it would also make a great "finger labyrinth".

Finger labyrinths have been used by many different cultures and religions for relaxation, meditation and prayer that can bring spiritual and emotional well-being to the lives of those who used them.



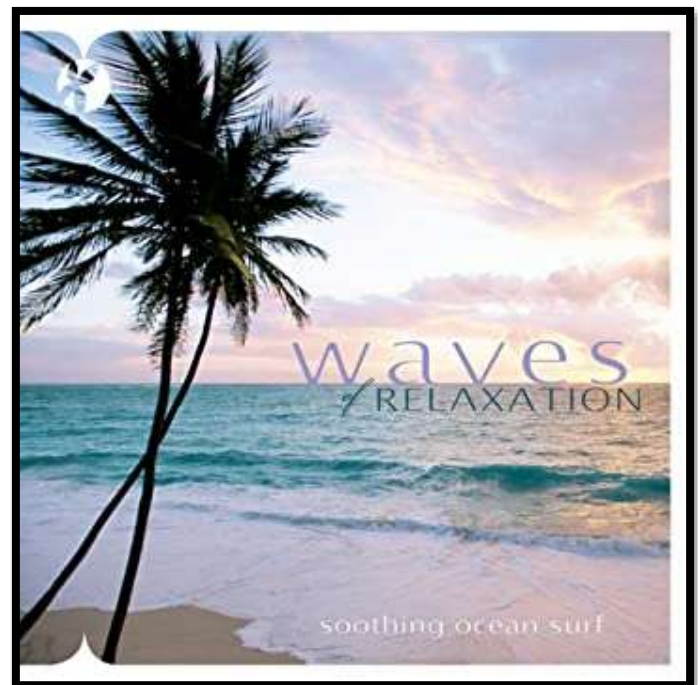
### The Power of Relaxation By Patrice Thomas

Through a combination of gentle exercises (based on tai chi and yoga) and progressive relaxation and visualization techniques, this book offers early childhood educators inventive ways to help young children de-stress.

### A 'Mindful Moments' Walk

Last spring an ECCDC staff member created a video as she explored mindfulness during a walk through her neighbourhood. Getting outside and taking time to explore using all your senses is a fantastic way to practice mindfulness. You can share in this walk by [clicking here](#)

You may also download a free Mindful Moments tip sheet from our E-store by [clicking here](#)



### Waves of Relaxation Soothing Ocean Surf (CD)

There is nothing more relaxing than the sounds of the surf hitting the shore. A great CD to use to support mindfulness practices.

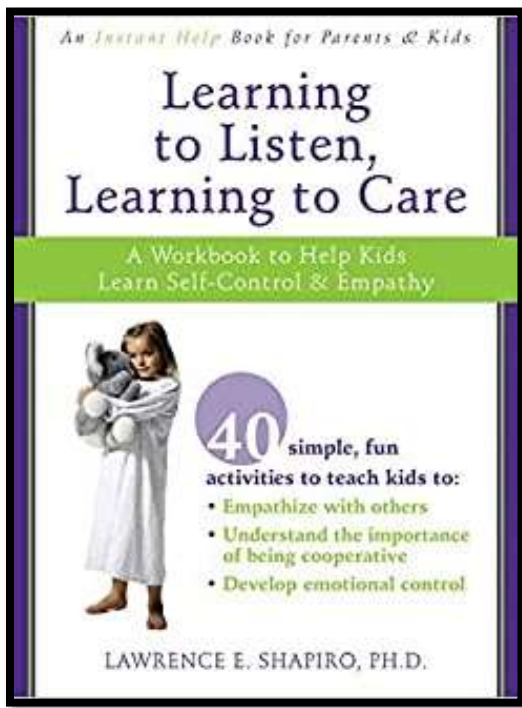
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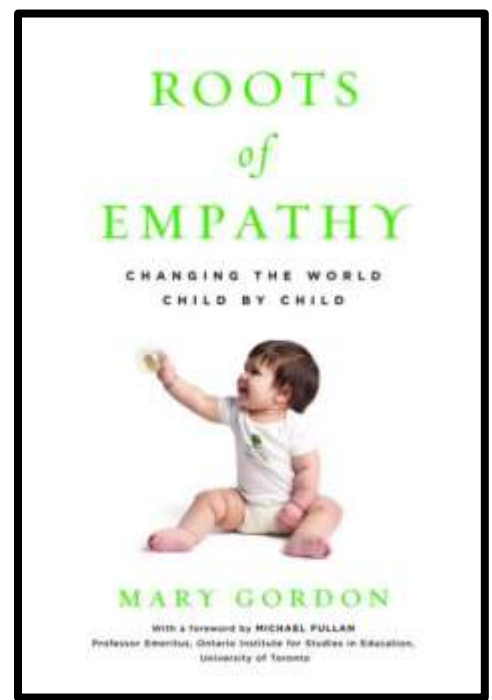


## Resources to Support Empathy



### Learning to Listen, Learning to Care By Lawrence E. Shapiro, Ph.D.

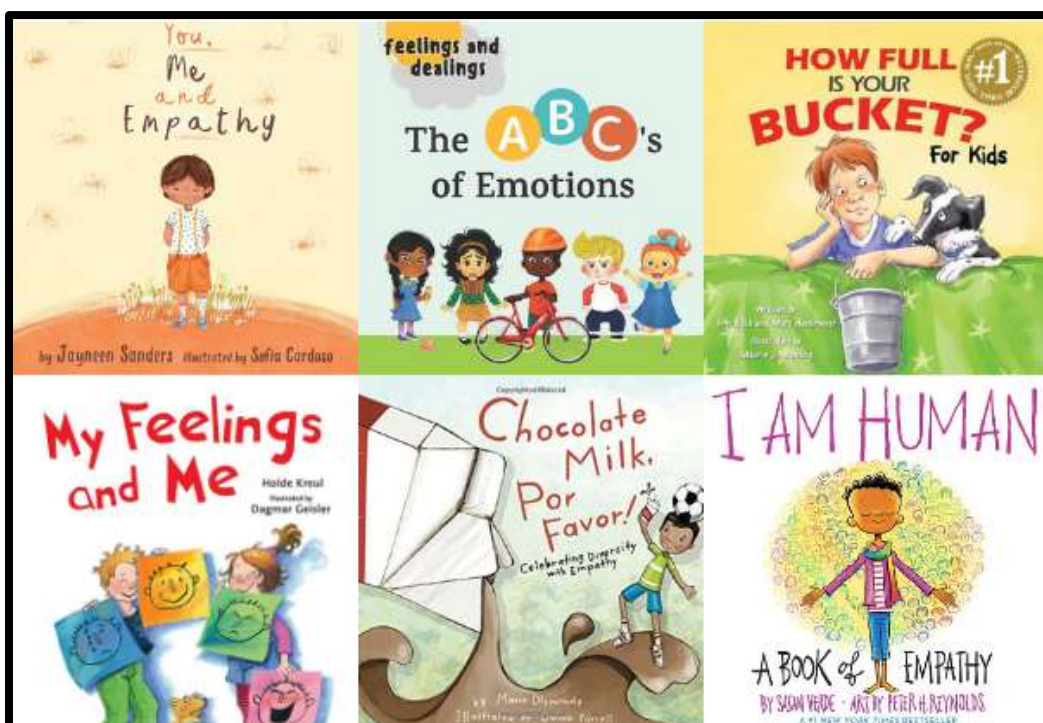
In this book children learn why it is important to follow rules and behave considerately toward others. This cultivates empathy, which contributes not just to good behaviour, but to academic and social success. By working through the fun and engaging exercises in this book, kids learn how to recognize the impact of their behaviour on others, express emotion in appropriate ways, and compromise with family and friends.



### Roots of Empathy – Changing the World Child by Child by Mary Gordon

In this book Mary Gordon chronicles the creation of her award-winning classroom program. Mary shares her vision of a society of compassionate and caring children who will pass on their legacy of empathy to their own children.

Here are a few children's books suggestions on the topic of Empathy. Keep an eye on our E-store for a new Pick up and Play coming soon that will highlight the book "I Am Human" pictured below.

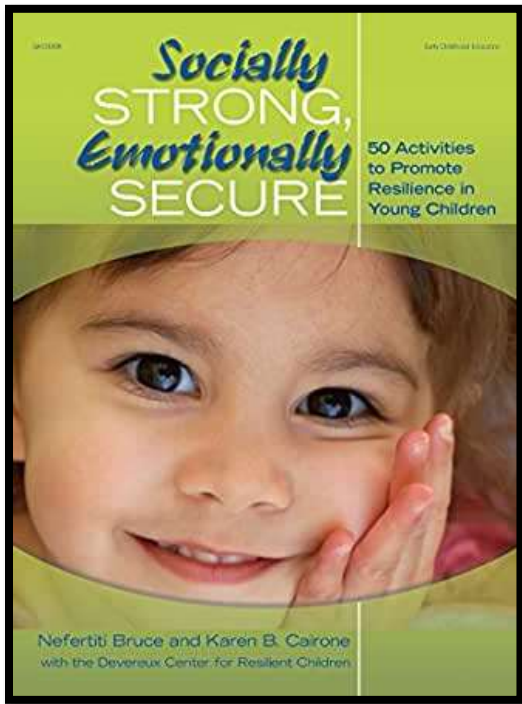


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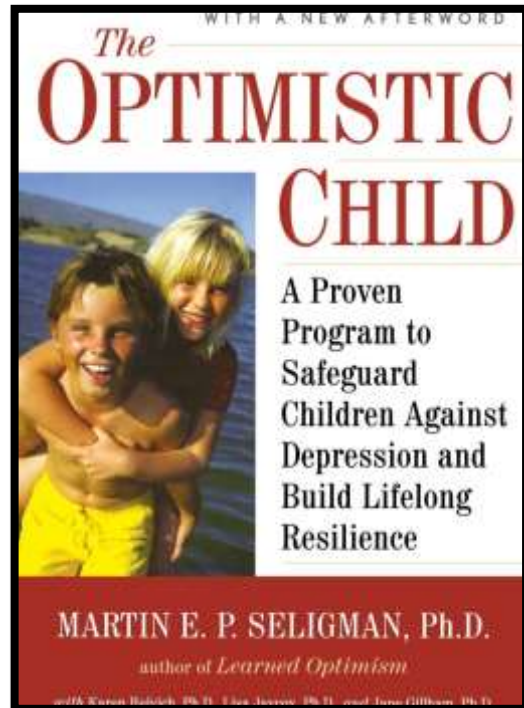


## Resources to Support Resilience



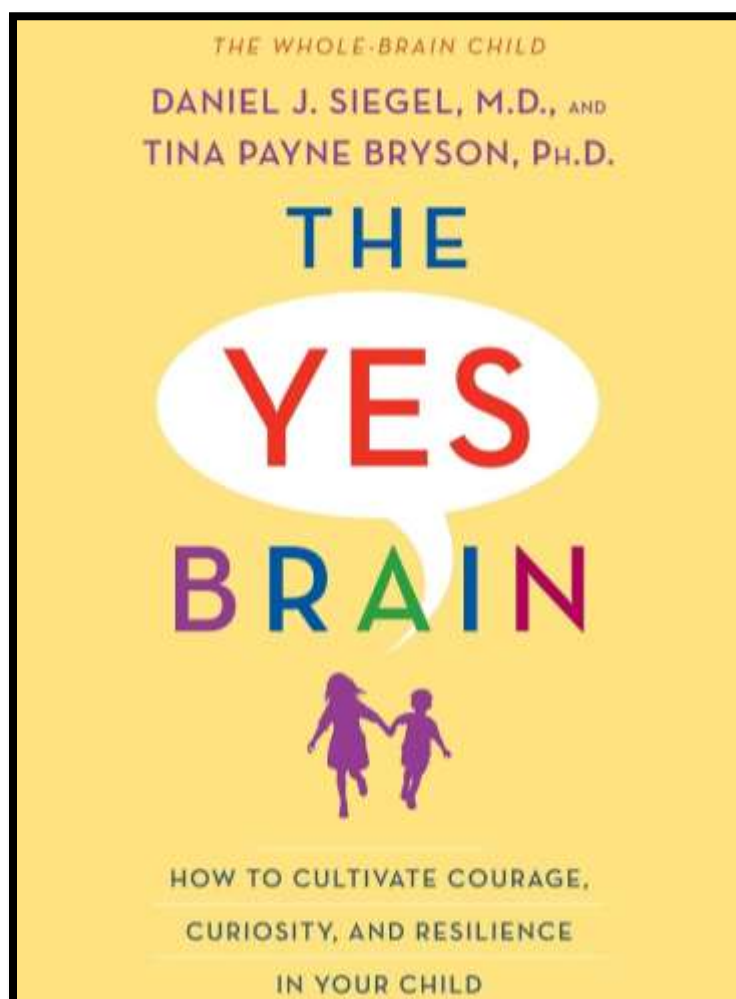
### **Socially Strong, Emotionally Secure** Nefertiti Bruce, Karen B. Cairone

The strategies and activities in Socially Strong, Emotionally Secure provide teachers with the tools they need to help children become socially and emotionally healthy for life. Organized into five chapters, the activities support and build resilience in children ages three to eight.



### **The Optimistic Child** By Martin E. P. Seligman, PH.D.

This book offers ways we can teach children to apply optimism skills that can curb depression, boost school performance, and improve physical health. These skills provide children with the resilience they need to approach the teenage years and adulthood with confidence.



### **The Yes Brain – How to Cultivate Courage, Curiosity, and Resilience in your Child** Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

When facing contentious issues such as screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. When kids work from a Yes Brain, they are more willing to take chances and explore. They are more curious and imaginative. They are better at relationships and handling adversity. In The Yes Brain, the authors offer skills, scripts, and activities to bring kids of all ages into the beneficial “yes” state.

[Click here](#) to watch ECCDC staff Natalie’s insightful review of the book “The Yes Brain”





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## Looking for additional support?

The ECCDC is offering some amazing Professional Development Sessions over the next few months via webinar that support empathy building, self-care, and resilience. Have a look below for more details.

### Finding Your Happy: An Introduction to the 16 Guidelines to Transform Your Life and Relationships

This workshop is a taster to a two-day workshop that looks at the neuroscience behind happiness and introduces “The 16 Guidelines” which provide practical tools for a more meaningful, fulfilled life. The idea behind the 16 guidelines is simple: to change the way we experience the world, we transform the way we think, act, and relate to others to find meaning. This workshop will teach techniques, including mindfulness, that can be shared with others, to improve personal relationships at home, reduce stress in the workplace, and overall increase your sense of happiness and well-being.

- Thursday February 11, 2021 Presented Via Webinar for Administrators: [click here to register](#)
- Thursday February 11, 2021 presented Via Webinar for Educators: [click here to register](#)

### Strengthening Your Leadership Skills by Building Balanced Empathy for Administrators/ Deepening Emotional Resilience through Building Balanced Empathy for Educators

In these workshops, we will examine what may cause us to feel emotionally overwhelmed and disconnected, often creating stress, and will explore vulnerability, emotional resilience, and empathy. Through various activities we will learn how to empathize from the heart and from the head. This ability will allow you to: develop and nurture a calmer and more focused mind; identify what pushes us out of balance, allowing the space for wiser choices; develop better self-understanding and therefore real empathy towards others and yourself; develop stronger emotional resilience; foster closer and more nurturing relationship with family, friends, and coworkers; and develop great compassion for ourselves and others

- Friday March 5, 2021 Presented Via Webinar for Administrators: [click here to register](#)
- Saturday March 6, 2021 Presented Via Webinar for Educators: [click here to register](#)



## Did you know we offer Customized Professional Development Opportunities?

Are you seeking to deliver outstanding early learning programs? We can help! The ECCDC’s cutting-edge professional learning opportunities and coaching services can be offered online, within your program, or in your community and our innovative resources can be shipped right to your door!

The session below is one that has been offered through our Professional Development calendar and has been increasingly popular as a customized session over the past months.

### Taking Care of Me to Take Care of You – Supervisor Wellness Session

During the session Supervisors will have an opportunity to explore the key aspects of workplace wellbeing that can support not only their wellbeing but also that of their staff team. Participants will engage in discussions on returning to the workplace post pandemic, sharing their journey and tips and tricks they have discovered. We will review the reasons for burnout and understanding ways to avoid burnout for their own career and those of their staff team. Links will be made throughout the session to Ontario’s Early Learning Frameworks that can be shared with the staff team. To finish off the session, a large group brainstorm will take place exploring ways to share back with team, implement and track success.

If you would like to book this or any other session for your team, please [click here](#) to email Lorrey Arial Bonilla, Executive Director, for more information.

To see a catalogue of other possible topics please [click here](#)

