



The Couch Exchange: Professional Learning Opportunities from the Comfort of Your Own Home – Issue 3

Engage in webinars, apps, websites, and virtual learning to support your ongoing journey and well-being.

Online Webinars and Training for Educators and Administrators

- https://wow.himama.com/register-himamahelps-remote/?mkt_tok=eyJpIjoiTldVeU9XSTROREpoWXpBMCIslmQlOiJhY1NSVDB6TVVwTmZxd3VqRmtyYWU4XC9hMkZTQ2ILWIBFS0U0b1wvSFhiakNSdlwvV2duNTZHYWIMWDFtakdGOW1kaU5ZS1BoTHdTK0JuQkViTWRObGszZU9LaWJXc1NLODZWQ0xVY0E5dzNVYVQ3M1ZucGRQVjhyRGRsd2lKeGRNU2wifQ%3D%3D - Webinar from HiMama on How to Set Up Remote Learning For Your Child Care Center **Friday April 3, 2020 1:00 p.m.** click link to register
- <https://www.pathstonefoundation.ca/> - Free online Webinar for “The White & Bright > FREE Live Stream Affair,” **April 8, 2020 7:00 p.m.** register on website
- <https://www.eventbrite.ca/e/leading-through-crisis-introductory-webinar-registration-101687155018> - Webinar to sign up for Supporting Leaders Handling Crisis Situations on **Monday April 6, 2020 at 1:00 p.m.**
- <https://ca.ctrinstitute.com/free-webinar/> - Mental Health and Resilience during Covid-19
- <https://www.eventbrite.ca/e/social-media-management-during-covid-19-for-small-business-owners-tickets-100407072256> - Social Media Management During COVID-19 For Small Businesses
- <https://cmascanada.ca/> - Care for Newcomer Children and Families
- <https://www.earlychildhoodwebinars.com/> - Free webinars from Early Childhood Investigations Webinars for early childhood educators
- <https://www.naeyc.org/events/trainings-webinars> - National Association for the Education of Young Children webinars and resources offered
- <https://www.youtube.com/watch?v=dBuuax9MJSU&feature=youtu.be> - Roots of Empathy presents a webinar on Supporting Children With Anxiety Through Uncertain Times.

Leadership Resources

- https://www.aecce.ca/anti_bias_approach_to_early_childhood_leadership_beyond_books_and_pictures_by_lindsey_allard_agnamba_and_je_kendria_trahan - Association of Early Childhood Educators of Ontario presents Anti bias leadership.
- <https://www.eventbrite.ca/e/icl-x-aecce-online-training-series-tickets-98290059213> - Free online training with Olivia Chow and the Institute for Change Leaders



Supports for your Health and Wellness

- <https://www.instagram.com/misfitstudio/> - Dance-infused workouts that combine elements from Pilates and yoga. Misfit is offering two weeks of free access to their online class subscription
- <https://stories.audible.com/start-listen> - All stories are free to stream on your desktop, laptop, phone or tablet from Audible
- <https://www.coregcommunity.com/> - Coregulation resources for Educators
- <https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids> - Get the little ones involved in the kitchen with simple, kid-friendly recipes and ideas from the Food Network.
- <https://food-guide.canada.ca/en/healthy-eating-recommendations/cook-more-often/involve-others-in-planning-and-preparing-meals/involving-kids-in-planning-and-preparing-meals/> - Involving kids in planning and preparing meals teaches them food skills and the importance of healthy eating through Canada's Food Guide
- <http://www.camh.ca/en/health-info/mental-health-and-covid-19> - Mental Health resources to support children and families through Covid-19.

Resources for Information on Covid-19

- <https://innoweave.ca/news-covid-19-crisis-leadership-resources/> - Innoweave Covid-19 Crisis Leadership Resources
- <http://launchbox-emailservices.ca/mail/display2.aspx?SID=4948e018-ae1e-460b-9b96-c3fbe28c4f75&N=16646> - Reaching In Reaching Out Coping with Covid-19
- <https://www.himama.com/resources/coronavirus-tips-daycare-closure> - Resources offered through HiMama dealing with Covid-19
- https://www.aecce.ca/information_for_child_care_and_early_years_workers_related_to_covid_19 - Details from AECEO on Covid-19
- <https://familiescanada.ca/> - Webinars and resources available for Family Support During COVID-19 Pandemic
- <https://youtu.be/y6bQB-OI4Sk> - Youtube video on Talking with your kids about Covid-19

Resources for working with Children of all Ages

Virtual Tours

- <https://artsandculture.google.com/partner?hl=en> – virtual tours from around the world from Google
- <https://www.pc.gc.ca/en/multimedia/cartes-maps/sec02> - Parks Canada street view
- <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- <https://britishmuseum.withgoogle.com/> - This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies.



- <https://www.si.edu/kids?fbclid=IwAR0kC07OCgcnUXwJQ2YIlliUj4Ewd-K6Wp3K09UM1DyOj9SHRH3ofUGogRo> - No need to travel to one of the Smithsonian's zoos or museums — this website brings your child everything from live video of the National Zoo to the Smithsonian Learning Lab right to their screen
- http://www.adfg.alaska.gov/index.cfm?adfg=viewing.webcams&fbclid=IwAR3SjERx_gc4IY-NXw3OLruSDQaV_g__1GXcL-j_rhFfSKw7Y_ZDtkfj3OI - Alaskan Wildlife cams
- <https://www.virtualtours.city/> - With Virtual Tour you can find and watch your destination without leaving your home.
- <https://theskylive.com/planetarium> - Online planetarium

Experiences and Activities for Children

- <https://app.sworakit.com/collections/kids-workouts?fbclid=IwAR2hMoqYH1doGWOpOLWXvHZz6LislGxBac1igKEIKnu5MhrzwN4P3y-I9A> - Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout.
- <https://www.theotttoolbox.com/> - At home OT, PT, and ST resources designed to build skills in children through movement and play.
- <https://natureexplore.org/family-resources/> - Resources to share with families involving nature experiences.
- <https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/> - 50+ Quick & Easy Kids Crafts that ANYONE Can Make!
- <https://leftbraincraftbrain.com/boredom-buster-free-activity-plan/> - This Boredom Buster Activity Plan is totally FREE, easy to do, and uses supplies you already have on hand.
- https://www.parents.com/fun/arts-crafts/kid/amazing-outdoor-art-projects/?slide=slide_1a73c0e7-73b4-4899-9362-be0ae23bc121#slide_1a73c0e7-73b4-4899-9362-be0ae23bc121 - Amazing Outdoor Art Projects