



The Learning Exchange: Quick links for Inspiring Professional Growth

Issue 64 • February 2024

Explore your personal professional learning goals through a variety of workshops, webinars, resources, websites, and other virtual learning opportunities that support your ongoing journey and well-being.

Professional Development

Virtual

- FLIP IT: Supporting Social & Emotional Development of Young Children & Reducing Their Instances of Challenging Behaviour (session 1 of 3) **Saturday February 3, 2024** from **8:30 to 10:00am**: [click here](#)
- Online Book Study: Every Child Can Fly - An Early Childhood Educator Guide to Inclusion **Monday February 5, 2024** from **6:30 to 8:00pm**: [click here](#)
- Understanding the Best Practices of Technology in an Early Learning Environment Series: Session 3 - Embracing Technology in the Outdoors & in Nature **Tuesday February 6, 2024** from **6:30 to 8:00pm**: [click here](#)
- Transforming Power, Privilege and Prejudice Series Session 1 - Building the Foundations to Transformative Action **Wednesday February 7, 2024** from **9:30 to 11:30am**: [click here](#)
- Inclusive Principles to Support Your Daily Practice Series: Session 3 - Constructing a New Pathway **Thursday February 8, 2024** from **6:30 to 8:00pm**: [click here](#)
- Nurturing Creative Art Experience to Support Wellbeing in Your Early Learning Environment Series Session 2 - Nurturing Creative Art Experiences Inspired by the Natural World **Thursday February 15, 2024** from **6:30 to 8:00pm**: [click here](#)
- Exploring Nature Skills in our Early Learning Environments **Tuesday February 20, 2024** from **6:30 to 8:00pm**: [click here](#)
- Nurturing Brilliant Minds: A Professional Learning Series for Educators of Infants & Toddlers Session 4 - Outdoor Play for Infants and Toddlers **Thursday February 22, 2024** from **6:30 to 8:00pm**: [click here](#)
- The Worthy Professional: What Does it Mean to Be Enough? **Saturday February 24, 2024** from **9:30 to 11:30am**: [click here](#)
- Risk Taking in Play Series: Session 1 - Reflecting on the Story of Risk & Challenge in Play **Tuesday February 27, 2024** from **6:30 to 8:00pm**: [click here](#)



- Coaching Strategies for Learning: Conflict, Performance, Change **Wednesday February 28, 2024** from **2:30 to 4:30pm**: [click here](#)
- Learning Disabilities in the Early Years Session 1 - Strategies for Supporting Language Difficulties in the Early Years **Thursday February 29, 2024** from **6:30 to 8:00pm**: [click here](#)

In-person

- The Art of Tinkering Series Session 2 - Tinkering with Wood **Tuesday February 13, 2024** from **6:30 to 9:00pm**: [click here](#)

February Highlights

Black History Month

- Government of Canada: [click here](#)
- Black History Month educational package: [click here](#)
- Children's books with strong black characters: [click here](#)
- 23 historical black Canadians you should know: [click here](#)
- How did Black history month come to be? CBC Kids: [click here](#)
- Places to visit & learn about Black History Month: [click here](#)
- STEAM black history activity book - Canadian version: [click here](#)
- AECEO Black History Month resources: [click here](#)
- Black history in Canada: [click here](#)
- Canadian children's books for Black History Month (Toronto Library): [click here](#)
- CBC Kids News - Black History Month explored: [click here](#)
- France Black History Month classroom activities: [click here](#)
- Black history activities for preschoolers: [click here](#)

World Wetlands Day - February 2

- All About World Wetlands Day: [click here](#)
- How to get involved: [click here](#)
- Ducks Unlimited Canada: [click here](#)
- Nature & Indigenous culture combine for World Wetlands Day event in Ontario: [click here](#)
- Wetlands Centres of Excellence in Ontario: [click here](#)
- Celebrating World Wetlands Day with kids: [click here](#)
- 5 mindful exercises to try in wetlands: [click here](#)



National Pizza Day - February 7

- All about National Pizza Day: [click here](#)
- Activities for Children: [click here](#)
- 6 recipes for making pizza with kids: [click here](#)

International Day of Women & Girls in Science - February 11

- United Nations: [click here](#)
- UNESCO: [click here](#)
- International Day of women & girls in science activities for children: [click here](#)
- STEM activities: [click here](#)

Mardi Gras/Shrove Tuesday - February 14

- What is Mardi Gras: [click here](#)
- What is Shrove Tuesday (National Geographic Kids): [click here](#)
- Mardi Gras food from around the world: [click here](#)
- Mardi Gras around the world: [click here](#)
- Healthy pancakes for kids: [click here](#)
- Dairy and flour free pancakes: [click here](#)
- Vegan pancake recipe: [click here](#)

International Random Acts of Kindness Day - February 17

- How you can participate: [click here](#)
- Become a Raktivist: [click here](#)
- Random acts of kindness scavenger hunt: [click here](#)
- The kind blog: [click here](#)
- Make kindness the norm at school: [click here](#)
- Kindness activities for kids: [click here](#)
- Random acts of kindness for kinders & preschoolers: [click here](#)
- Random acts of kindness for the preschool classroom: [click here](#)
- Random acts of kindness for toddlers: [click here](#)



Pink Shirt Day - February 28

- What is Pink Shirt Day? How one act of kindness kick started a global movement: [click here](#)
- History of Pink Shirt Day Canada: [click here](#)
- Pink Shirt Day Canada: [click here](#)
- Use Pink Shirt Day to make a difference: [click here](#)
- Pink Shirt Day resources: [click here](#)
- BGC Kingston: [click here](#)
- Pink Shirt Day: How to talk to preschoolers about bullying: [click here](#)
- Pink Shirt Day diversity books & videos for elementary school: [click here](#)

Early Learning Podcasts, Videos and Websites

- DCRC resources - Just picture it! Resilience through our eyes: [click here](#)
- Co-designing early childhood spaces with children (podcast): [click here](#)
- 5 Week Resiliency Challenge: [click here](#)
- Upcycling ideas for school-agers: [click here](#)
- STEM storytime - hot & cold: [click here](#)
- Reimagining recess Ithaca NY: [click here](#)
- Can I help out? Supporting equity, learning, and development by allowing children to help out: [click here](#)
- Children's spirituality: [click here](#)
- Playful classroom management: [click here](#)
- What next for child care advocates in 2024: child care now (webinar): [click here](#)
- Where is your weight? Risk & protective factors (DCRC Video): [click here](#)
- What is physical literacy and how to promote it: [click here](#)
- Building literacy skills by sparking imagination: [click here](#)



Diversity and Inclusion

- Indigenous resources - Strong Nations: [click here](#)
- Decolonizing the boardroom: [click here](#)
- Picture book celebrates children's diverse abilities in action: [click here](#)
- Intergenerational care: bringing old & young together - Lessons from Wales: [click here](#)
- Active play and Indigenous traditions: [click here](#)
- Active play posters in various languages: [click here](#)

Health, Wellness and Safety

- 4-week affirmation challenge: [click here](#)
- 8 ways to beat the winter blues: [click here](#)
- Lunchtime meditation: [click here](#)
- 6 mood-boosting yoga poses you can do with kids: [click here](#)
- How mindfulness helps you find time: [click here](#)
- Best practices for bringing mindfulness into schools: [click here](#)

Outdoor Activities & Resources

- Outdoor learning store winter webinar series: [click here](#)
- 10 ways to beat the winter blahs through outdoor play: [click here](#)
- 10 outdoor play ideas for the perfect snow day: [click here](#)
- Outdoor Play in Winter: [click here](#)
- 7 ways to help the environment while being active: [click here](#)
- Outdoor winter activities for 2-year-olds: [click here](#)
- Making Ice Igloos: [click here](#)
- Canadian Paediatric Society recommends risky play for kids: [click here](#)
- The benefits of taking kindergarten outdoors (video from Gatineau Quebec): [click here](#)
- Benefits of outdoor play poster: [click here](#)
- Exploring pock worlds (video): [click here](#)
- Promoting outdoor learning in urban settings: [click here](#)



Small Business Resources

- 5 ways grants can help grow your business in 2024: [click here](#)
- Manage your time and mentor yourself: [click here](#)

Uplifting Stories

- Brock named third best employer in Canada by Forbes: [click here](#)
- A stranger finds missing bridal photos after 30 years: [click here](#)

Do you have any uplifting stories you would like to share? [Click here](#) to email the Early Childhood Community Development Centre and it may be included in a future edition of The Learning Exchange.

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 for members to visit onsite and can also make resource deliveries directly to member 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** with resources, books, and more!
- Our organization offers early learning programs 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. [Click here](#) to view our Esteem page. [Click here](#) for a catalogue of customized offerings.