



## The Learning Exchange: Quick links for Inspiring Professional Growth

Issue 69 • Summer 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

Please keep an eye on your email for the Fall 2023 – Spring 2024 edition of Esteem or [click here](#) to visit the esteem page on our website.

### July Highlights

#### National Picnic Month

- 60 Kid-friendly Picnic Food Ideas: [click here](#)
- Celebrating National Picnic Month: [click here](#)
- DIY Ice Packs (video): [click here](#)
- Teddy Bears Picnic - Sung by Anne Murray (video): [click here](#)
- Teddy Bear Picnic Ideas: [click here](#)

#### National Play Outside Day - July 6

- All About National Play Outside Day and Resources: [click here](#)
- Play Outside Ideas: [click here](#)
- Street Play: [click here](#)
- Toronto StreetPLAY Pilot Project Report: [click here](#)
- Street Play Canada Blog: [click here](#)



## International Rock Day - July 13

- All About International Rock Day: [click here](#)
- Celebrating International Rock Day: [click here](#)
- Rock Painting 101: [click here](#)
- International Rock Day! Video 2023: [click here](#)
- Rock Activities for Kids: [click here](#)
- Red Ted Art Rock Crafts: [click here](#)

## Give Something Away Day - July 15

- How to Celebrate: [click here](#)
- Ideas to Celebrate: [click here](#)
- 12 Things to Declutter for National “Give Something Away” Day: [click here](#)

## Canada Parks Day - July 20

- What is Canada Parks Day: [click here](#)
- Canada Parks Council: [click here](#)
- Government of Canada: [click here](#)
- Plant a Seed and See What Grows Foundation - Celebrating Canada Parks Day: [click here](#)

## World Listening Day: Listening Across Boundaries - July 18

- World Health Organization: [click here](#)
- All About World Listening Day: [click here](#)
- Childhood by Nature - Tuning into the Sounds of Nature: [click here](#)
- Kids Activities - 20 Fun Games to Build Listening Skills: [click here](#)

## Take your Houseplant to Work Day - July 27

- Benefits: [click here](#)
- 3 Reasons Why You Need Plants in Your Office: [click here](#)
- Classroom Activities and Experiments to Interest Kids in Plants: [click here](#)



## August Highlights

### National Wellness Month

- 25 Wellness Wednesday Activities: [click here](#)
- All About Self Care Day: [click here](#)
- Self Care Day: [click here](#)
- A Guide to Practicing Self-Care with Mindfulness: [click here](#)
- Devereux Centre for Resilient Children - Talking Self-Love Video Series: [click here](#)

### Happiness Happens Month

- All About Happiness Happens Month: [click here](#)
- Ask Olivia (video): [click here](#)
- Activities for Kids (blog): [click here](#)
- Ideas to Celebrate: [click here](#)
- Happiness Activities for Students, Groups, and Adults: [click here](#)
- Books to Celebrate Happiness Happens: [click here](#)

### National Sandwich Month

- 31 Sandwich Ideas: [click here](#)
- Teaching Kids to Make Sandwiches: [click here](#)

### International Day of World Indigenous Peoples - August 9

- United Nations: [click here](#)
- Unicef Canada Resources for kindergarten to grade 3: [click here](#)

### National Relaxation Day - August 15

- Overview and Ideas: [click here](#)
- Save the Children Ideas: [click here](#)
- 50 Calm Down Activities for Kids: [click here](#)

### World Humanity Day - August 19

- World Humanity Day Overview: [click here](#)
- United Nations: [click here](#)
- How to Leave your Mark with Kids in Tow: [click here](#)
- Events in Canada: [click here](#)



## Women's Equality Day - August 26

- Overview: [click here](#)
- Gender Equality Coalition of Ontario: [click here](#)

## Eat Outside Day - August 31

- Eating Outdoors in Preschool: [click here](#)
- Benefits of Eating Outdoors: [click here](#)
- Best Ways to Eat Outside: [click here](#)

## Early Learning Podcasts, Videos and Websites

- CCCF 2024 Vision for Child Care in Canada: [click here](#)
- ECA Podcast - Relationships with Children, Families and Community (An Ozzie perspective): [click here](#)
- The Play Based Learning Podcast - Building Equitable and Inclusive Early Childhood Environments: [click here](#)
- Roots of Empathy Niagara (video): [click here](#)
- Boosting Children's EQ through Play: [click here](#)
- The 8 Sensory System Part 8 - Vestibular System: [click here](#)
- What Happens When We Shield Kids from Boredom: [click here](#)
- DCRC Summer Strategies - Promoting Self-regulation in Infants and Toddlers (video): [click here](#)
- One of the Superpowers of Learning – Repetition: [click here](#)
- The Everything ECE Podcast - Rethinking Weapon Play: [click here](#)
- Child Care Now: Education Matters - Workforce Policy for Quality Early Learning & Child Care: [click here](#)
- Center for the Developing Child Working Paper - A Cascade of Impact: The Many Ways Water Affects Child Development: [click here](#)
- TVO Kids: Putting on Sunscreen (video for kids): [click here](#)



## Diversity and Inclusion

- Project Implicit: The Implicit Bias Test: [click here](#)
- Exploring My Power and Privilege: [click here](#)
- CTRI Blog: 5 Pillars to Support Someone with FASD: [click here](#)
- A Curriculum for Educating Differently: Unlearning Colonialism and Renewing Kinship Relations: [click here](#)
- The Powerful Pedagogy Podcast - Celebrating Children's Differences: [click here](#)
- O Canada with Widgit Symbols: [click here](#)

## Health, Wellness and Safety

- 10 Ways to Recharge this Summer: [click here](#)
- The Secrets of Mindful Gardening: [click here](#)
- Lunchtime Meditation: [click here](#)
- Mindfulness Practice to Work with Difficult Emotions: [click here](#)
- The Neuroscience of Gratitude and the Effect on the Brain: [click here](#)
- OHCOW: How to Prevent Heat Stress at Work: [click here](#)
- CCOHS: Climate Change Impacts on Work Infographic: [click here](#)

## Outdoor Activities & Resources

- Canada's Coolest Playgrounds: [click here](#)
- 20 Sensory Activities Outdoors: [click here](#)
- DCRC Summer Strategies: Promoting Self-regulation in Preschool Children Outdoors: [click here](#)
- Cooking Without Heat in the School Garden (webinar): [click here](#)
- Land-based Learning and Reconciliation: Resources for Teaching Children (webinar): [click here](#)
- Leave No Trace: Leave What You Find: [click here](#)
- The 17-Second Rule and the Importance of Risky Play: [click here](#)
- Imaginative Ecological Education: A Simple Guide to get you Started: [click here](#)



## Small Business Resources

- Inclusive Hiring Practices Toolkit: [click here](#)
- Grant Writing in a Digital Age: Leveraging Technology for Better Proposals: [click here](#)
- 7 Powerful Characteristics of A Truly Inspirational Leader: [click here](#)
- CCOHS: Small Business Health and Safety Commitment: [click here](#)

## Uplifting Stories

- Niagara Children's Centre Honours Tim Denis with Legacy Award: [click here](#)
- Farmer Gives Away Free Potatoes: [click here](#)
- Mining City Goes Green: [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](http://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 catalogue page. [Click here](#) for a catalogue of customized offerings.