



The Couch Exchange: Professional Learning Opportunities from the Comfort of Your Own Home – Issue 2

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

Resources for Information on Covid-19

- <https://event.webinarjam.com/register/2/w6mg7c4> - HiMama is offering a free webinar Question and Answer on Covid-19 Friday March 27, 2020
- <https://www.vogue.com/article/how-to-practice-self-care-while-social-distancing> - Article to explore regarding social distancing.
- <https://www.forbes.com/sites/alicegwalton/2020/03/22/9-mental-health-practices-to-maintain-or-begin-during-coronavirus-lockdown/> - Support for mental health practices.

Leadership Resources

- <https://ca.achievecentre.com/resources/> - Achieve Centre for Leadership and Workplace Performance
- http://www.leadinggroupsonline.org/?link_id=1&can_id=2a5619c1dbe35278ed12a7773bc8980c&source=email-leading-groups-online&email_referrer=email_758500&email_subject=leading-groups-online&fbclid=IwAR2ABoqQrrAaVTXnZIFch69mOaRD2uSQ93DFFsvY3MWHSeqEcZMi5AsvBQ - Leading Groups Online
- <https://teamagreements.com/vs-landing> - Understanding working as a team

Supports for your Health and Wellness

- <https://food-guide.canada.ca/en/?wbdisable=true> - Healthy Eating through Canada's Food Guide
- <https://www.innerblissyogastudio.com/iby-chatter/2020/3/14/facebook-live-class-schedule> - online live Yoga from home!
- <https://www.smartertravel.com/become-a-better-traveler/>
- <http://www.clubscikidzmd.com/blog/> - Daily free science or cooking experiment to do at home.
- <https://www.gonoodle.com/> - Movement for Children
- <https://littletwistersyoga.com/online-store/> - Free at-home kids' yoga lesson plans



Resources for Educators

- <https://www.facebook.com/CAPCCPNPNetwork/videos/222283822218007/> - A face to face webinar link with Dr. Jean Clinton
- <https://www.albertafamilywellness.org/training> - Brain Story certificate course
- <https://makingsenseoftrauma.com/course/making-sense-of-trauma/> - Resources for supporting and understanding trauma
- https://www.dragoncart.ca/Cart/product_details.php?mid=477425671397585447&product_id=930904831579191489 – Raffi Course in honouring the child
- <https://rootsofempathy.org/> - YouTube videos on Empathy
- <https://www.coursera.org/> - Tons of free classes from leading universities and companies
- <https://www.edx.org/> - 2,500+ online courses from top institutions
- <https://www.memrise.com/> - 22 languages to learn
- <https://www.skillshare.com/> - Explore new skills, deepen existing passions, and get lost in creativity.
- <https://www.jetsetter.com/magazine/best-books-of-2020/> - For the avid reader

Resources for working with Children of all Ages

Virtual Tours

- <https://kids.sandiegozoo.org/> - The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!
- <https://www.nps.gov/.../lea.../photosmultimedia/virtualtours.htm> - Tour Yellowstone National Park!
- <https://accessmars.withgoogle.com/> - Explore the surface of Mars on the Curiosity Rover.
- <https://www.farmfood360.ca/> - This Canadian site - FarmFood 360 - offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.
- <https://www.louvre.fr/en/visites-en-ligne> - Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip
- <https://www.thechinaguide.com/destinati.../great-wall-of-china> - This Virtual Tour of the Great Wall of China is beautiful and makes history come to life.



Experiences and Activities for Children

- https://www.buzzfeed.com/melissaharrison/educational-resources-activities-kids-coronavirus?utm_source=dynamic&utm_campaign=bfsharetwitter
- www.scholastic.com/learnathome - Free resources with 20 days of exciting articles, stories, videos, and fun learning challenges.
- <https://www.redleafpress.org/Texts.aspx> - Weekly texts for different experiences and activities you can use with your children

ECCDC's online store

- <https://eccdc.org/shop/>