



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 5

Engage in webinars and access new resources, websites and other virtual learning to support your ongoing journey and well-being.

Resources for Information on Covid-19

- Government of Canada COVID-19: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Government of Canada – How are Canadians Coping with the COVID-19 Situation? <http://www.niagaraknowledgeexchange.com/wp-content/uploads/sites/2/2020/04/11-627-m2020029-eng.pdf>
- Government of Ontario – The 2019 Novel Coronavirus (COVID-19): <https://www.ontario.ca/page/2019-novel-coronavirus>
- Ministry of Health Ontario Public Health Unit Locator: <https://www.phdapps.health.gov.on.ca/PHULocator/Default.aspx>
- Ontario College of Teachers - COVID-19 News, Resources and FAQ: https://www.oct.ca/public/media/announcements/covid-19-news-and-resources?sc_lang=en&
- Niagara Region Public Health Daily Covid-19 Updates: <https://www.niagararegion.ca/health/covid-19/default.aspx>
- Early Childhood Community Development Centre (ECCDC) Updates & COVID-19 Information: <https://eccdc.org/announcements/covid-19-information/>
- A Parent’s Guide to Health Information on the Internet – Getting Information from the Right Source: https://www.caringforkids.cps.ca/handouts/health_information_on_the_internet

Online Webinars and Training for Educators and Administrators

- Mental Health Works Webinar on Isolation and Loneliness – **April 21, 2020 from 12:00 pm – 1:00 pm** <http://www.niagaraknowledgeexchange.com/event/isolation-and-loneliness/>
- Men in Early Childhood Education (MECE) Webinar on Strategies for Teaching Boys in Early Childhood – **April 21, 2020 from 3:00 pm – 4:00 pm** <https://worldforumfoundation.org/workinggroups/men-in-ece/>



- NPQ Responding to COVID-19 Webinar – Human Resources: Balancing Urgency & Equity – **April 23, 2020 @ 3:00 pm** https://info.nonprofitquarterly.org/covid19-hr-webinar?utm_source=hs_email&utm_medium=email&utm_content=86414591&_hsenc=p2ANqtz-8aldQ17dIKr2wh4QfsN9B8t_BgkBDMHgWe1PWzVPz0HUrMyB7xBdBmld7yfsqwBDUTH0QTg3PxyKcc7dK6ZxsMnDMgsg&_hsmi=86415300
- SEO Fundamentals Online Webinar - **April 23, 2020 from 6:00 pm – 7:30 pm** <https://investinhamilton.ca/hamilton-business-centre/event/seo-fundamentals-online-webinar/>
- Aperçu de la démence portera sur l'apprentissage de la démence, l'adaptation des changements dans le cerveau et vivre bien avec la démence - **le 27 avril 2020 de 16 h à 17 h** <https://zoom.us/j/98451981300?pwd=SjlyUIRDY0tPMS9Cdkx2NlVxeG1DQT09>
- Faites marcher votre cerveau, il a besoin d'exercice - **le 29 avril 2020 de 16 h à 17 h** <https://zoom.us/j/97243780159?pwd=YWlrMnlGQTJKWTdya2g5RUtlekhoQT09>
- Live CPL Portfolio Cycle Webinar – **April 30, 2020 @ 12:00 pm, 12:30 pm, 6:00 pm, and 6:30 pm** https://college-ace.adobeconnect.com/cpl_overview_2019-20/
- CTRI Mental Health and Resilience During COVID-19 On-Demand Webinar: <https://ca.ctrinstitute.com/free-webinar/>
- CTRI Working From Home During COVID-19, 3 Keys to being Effective: <https://ca.achievecentre.com/free-webinar/>
- Psychology Today Tips for Improving Communication During Video Conferencing: <https://www.psychologytoday.com/ca/blog/spycatcher/202003/tips-improving-communication-during-video-conferencing>
- Connect with Other Educators to Exchange Tips, Strategies, Share Stories, and Resources: https://ece-professionals.slack.com/join/shared_invite/zt-d81tqh0k-quF4uDTNrq9QbuDQKqISDA

Resources for Mental Health and Remote Office Environments

- Wellness Together Canada: <https://ca.portal.gs/?lang=en-ca&fbclid=IwAR2Ujmdy3IHDMTtp7HimjSi2l9ytahWmdH9UYNDxnerR-VAJfKxLD1yp1SM>
- CAMH – Centre for Addiction and Mental Health COVID-19: <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Workspace Safety & Prevention Services - At Home Workstation Checklist: https://www.wsps.ca/WSPS/media/Site/Resources/Downloads/home_office_workstation_set_up_checklist.pdf?mc_cid=3008964113&mc_eid=7fe70acb32
- Workspace Safety & Prevention Services - COVID-19 Mental Health Risk Poster: https://www.wsps.ca/WSPS/media/Site/Resources/Downloads/covid19-mental-health-poster.pdf?ext=.pdf&mc_cid=3008964113&mc_eid=7fe70acb32
- When Home Becomes The Workplace: Mental Health And Remote Work: <https://www.forbes.com/sites/onemind/2020/03/17/when-home-becomes-the-workplace-mental-health-and-remote-work/#18de924c1760>



- Tips on Staying Productive When Working Remotely: <https://www.canada.ca/en/government/publicservice/covid-19/working-remotely/staying-productive.html>
- COVID-19: Working Remotely – Tips for Team Members: <https://www.csps-efpc.gc.ca/tools/jobaids/working-remotely-members-eng.aspx>

Small Business Resources

- COVID-19 Pandemic Preparedness Toolkit for Ontario Businesses: https://www.workplacesafetynorth.ca/sites/default/files/uploads/OCC-Pandemic-Preparedness-Toolkit-for-COVID-19_final.pdf
- Business Continuity Plan and Templates: <https://www.bdc.ca/en/articles-tools/entrepreneur-toolkit/templates-business-guides/pages/business-continuity-guide-templates-entrepreneurs.aspx>
- Business Recovery Strategies to Take Now to Build Enrollment Faster Once You Reopen: <https://www.linkedin.com/pulse/covid-19-support-ii-business-recovery-strategies-take-julie-wassom/>

Health and Wellness

- At Home Flexibility Stretches: https://www.wspcs.ca/WSPS/media/Site/Resources/Downloads/at-home-flexibility-stretches.pdf?mc_cid=3008964113&mc_eid=7fe70acb32
- The Restorative Power of Ritual: <https://hbr.org/2020/04/the-restorative-power-of-ritual?ab=hero-subleft-1>
- CBC What You Need to Know Before Wearing a Mask: <https://www.cbc.ca/player/play/1720657475514>
- Developing a Self-Care Plan: <https://schools.au.reachout.com/articles/developing-a-self-care-plan>
- 10 Breathing Techniques: <https://www.healthline.com/health/breathing-exercise>

Resources for working with Children of all Ages

- Mindfulness Games for Kids – Be a Superhero: <https://blissfulkids.com/mindfulness-games-for-kids-be-a-superhero/>
- My Hero is You, Storybook for Children on COVID-19: <https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>
- Songs of Resilience: <https://www.reachinginreachingout.com/songsofresilience.htm>
- WHO Parenting in the Time of COVID-19: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>
- 13 Vegetables That You Can Regrow Again And Again: <https://www.icreativeideas.com/13-vegetables-that-you-can-regrow-again-and-again/>



- Building and Construction Activities: https://drive.google.com/file/d/1LqNmx9op_MiMq-PaiRwimvymCyuT4Y5b/view
- Anxiety in Kids and Teens: <https://www.heysigmund.com/anxiety-in-kids-and-teens-avoidance-brave-behaviour/>
- Listen to Robert Munsch Read his own Books: <https://robertmunsch.com/books>
- Enjoy free videos of extraordinary live and on-demand performances and educational activities to do at home: <https://www.kennedy-center.org/digitalstage/Kennedy-Center-at-home/>
- Coding for Ages 4 to 10: <https://www.kodable.com/?fbclid=IwAR0zadeeC5J7u9DIVxWCO0UgPaCxp2ErohDTS1t6QXcfTwXNGHg2poyaNBk>
- Play instruments online – guitar, piano, pan flute, drums, and bongos: https://www.virtualmusicalinstruments.com/?fbclid=IwAR2qBCq_e8uGIU5ZXiWjqy_S2Elad3CTTXA0rMqtrTQ AfiejwsUSyqOshAU
- National Gallery of Art – Kids Interactives Offer an Entertaining and Informative Introduction to Art and Art History: https://www.nga.gov/education/kids.html?fbclid=IwAR2vghRCUf14HrTaGH16oZBMsCkedSSNIKi82oq_laHgiFztEh3QAI4TpBk
- Ontario College of Teachers – Wide Assortment of eBooks and Research Options: https://octlogins.b2clogin.com/octlogins.onmicrosoft.com/oauth2/v2.0/authorize?p=B2C_1_Signin&client_id=fd0a7e1b-17d2-4710-b5db-c7a9d83b990c&nonce=DefaultNonce&response_mode=form_post&redirect_uri=https://www.oct.ca/members/services/login&scope=openid&response_type=id_token&ui_locales=en&state=angmi
- Supporting Individuals with Autism through Uncertain Times: <https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf>

