



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 35

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

Online Webinars and Training for Educators and Administrators

- The Canadian Early Mathematics Education Conference running **March 1 to March 4, 2021**: [click here](#)
- Schema Play Series – Session 3: Emotional Schemas - **Wednesday March 3, 2021** from **6:30 to 8:00pm**: [click here](#)
- STEAM Series – Session 3: STEAM in the Outdoors - **Thursday March 4, 2021** from **6:30 to 8:00pm**: [click here](#)
- Strengthening Your Leadership Skills by Building Balanced Empathy (for Administrators) - **Friday March 5, 2021** from **9:00am to 3:00pm**: [click here](#)
- Deepening Emotional Resilience through Building Balanced Empathy (for Educators) - **Saturday March 6, 2021** from **9:00am to 3:00pm**: [click here](#)
- Naturalizing your Indoor Early Learning & Child Care Environment - **Tuesday March 9, 2021** from **6:30 to 8:00pm**: [click here](#)
- Black Lives Matter at School: Early Childhood Edition – **March 17, 2021** from **5:00 to 6:30 pm**: [click here](#)

Resources for Information on Covid-19

- What Covid-19 Has Done to Our Well-Being: [click here](#)
- Coronavirus disease (COVID-19) Updates for Canada: [click here](#)
- Provincial and territorial resources for COVID-19: [click here](#)
- Public Health Ontario: [click here](#)
- Latest COVID-19 Updates for Ontario: [click here](#)
- Niagara Region COVID-19 Statistics: [click here](#)
- College of Early Childhood Educators COVID-19 Updates: [click here](#)
- Ontario Providing Additional Financial Support for Young Learners: [click here](#)
- Roots of Empathy – Covid-19 Resources: [click here](#)
- Connect Families to COVID-19 Benefits and Relief: [click here](#)



Health and Wellness

- 5 Best Kids Yoga Videos on Youtube: [click here](#)
- Kid's Healthy Eating Plate: [click here](#)
- Brain fog is a real thing: [click here](#)
- Anchoring Ourselves in Compassion - One Breath At A Time: Guided Meditation for 2021: [click here](#)
- What Form of Love Do You Want To Be in 2021? [click here](#)
- Loving-Kindness and Self-Compassion for the New Year: [click here](#)
- Affectionate Breathing: [click here](#)
- What is possible when we surrender? [click here](#)
- Taking the Self Out of Self-Righteousness: [click here](#)
- Cocoa Club on Zoom: [click here](#)
- Do You Know Burnout When You See It? [click here](#)
- Tuesday Tip | Self-Love: [click here](#)

Online Podcasts and Videos & Early Learning Websites

- Dealing With Challenging Toddler Behavior in the Classroom: [click here](#)
- Heart Science Experiments To Inspire A Love Of Learning: [click here](#)
- A curated compilation of tunes to inspire self-compassion, joy, and strength: [click here](#)
- Turnaround Arts – Playing for Change: [click here](#)
- 20 Year Dream: [click here](#)
- 5 Universal Practices to Support Young Children's Positive Behaviour: [click here](#)
- Dual-Language Family Engagement Tips: [click here](#)
- Making New Words "Stick": [click here](#)
- Building Abstract Vocabulary with How Do You Feel? [click here](#)
- Creating Conversation with Good Night, Gorilla [Book Nook]: [click here](#)
- Dealing With Challenging Toddler Behavior in the Classroom: [click here](#)



Small Business Resources and Remote Office Environments

- The Small Nonprofit Podcast: Conflict Management with Claudia Aronowitz: [click here](#)
- Get Real: 3 shifts to help your nonprofit stand out in 2021: [click here](#)
- Interview Coaching: How to ace a job interview in 2021: [click here](#)
- The Philanthropist interview: Dahabo Ahmed Omer: [click here](#)
- How to Build Trust and Connection Online: [click here](#)
- Canada-Ontario Job Grant: [click here](#)
- Digital Presence Grant: [click here](#)
- Financial Supports Available to Small Businesses: [click here](#)
- How Canadians can get a \$400 tax credit — no questions asked — for working from home during COVID-19: [click here](#)
- The federal government subsidy (CERS) designed to assist with commercial rent or property expenses has been reconfigured. For more info: [click here](#)
- The Canada United Small Business Relief Fund has been extended: [click here to apply](#)

Outdoor Activities & Resources

- Supporting Teachers in Nature-Based Programs **Wednesday March 10, 2021** from **2:00 to 3:30pm**: [click here](#)
- Family Day Fun - Survival of the Slowest at the Butterfly Conservatory: [click here](#)
- Royal Botanical Garden's Virtual March Break Camp: [click here](#)
- INSIDE OUT: Bringing the indoor classroom outdoors: [click here](#)

Want to Know More about ECCDC Services?

- Check us out online at www.eccdc.org or in person at **3550 Schmon Parkway, Thorold**.
- We offer 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** of items including Personal Protective Equipment: [click here](#)
- We support early learning programs with organizational supports including indoor and outdoor environmental design services, team building, board development, curriculum planning and everything in between!
- We offer 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.

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early childhood community development centre



Uplifting Stories of the Week

- See How a Teacher Broke the World Record for Largest Single Drawing Made By One Person: [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 Couch Exchange.