



The Couch Exchange: Professional Learning Opportunities and Resources – Issue 44 • April 2022

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

- Webinar - Opening the Culture Door: Embracing Diversity & Different Cultural Perspectives, with Barbara Kaiser **Thursday April 7, 2022** from **6:30 to 8:00 pm**: [click here](#)
- Webinar - Supporting Diversity & Inclusion; Session 2: Understanding the Anti-Bias Classroom **Monday April 11, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - Transitioning to ONCA - **Wednesday April 13, 2022** from **9:30 to 11:30 am**: [click here](#)
- Online Book Study: Adventures in Risky Play: What is Your Yes?, by Rusty Keeler **Wednesday April 13, 2022** from **6:30 to 8:00 pm**: [click here](#)
- In Person or via Live Stream - Expanding Children’s Imaginative and Dramatic Play, Session 1 – **Thursday April 14, 2022** from **6:30 to 9:00 pm**: [click here](#)
- Webinar - Implementing the Code of Ethics and Standards of Practice & Our CPL Program into Daily Practice, Session 4 **Tuesday April 19, 2022** from **6:30 to 8:30 pm**: [click here](#)
- In Person - Supporting Positive Health and Well Being through Inquiry Based Outdoor Learning – **Thursday April 21, 2022** from **6:00 to 8:30 pm**: [click here](#)
- In Person or via Live Stream - Expanding Children’s Imaginative and Dramatic Play, Session 2 – **Thursday April 28, 2022** from **6:30 to 9:00 pm**: [click here](#)



World Health Day – April 7: 'Our planet, our health'

- World Health Organization: [click here](#)
- Activities for children: [click here](#)
- How to celebrate world health day with Kids: [click here](#)
- 16 World Health Day Activities: [click here](#)
- World Health Day 7 Easy Ways to get the Family Moving: [click here](#)

Easter – April 15-17

- 11 active ways to celebrate Easter: [click here](#)
- 10 fun ways to add activity to your Easter: [click here](#)
- Easter activities in Toronto and the GTA: [click here](#)
- Find an Easter Egg hunts and events in Ontario: [click here](#)
- Easter and Spring activities for Kids: Montessori and Reggio: [click here](#)
- Easter Sensory play activities: [click here](#)
- Easter Sensory play ideas: [click here](#)
- Sensory play ideas for toddlers: [click here](#)

National High Five Day - April 21

- National High Five Day videos: [click here](#)
- The origins of the High Five: [click here](#)
- High Five Day images: [click here](#)

Earth Day – April 22: 'Invest in our planet'

- The origins of Earth Day: [click here](#)
- What is Earth Day? The History: [click here](#)
- Earth Day Canada: [click here](#)
- Earth Day-Niagara Falls: [click here](#)
- Earth Day tool kit: [click here](#)



International Dance Day - April 29

- Introduction to International Dance Day: [click here](#)
- Get moving with Rupal: Learn Bhangra for Kids! #1: [click here](#)
- Preschool Music & Movement. Up and Down Hip-Hop Action Songs for Kids: [click here](#)
- Top 10 Dance games for Kids: [click here](#)

Diversity and Inclusion

- College Talk; Elevating Voices Natalie Royer: [click here](#)
- NAEYC Advancing Equity in Early Childhood Education Position Statement: [click here](#)
- NEAYC Moving Beyond Anti-bias Activities to Supporting Anti-bias Practices: [click here](#)
- NEAYC Focus on Ethics: Gender Expression and Identity: [click here](#)
- EdCan Network Beyond accommodations Rethinking gender inclusion in schools: [click here](#)

Resources for Information on Covid-19

- 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](#)
- Roots of Empathy – Covid-19 Resources: [click here](#)
- Coping with COVID-19: [click here](#)
- Coronavirus Resources for Early Childhood Professionals: [click here](#)



Health and Wellness

- 7 Ways for Leaders to Cultivate Self-Compassion: [click here](#)
- 5 Ways for Teachers to Take a Self-Compassion Break: [click here](#)
- Health and wellness tips for educators: [click here](#)
- Mindful Movement to Ease into Sleep: [click here](#)
- Stop Mourning the Morning: [click here](#)
- Not Terrible, Not Great: Tips for Navigating the Land of Languishing: [click here](#)
- The resilient educator toolkit: [click here](#)
- How to create a movement room: [click here](#)
- 10 ways to get more active in just 10 minutes: [click here](#)

Online Podcasts and Videos & Early Learning Websites

- "The Great Resignation": Is it impacting Canada's nonprofit sector? [click here](#)
- Hiring and retaining myths debunked [Podcast]: [click here](#)
- Devereux Centre for Resilient Children. Defining Empathy series. Let's dig deep: Empathy: [click here](#)

Small Business Resources and Remote Office Environments

- The future of remote work: [click here](#)
- Better Employee Retention: How Leaders Can Prevent the "Great Resignation": [click here](#)

Outdoor Activities & Resources

- Quick Ways to Get Out in Nature: [click here](#)
- How to help children connect with Nature: [click here](#)
- 6 ways kids should engage in risky play: [click here](#)
- 39 fun ways kids can play outside this spring: [click here](#)
- Defining Play with Peter Gray: [click here](#)
- Let's Expand Outdoor Education: [click here](#)
- Natural Curiosity: The Importance of Indigenous perspectives in Children's Environmental Inquiry. Free Self-guided course: [click here](#)



early childhood community development centre



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, safe curb-side pick up and drop off of resources. We are also making resource deliveries directly to 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** of items including Personal Protective Equipment: [click here](#)
- Our organization supports early learning programs with 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.

Uplifting Stories of the Week

- Public makerspace to allow entrepreneurial ideas to come to life in Niagara Falls (article): [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.