



## The Couch Exchange: Professional Learning Opportunities and Resources

Issue 48 • August 2022

### What's Happening in August

#### August is National Peach month

*Let's Talk About the Niagara Peach Industry within Our Programs*

- Peach picking spots in Ontario: [click here](#)
- Peach picking in Niagara: [click here](#)

#### Things to do in August

- 50 things to do with your kids this summer in Toronto: [click here](#)

#### National Relaxation Day August 15<sup>th</sup>

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

#### National Tell a Joke Day August 16<sup>th</sup>

*A Great Activity to Promote with Your Centre's School Ageds*

- How to Tell a Funny Joke: [click here](#)
- Laughter is the best Medicine: [click here](#)
- 100 Hilarious Jokes for Kids: [click here](#)
- 100 Kids Tell a Joke: [click here](#)

#### World Photography Day August 19<sup>th</sup>

- World Photography Day information: [click here](#)
- Photography for Kids: [click here](#)
- 13 Lessons on Photography for Kids: [click here](#)
- 15 Photography Projects for Kids: [click here](#)
- CBC Parents - What Kids Learn when they are Behind the Camera: [click here](#)



## World Humanity Day August 19<sup>th</sup>

- World Humanity Day Overview: [click here](#)
- United Nations: [click here](#)
- How to Leave your Mark with Kids in Tow: [click here](#)
- Events in Canada 2021: [click here](#)

## National Radio Day August 20<sup>th</sup>

- National Radio Day Overview: [click here](#)
- 12 World Radio Day Activities to do with Kids: [click here](#)
- Pinterest Ideas: [click here](#)

## Women's Equality Day August 26<sup>th</sup>

- Women's Equality Day Overview: [click here](#)
- Gender Equality Coalition of Ontario: [click here](#)

## Online Podcasts and Videos & Early Learning Websites

- The Genius of Play website: [click here](#)
- Self-Care for Teachers: [click here](#)
- Devereux Center for Resilient Children - Asking for Help: [click here](#)
- Devereux Center for Resilient Children - Going back to school as a family: [click here](#)
- Defending the Early Years - 2022 summer institute replay: [click here](#)
- Inside Waldorf classrooms indoors and outdoors: [click here](#)
- 10 clever ways to organize LEGO: [click here](#)
- Hydraulic Lift STEM project for school agers: [click here](#)
- Creating gender inclusive environments podcast: [click here](#)
- Helping children to understand and celebrate differences from a young age: [click here](#)

## Diversity and Inclusion

- Active for Life - 5 Indigenous games to play with children: [click here](#)
- How to talk with kids about diversity and inclusion: [click here](#)
- Diversity and inclusion in the early years: [click here](#)



- You are Enough: A book about Inclusion: [click here](#)
- 13 tips on how to talk to your children about diversity and differences: [click here](#)
- Active for Life: Active and accessible summer fun activities for kids with disabilities: [click here](#)

## Health, Wellness and Safety

- Coronavirus disease (COVID-19) Updates for Canada: [click here](#)
- Public Health Ontario - COVID-19 communication resources: [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](#)
- Coronavirus Resources for Early Childhood Professionals: [click here](#)
- Supporting mental health as children return to school: [click here](#)
- YMCA at home: [click here](#)
- Government of Ontario - creating healthy schools: [click here](#)
- Mindfulness and emotional learning: [click here](#)

## Outdoor Activities & Resources

- Active for Life - fun summer activities: [click here](#)
- Active for Life: 21 fun & active games for children to play on the beach: [click here](#)
- Active for Life: 14 cheap (or free) activities to do with your kids this summer: [click here](#)
- Water games: [click here](#)
- 50 no-prep outdoor activities: [click here](#)
- 1000 hours outside: [click here](#)
- Defending the early years - wilder child & wild school podcast: [click here](#)
- The Genius of Play - How to create a wiggle worm farm: [click here](#)
- Going wild website: [click here](#)
- Child Nature Alliance: Accessibility, disability and risky play: [click here](#)
- Active for Life - the benefits of going barefoot: [click here](#)

## Small Business Resources and Remote Office Environments

- Province of Ontario - small business resources: [click here](#)
- Increase in Canada Child Benefit: [click here](#)
- DCRC - Toxic positivity: [click here](#)



- Shop local: [click here](#)
- Niagara economic development strategy: [click here](#)
- GNCC - shaping Niagara's economy webinar – **Thursday August 11, 2022 from 10:00 to 11:00 am EDT:** [click here](#)
- Charity Village - managing emotions in the workplace (webinar): [click here](#)
- CCOHS: Sitting at work: [click here](#)
- Random acts of kindness at work challenge: [click here](#)

## Uplifting Story of the Week

- Twins spread the word on diversity and inclusion: [click here](#)
- Anyone for tennis? Free tennis balls: [click here](#)
- CBC Kids: PEI kids helping out with food: [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.

## 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 also offer curbside pick up and drop off of resources. We also make 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** with resources, books, and more: [click here](#)
- 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](#) for a catalogue of customized offerings.