



## The Learning Exchange: Quick links for Inspiring Professional Growth

Issue 53 • February 2023

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

### Professional Development

#### Virtual

- How Does Learning Happen? for Non-Registered Early Childhood Educators – Webinar – **February 15, 2023** from **6:30 to 8:00 p.m.**: [click here](#)
- The Healthy, Happy and Mindful Educator Series; Session 2: Motivating Self Through Times of Change – Webinar – **February 23, 2023** from **6:30 to 8:00 p.m.**: [click here](#)
- Supporting Growth & Development of Your Staff Team, Session 3: Supporting the Growth of Educators Within Your Team... – Webinar – **February 27, 2023** from **10:00 to 11:30 a.m.**: [click here](#)

#### In-person

- Back to the Foundations of Early Math Development – **February 16, 2023** from **6:30 to 8:00 p.m.**: [click here](#)

### February Highlights

#### Black History Month – “Ours to tell”

- 2023 Ours to Tell Black History Month: [click here](#)
- Noteworthy figures in Canada: [click here](#)
- Anti-Bias Education: [click here](#)
- I Am An Educator: [click here](#)
- Reflecting on Anti-bias Education in Action: The Early Years: [click here](#)
- Importance of Black History: [click here](#)



## February 2 – Groundhog Day

- What is Groundhog Day?: [click here](#)
- Groundhog Day Celebrations in Canada – 2023: [click here](#)
- Facts about Groundhog's: [click here](#)
- Groundhog Day Kids STEM Activity: [click here](#)

## February 4 – World Cancer Day and National Thank A Mail Carrier Day

- World Cancer Day Toolkit: [click here](#)
- World Cancer Day 2023: Understanding The Importance Of Early Screening: [click here](#)
- History of National Thank A Mail Carrier Day: [click here](#)

## February 13 & February 14 – Galentine's Day & Valentine's Day

- What is Galentine's Day: [click here](#)
- History of Valentine's Day: [click here](#)
- 8 Culturally-Different Valentine's Day Celebrations: [click here](#)
- 15 Fun Valentines Day Family Traditions: [click here](#)
- How to Explain the True Meaning of Valentine's Day to Kids: [click here](#)

## February 15 – National Flag of Canada Day

- About the National Flag of Canada: [click here](#)
- Did you know — National Flag of Canada Day: [click here](#)
- Do's and don'ts when displaying the flag - National Flag of Canada: [click here](#)
- Declaration of National Flag of Canada Day: [click here](#)
- Activity Kit: [click here](#)
- Historical flags of Canada: [click here](#)

## February 17 – Random Acts of Kindness Day

- History of Random Acts of Kindness Day: [click here](#)
- Kindness Ideas: [click here](#)
- 8 Heartwarming Stories to Celebrate Random Acts of Kindness Day 2023: [click here](#)
- 9 Unique Ways to Spread Kindness on National Random Acts of Kindness Day: [click here](#)



## February 20 – Family Day & National Love Your Pet Day

- What is Family Day?: [click here](#)
- Talking to Kids: Families Come In All Shapes and Sizes: [click here](#)
- A Family is a Family is Family – Read Aloud Book: [click here](#)
- Things to Do with Kids: [click here](#)
- 8 Ways to Celebrate Love Your Pet Day: [click here](#)

## Fun Facts

- February Birthstone: Amethyst
- Flower(s) of the Month: Violet and Primrose
- February comes from the Latin word “Februa” or “Februum” meaning “to cleanse”
- February is the only month in the year that can pass without a full moon.

## Early Learning Podcasts, Videos and Websites

- Run Wild My Child Podcast: [click here](#)
- The psychology of self-motivation: [click here](#)
- A Dance and Literacy Activity for Responding: [click here](#)
- Life After the Classroom: [click here](#)
- Students learn more from active classrooms, but they think they’re learning less!: [click here](#)

## Diversity and Inclusion

- 40+ Language & Literacy Interventions for Multilingual Learners: [click here](#)
- 4 Steps for Teaching New Vocabulary: [click here](#)
- 8 Ways to Make Your Classroom Culturally Inclusive Year-Round: [click here](#)
- Helping Children Respect and Appreciate Diversity: [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](#)
- Why You Need a Self-Care Plan: [click here](#)
- Five Healthy Habits to Help Reduce Stress: [click here](#)
- Should kids be physically active while sick? [click here](#)
- Let's Dig Deep: Toxic Positivity: [click here](#)
- 3 office-friendly breathing exercises that can help you combat stress at work: [click here](#)

## Outdoor Activities & Resources

- Tips for Spending More Time Outside with Your Kids in the New Year: [click here](#)
- Infusing Yoga into Nature Play: [click here](#)
- How to Successfully Complete a Seasonal Spot Photography Project: [click here](#)
- 20 Ways to Incorporate Nature into your Daily Life: [click here](#)
- Tokyo Adventure Playground!: [click here](#)

## Social and Emotional Learning Resources

- Mindfulness Practice for Parents and Educators of Young Children: [click here](#)
- SEL Lesson Ideas-Providing Consistency Between Home & School for Kids: [click here](#)
- Childhood Resilience: The Do's and Don'ts of Trauma-Informed Care: [click here](#)
- Loss and Death: Storytelling is a Powerful Tool to Help Children Process Intense Experiences and Emotions: [click here](#)

## Small Business Resources

- Reimagining Program Development and Evaluation: [click here](#)
- Do employees really feel comfortable speaking up?: [click here](#)
- The key to motivating employees, even when the going gets tough: [click here](#)
- Don't Feedback, Try Feedforward Instead!: [click here](#)



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## Uplifting Stories

- Canada Schoolteacher Finds Fossil that May Be 300 Million Years Old and Could Re-Write Fossil Record: [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 Learning 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.
- 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.