



The Learning Exchange: Quick links for Inspiring Professional Growth

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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

- The Healthy, Happy and Mindful Educator Series Session 5: How to Unleash the Power of Positive Thinking - **Thursday May 25, 2023** from **6:30 to 8:00 pm EST**: [click here](#)
- Bullying within Early Learning Classroom: Why it Happens and How to Manage It - **Tuesday May 30, 2023** from **6:30 to 8:00 pm EST**: [click here](#)
- Get Ready for the ONCA: Bring Your Own Bylaws - **Wednesday May 31, 2023** from **9:30 am to 1:30 pm EST**: [click here](#)

For Niagara Educators only

- Quality Child Care Niagara Community Conversation Café Online: Reflecting on the Environment and Our Daily Practice - Part One – **Wednesday May 24, 2023** from **6:30 to 7:30 pm**: [click here](#)

May Highlights

Community Living Month

- Community Living Ontario: [click here](#)

Mental Health Awareness Month

- Canada Mental Health Association: [click here](#)
- Accessibility for Ontarians with Disabilities Act: [click here](#)
- Strengthening Your Mental Fitness: [click here](#)



Asian Heritage Month

- Government of Canada: [click here](#)

Canadian Jewish Heritage Month

- Government of Canada: [click here](#)

National Road Safety Awareness - Third Week of May

- Canada Safety Council: [click here](#)
- 5 Summer Road Safety Activities for Kids: [click here](#)

World Bee Day May 20

- The Bee Conservancy: [click here](#)
- Changing the World - One Bee & One Mind at a Time! [click here](#)
- Make a DIY Native Bee Home: [click here](#)

World Turtle Day May 23

- The History of World Turtle Day: [click here](#)
- Fauna & Flora International: [click here](#)
- World Wildlife Foundation: [click here](#)
- World Turtle Day for Kids - fun facts video: [click here](#)
- Sea Turtles: [click here](#)

National Treasure Hunt Day May 24

- Sketching Scavenger Hunt: [click here](#)
- Outdoor Scavenger Hunts: [click here](#)

National Paper Airplane Day May 26

- Paper Airplane Instructions: [click here](#)
- 4 Simple & Fun Paper Airplanes STEAM Activity for Kids: [click here](#)

National Sunscreen Day May 27

- Top Sun Safety Tips for Active Families: [click here](#)
- 52 Weeks of Sun Safe Activities: [click here](#)
- 6 Sun Safety Games to Teach Kids Healthy Habits: [click here](#)



Early Learning Podcasts, Videos and Websites

- How to make Kinetic sand: [click here](#)
- Establishing Connections with Young Children: [click here](#)
- 7 Ideas for Building Relationships with Children & Families: [click here](#)
- Looking through Social and Emotional Lenses video: [click here](#)
- Establishing Connections with Young Children Blog: [click here](#)
- Learning about the 4 quadrants of emotional regulation in children & adults video: [click here](#)
- Sacramento Adventure Playground video: [click here](#)

Diversity and Inclusion

- Indigenous Learning Resources: [click here](#)
- Autism and Anxiety: 5 ways to be a Support: [click here](#)
- First Nations Educational Videos: [click here](#)
- Social Justice & Diversity in Early Childhood podcast: [click here](#)

Health, Wellness and Safety

- Coronavirus Disease (COVID-19) Updates for Canada: [click here](#)
- Public Health Ontario - COVID-19 Communication Resources: [click here](#)
- COVID-19 Resources 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](#)
- Self-care ideas for people who don't like self-care: [click here](#)
- 4 ways to develop mind-body awareness with young children: [click here](#)
- Centering Resilience video: [click here](#)
- 5 Week Resiliency Challenge: Build Your Bounce Blog: [click here](#)
- 4 Ways You're Already Promoting SEL - or ways you can start doing so Blog: [click here](#)
- How to foster gratitude and contentment with children: [click here](#)
- May lunchtime Meditation: [click here](#)
- Eye-Opening Tips to Prevent Digital Eye Strain: [click here](#)
- Compassionate workplace podcast: [click here](#)



Outdoor Activities & Resources

- Natural Curiosity Edward Burtynsky Award for Teaching Excellence in Environmental Education: [click here](#)
- Natural Curiosity David Suzuki Fellowship Award for Excellence in Pre-Service Environmental Education: [click here](#)
- Spring Scavenger Hunt: [click here](#)
- Can technology help children to connect with nature? [click here](#)
- Eastern Canada Nature Guides: [click here](#)
- Making Recycled Bird Feeders: [click here](#)
- Mother Nature's Paint Brushes: [click here](#)
- Flower Pounding Activities: [click here](#)
- The benefits of going barefoot: [click here](#)
- Why gardening is a great activity for children: [click here](#)
- Fun no-equipment Outdoor Games for Kids: [click here](#)
- Plants that Predict the Weather: [click here](#)
- Plants that Keep the Bugs at Bay: [click here](#)

Small Business Resources

- Random Acts of Green: Engage your team in sustainability: [click here](#)
- Greener Ideal: 5 Easy ways your small business can go green and save green: [click here](#)
- Introduction to Environmental Social Governance: For Business Big & Small webinar: [click here](#)

Uplifting Stories

- Mom Posted to Find Friends for 24-YO Son with Down Syndrome - the Flood of Support Shocked Her: [click here](#)
- Hundreds of Endangered Seahorses Back Into the Wild: [click here](#)
- Small Acts of Kindness Are Universal: [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.



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 and can also make resource deliveries directly to member 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!
- 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](#) to view our Esteem catalogue. [Click here](#) for a catalogue of customized offerings.