

#### Licensed Child Care Supervisors Spring Network

#### Agenda

- Welcome and Introductions
- Mindfulness & wellbeing
- Reflection on Resources
- Sharing photos and documentation

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- Round table sharing: Brainstorming challenges and solutions, and Questions and Connections
- QCCN update
- Resources Available
- Next Steps

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### Welcome and Introductions

• We invite participants to say good evening and share what they have been focusing on in their role.









#### Mindfulness Moment

- 5 LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.
- frame.
  4 FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.
  3 LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.
- 2 SMELL: Say two things you can smell. It's okay to move to another spot and sniff something. If you can't smell anything at the moment then name your 2 favourite smells.
- 1 NAME: Name 1 good thing about yourself.

Mindfulness at Work - Devereux Centre for Resilient Children













### Photos

• Please feel free to share any photos from your centre of Winter happenings.



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## Further Questions and Connections

Questions

Connections



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### Brainstorming

Round Table Discussion for Brainstorming Challenges
 and Ideas



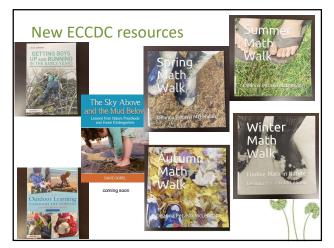


#### Resources

- Outdoor play Canada https://www.outdoorplaycanada.ca/resources/
- ECCDC Lending Library <u>https://eccdc.org/lending-library-</u> workroom/catalogue/?search\_results=Y&keywords=nature
- Thrive Outside <a href="https://childnature.ca/thriveoutside/">https://childnature.ca/thriveoutside/</a>
- Claire Warden Free Resources
- Natural Curiosity <u>NEW! Introducing Natural Curiosity's Self-</u> <u>Guided Learning Program (mailchi.mp)</u>
- Outdoor Blog

https://eccdcgrowingtogether.wordpress.com/2021/08/23/don t-shy-away-from-outdoor-play/

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# 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! Visitors are asked to wear a face mask and will be screened. 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.

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#### Next Steps

• What would the network like for next steps?

• Next meeting -ESTEEM.



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