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**Niagara Preschool Educators Spring Network 8<sup>th</sup> June 2022**

Agenda

- Welcome and Introductions
- Mindfulness & wellbeing
- Reflection on Resources
- Sharing Photos & Documentation
- Brainstorming & sharing challenges & discussing solutions
- 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.



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## Well-Being

- How have you been supporting your own well-being?



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## Mindfulness Moment

### 5-4-3-2-1 Grounding Exercise



Mindfulness at Work – Devereux Centre for Resilient Children



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## 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.
- **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



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**Sit-spots** You should sit in nature for 20 minutes a day...  
 Unless you're busy, then you should sit for an hour.  
 ~ based on an old Zen saying on meditation



The Wild Network

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**Reflection on Resource**  
**Nature Valley: 3 generations**



ECCDC Blog Post - Don't Shy Away From Outdoor Play!  
<https://eccdcgrowingtogether.wordpress.com/2021/08/23/dont-shy-away-from-outdoor-play/>

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**Photos**

- Please feel free to share any photos from your centre of Spring happenings.



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### Questions and Connections

- Participants are encouraged to ask questions and make connections.

Nature's Path Canada-Grant's 2023 information available on the website

<https://www.naturespath.com/en-ca/gardens-for-good/>



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### Brainstorming

- Round Table Discussion for Brainstorming Challenges and Ideas



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### QCCN Update



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## 2022 Workplan

- What is network look like moving forward



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## Resources

- Outdoor play Canada <https://www.outdoorplaycanada.ca/resources/>
- ECCDC Lending Library [https://eccdc.org/lending-library-workroom/catalogue/?search\\_results=Y&keywords=nature](https://eccdc.org/lending-library-workroom/catalogue/?search_results=Y&keywords=nature)
- Thrive Outside <https://childnature.ca/thriveoutside/>
- Claire Warden Free Resources
- Natural Curiosity [NEW! Introducing Natural Curiosity's Self-Guided Learning Program \(mailchi.mp\)](#)
- Outdoor Blog <https://eccdcgrowingtogether.wordpress.com/2021/08/23/dont-shy-away-from-outdoor-play/>



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## New ECCDC resources

The collage features several resource covers:
 

- Summer Math Walk** by Deanna Petroski McLennan
- Spring Math Walk** by Deanna Petroski McLennan
- Autumn Math Walk** by Deanna Petroski McLennan
- Winter Math Walk** by Deanna Petroski McLennan
- The Sky Above and the Mud Below** by David Sobel
- Outdoor Learning Through the Seasons** by David Sobel

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### 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! 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

- Follow-up email with PPT.
- Notes will be posted on the ECCDC website
- **Next meeting** –Look out for the ESTEEM and network E-blast.



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