

Presents ...

# Branching Out

Resource Updates to Support the Growth and Goals of Educators



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Staying physically active can be challenging during this time of virtual education, working from home, and staying connected to our friends and families via social media and online meeting platforms. However, it is more important than ever for us to get outside and move our bodies. Below we will share with you some ideas to help inspire you to get moving!

## New and Updated Provocation for Learning Kits



### Obstacle Course Materials for Schoolagers

This amazing new provocation for learning kit includes everything you need to set up an obstacle course in your back yard. Not only would this provide a great workout for children; adults could challenge themselves as well.



### Schoolagers Explore Mini Hockey

Are there children in your care that are really missing getting out and playing sports? This mini hockey set (or knee hockey as it is sometimes called) is a great way to practice hockey skills in a small space.



Take a quiet walk  
with *Mother Nature*. It will  
nurture your *Mind,*  
*Body & Soul.*

-A.D. Williams



## Happiness Blooms Subscription Box Contest

Don't be sad if you didn't find the pink flower hiding in The Couch Exchange publication we sent out on May 22nd. You still have a chance to be entered in the draw to win the first Happiness Blooms box! Keep an eye on ECCDC's social media platforms next week for an announcement on how you can get your entry. Good Luck!



## Check out ECCDC's YouTube Channel

Did you know that ECCDC has a YouTube Channel? We recently added a video of our very own Jenn Mosher sharing a Mindful Moments stroll through her neighbourhood. [Click here](#) to have a look, and while you're there check out some of the other videos that have been posted. You'll want to check back often for more videos the ECCDC will be sharing.



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## Farr Out Findings

The ECCDC is excited to introduce **Emily Farr**, who will be supporting Resource Development and other resource initiatives through the Canada Summer Jobs Program. One of her goals while she is with ECCDC is to contribute ideas to the Branching Out Publication. In this edition Emily is sharing ideas for using loose parts that you can find around the house or in your neighbourhood.

Physical activity is important for children to support their overall healthy development and well-being. Often educators turn to sports and games to engage children in participating in physical activity. However, sports and games do not interest every child. Loose part play creates an opportunity for children to move their bodies and be creative when doing so. Loose parts can be defined as versatile materials that can be manipulated in many ways. Loose parts do not have to be purchased or of premium quality and make. They can be every-day odds and ends (yarn, kitchen utensils, wood, rocks, pinecones, and seeds, etc.), and the less specific they are, the better; so long as they are reasonably safe (dependent on the child's age). One of the simplest ways to gather loose parts is to get outside.

With the warmer weather we are currently enjoying, I have been incorporating walks more frequently into my daily routine. Simply by exploring my neighbourhood, I came across loose parts both natural and synthetic.



The walking trail I chose in my neighbourhood to find natural loose parts is filled with numerous trees, ponds, and wildlife. During my walk, I looked for pinecones, rocks, and various sticks, as they present opportunities for quality learning experiences. However, the larger boulders and tree branches that I could not collect caught my eye as I imagined children making their own tree forts, climbing the larger natural structures, and truly engaging in the natural environment.



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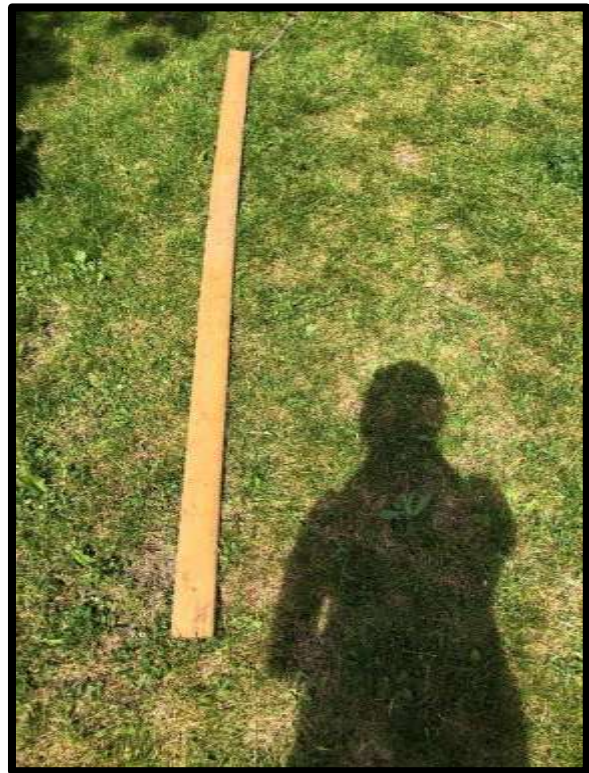
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Below are a few images of the loose parts I found which gave me the idea of creating a loose parts obstacle course and different ways to use loose parts outdoors.



Laying sticks in different ways allows the educator to prompt the children to weave through the pattern. Additionally, educators can also encourage the children to make their own patterns and lines to walk along.



I happened to see this plank of wood being discarded by one of my neighbours and gathered it up while I was out on my walk. Children may use the wooden plank to balance, which helps support the development of coordination.



Here is an image of an arrangement of loose parts both natural and synthetic that can prompt children's natural sense of curiosity. For instance, the cardboard box holding the materials can be used by the children for building purposes while the pots and pinecones can be used for stacking. Additionally, the interactions the children have with loose parts also create an excellent opportunity for meaningful pedagogical documentation.



I used an old fan I found in my house as a sand strainer, but it could also be used for making patterns in the dirt. Children may also use it as a steering wheel or roll it along the ground. Perhaps other materials may be added to enhance the learning experiences such as balls, stones, marbles for rolling around or pipe cleaners and yarn for weaving. It would also be a great tool for water play. So many great learning opportunities!



## Free Resources Available on our E-store

Have you ever created a cane den with children? It is such a fun experience and can spark so much joy for children and adults. Cane dens can be made indoors or outside and there is no limit to the imagination that can be put into creating one. [Click here](#) to reminisce on the time when ECCDC created a cane den in our lending library with tips and tricks to think about when creating one of your own.





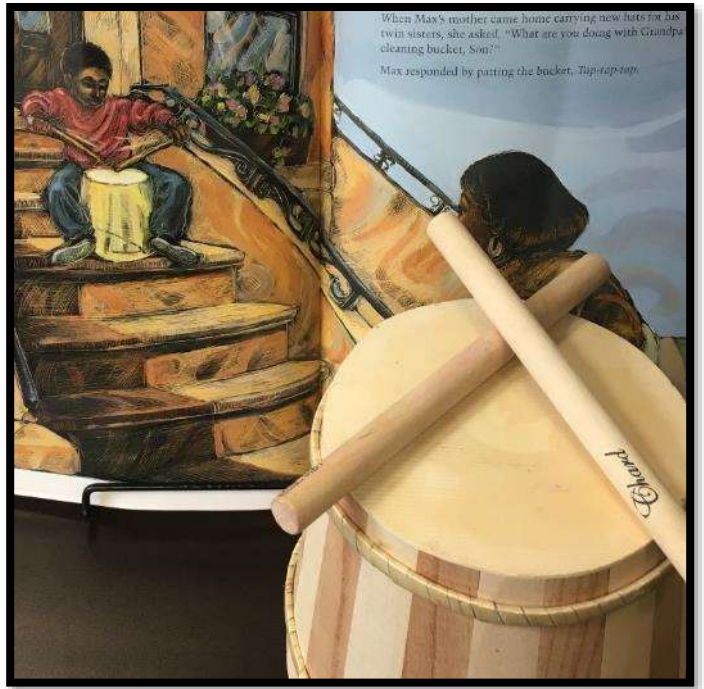
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## Provocation Ideas Using ECCDC Resources

Another great way to get children motivated to get moving is to incorporate music experiences. The **Preschool Rhythm & Movement Experiences** kit includes a lot of materials to get children shaking, tapping, banging, and dancing. Depending on how the materials are presented to the children, other learning outcomes may also emerge.



This photo above shows how setting the materials up in this way can support children's investigations into sorting, classifying and colour recognition.

Choosing to set up the drum along-side the children's book can link the materials to emergent literacy and imaginative play if the children wish to re-enact the story.



## Did you know?

### Canadian Recommended Guidelines for Physical Activity and Sedentary Behaviour:

1. Canadian Physical Activity Guidelines include recommendations that children **3-4 years of age should accumulate 180 minutes of physical activity, at any intensity, per day** and for **5-year-olds this includes 60 minutes of vigorous activity.**
2. **62%** of 3-4-year-old Canadian children engage in the recommended number of minutes of physical activity.
3. From **3-5 years of age** levels of physical activity start to decline.
4. Canadian Physical Activity Guidelines include recommendations that **5-11-year-olds should engage in 180 minutes of physical activity at any intensity plus 60 minutes of moderate to vigorous activity per day.**
5. **35%** of 5-11-year-old Canadian children engage in the recommended number of minutes of moderate to vigorous physical activity; however, **30%** of 5-year-olds meet the recommendation. **73%** of First Nations children living on reserves meet the recommendations.
6. It is recommended that **children under 2 years of age engage in NO screen time at all, 3-4 year-olds engage in less than 2 hours of screen time, and 5-11-year-olds engage in 2 hours of recreational screen time per day.**
7. On average, Canadian children spend **50%** of their waking day engaged in **sedentary behaviour.**

Website of Interest: ParticipACTION • [Click here](#)

