



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

Issue 61 • November 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

#### Professional Development

##### Virtual

- Thriving at Work: The Key Factors for Feeling Resilient, Engaged, and Connected – **Thursday November 2, 2023** from **4:30 to 6:30 pm**: [click here](#)
- Planting and Cultivating Seeds of Mindfulness in Early Learning Series: Session 2 - Inclusiveness and the Early Childhood Classroom - **Monday November 6, 2023** from **6:30 to 8:00 pm**: [click here](#)
- Seeing Parents as Co-learners Through Active Engagement - **Tuesday November 7, 2023** from **6:30 to 8:30 pm**: [click here](#)
- Nurturing Brilliant Minds, A Professional Learning Series for Educators of Infants and Toddlers: Session 2 – Invitations to Play for Infants and Toddlers - **Thursday November 9, 2023** from **6:30 to 8:00 pm**: [click here](#)
- Resilient Conversations: Transforming Conflict into Communication and Collaboration - **Monday November 13, 2023** from **4:30 to 6:30 pm**: [click here](#)
- Re-examining HDLH? Through a New Lens: Session 3 - Pedagogical Documentation & Reflective Practice, and Collaborative Inquiry - **Tuesday November 14, 2023** from **6:30 to 8:30 pm**: [click here](#)
- Successful and Inspiring Staff Meetings - **Wednesday November 22, 2023** from **9:30 to 11:00 am**: [click here](#)
- HDLH in a Home-Based Setting? Series Part 2: Thinking Beyond Themed Based Program Planning in Your Home Child Care Program - **Saturday November 25, 2023** from **9:00 to 10:30 am**: [click here](#)

##### In-person & Via Livestream

- Making the Most of Shared Spaces in Your School Age Program Series: Session 1 - Utilizing Shared Spaces - **Tuesday November 21, 2023** from **6:30 to 9:00 pm**: [click here](#)



## November Highlights

### Hindu Heritage Month

- Government of Canada: [click here](#)
- Diwali & Hindu Heritage Month Celebrations in Toronto: [click here](#)
- 7 Ways to Learn About Hindu Culture with Google: [click here](#)
- Indian Hindu Mythology for Young Children: [click here](#)
- All About Mandalas: [click here](#)
- Mandalas: A Practically Perfect Form of Nature Art: [click here](#)
- Andy Goldsworthy Nature Mandalas: [click here](#)
- Spice Painting: [click here](#)

### 3<sup>rd</sup> Week of November – National Bullying Awareness Week

- About National Bullying Awareness Week: [click here](#)

### 3<sup>rd</sup> Week of November – Restorative Justice Week

- Ways to Implement Restorative Practices in the Classroom: [click here](#)
- Restorative Justice from a Children’s Rights Perspective: [click here](#)
- Restorative Questions: [click here](#)
- Restorative Practices in Early Education: [click here](#)

### National Vegan Day - November 1

- McMaster Children’s Hospital: Healthy Vegan Eating: [click here](#)

### National Sandwich Day - November 3

- All About Sandwich Day: [click here](#)
- Making Sandwiches with Children: [click here](#)
- How to Teach Kids to Make Their Own Sandwich: [click here](#)
- Key to a Healthy Sandwich: [click here](#)
- 12 Crazy Kid’s Sandwiches: [click here](#)
- Sesame Street Makes Sandwiches: [click here](#)



### Remembrance Day - November 11

- Government of Canada Learning Resources, Historical Sheets, and Booklets: [click here](#)
- The Royal Canadian Legion Teaching Guide: [click here](#)
- Government of Canada Classroom Material: [click here](#)
- CBC Kids News: Why Do We Wear Poppies On Remembrance Day?: [click here](#)
- The History of the Poppy: [click here](#)
- The Poppy Story Read Aloud: [click here](#)
- Five Ways to Teach Children About Remembrance: [click here](#)

### Diwali - November 13

- All About Diwali: [click here](#)
- 5 Days of Diwali Celebration: [click here](#)
- Activities for Children (Pinterest): [click here](#)
- Activities for Children (Pinterest): [click here](#)
- Sesame Street: Celebrate Diwali Song! The Festival of Lights: [click here](#)

### National Philanthropy Day - November 15

- All About National Philanthropy Day: [click here](#)
- Youth in Philanthropy Resources: [click here](#)
- How to Celebrate Philanthropy Day: [click here](#)
- RBC Charity Day for Kids: [click here](#)

### International Day for Tolerance - November 16

- United Nations: [click here](#)
- How to Celebrate International Day for Tolerance: [click here](#)
- UNESCO: 10 Ideas for Observing the International Day for Tolerance: [click here](#)
- PBS: 16 Books for Teaching Little Ones Tolerance and Understanding: [click here](#)
- Anti-bias Education and Holidays: Making Thoughtful Decisions: [click here](#)



### World Children's Day - November 20

- United Nations: [click here](#)
- Government of Canada - National Child Day: [click here](#)
- Save the Children: [click here](#)
- Children First Canada: National Children's Day: [click here](#)
- 5 Ways You & Your Kids Can Recognize & Learn from Universal Children's Day: [click here](#)

### Giving Tuesday - November 28

- About Giving Tuesday: [click here](#)
- 11 Ways Your Kids Can Participate in #GivingTuesday: [click here](#)
- Giving Tuesday Spark: [click here](#)
- Giving Tuesday for Kids Blog: [click here](#)

### Early Learning Podcasts, Videos and Websites

- Exploring Geo-boards: [click here](#)
- Boost Your Students' Brain Development - Cross-Lateral Exercises for Children: [click here](#)
- Affirmations for Child Care Professionals (Podcast): [click here](#)
- Building Emotional Intelligence Through Play-based Learning: [click here](#)
- Bill-C35: Canada Early Learning and Child Care Act: [click here](#)
- How Children's Secure Attachment Sets the Stage for Positive Well-being: [click here](#)
- Deconstructing School Readiness - Early Childhood Nerd Podcast: [click here](#)
- 30 Engaging Baby Activities for Cognitive & Physical Development: [click here](#)
- Activities for Kids to Support Fundamental Movement Skills: [click here](#)

### Diversity and Inclusion

- Making the Disability Inclusion Connections in Your Business & Community - Five Practical, Powerful Strategies for Action: [click here](#)
- Culture and Early Childhood Development: [click here](#)
- Eyes on Culture - Understanding Differences: [click here](#)
- Learning Disabilities in the Early Years: [click here](#)
- The Ability Toolkit - A Resource for Parents of Children and Youth with a Disability: [click here](#)

### Resources for children

- Diversity & Social Inclusion for Kids: [click here](#)



- What Does Diversity Mean? [click here](#)
- Our Diversity Makes Us Stronger by Elizabeth Cole - Teaching Kids About Diversity & Kindness (Read aloud): [click here](#)

## Health, Wellness and Safety

- Yoga Techniques to Help Your Kids Sleep: [click here](#)
- Clinics & Classes for Children in Niagara: [click here](#)
- Mental Health and Wellness from the Government of Canada: [click here](#)
- How to Meditate: [click here](#)
- 12-minute Meditation: A Guided Practice to Cultivate Kinder Self-talk: [click here](#)
- Lunch-time Meditation: [click here](#)
- Why Self-care Isn't Selfish: [click here](#)
- The Science of Self-care - How Tiny Habits Make a Big Difference: [click here](#)
- 5 Great Exercises for Depression Relief: [click here](#)
- CCOHS Podcasts: [click here](#)
- CCOHS - Disconnecting From Work: [click here](#)

## Outdoor Activities & Resources

- 2023 Holiday Lights Festivals in Ontario: [click here](#)
- A Teacher's Guidebook for Beginning Learning Outside: [click here](#)
- Supporting Children with Disabilities/Exceptionalities Outside: [click here](#)
- Loose Parts for Forest Play: [click here](#)
- Forest School Kits: [click here](#)
- Take Me Outside for Learning Challenge - Sign up and Letter Template: [click here](#)
- Fun Outdoor Activities for 3-year-olds: [click here](#)
- Thrive Outside: New Resources Support Outdoor Learning and Play: [click here](#)
- 20+ Nature Activities for Kids: [click here](#)
- 6 Benefits of Outdoor Napping for Babies: [click here](#)

## Celebrating Fall

- Fall Refresh: [click here](#)
- Autumn Nature Exploration Table: [click here](#)
- Fall Hanging Mobile: [click here](#)





- Autumn Inspirations: [click here](#)
- Fall Leaf Fun with Kids: [click here](#)
- 100+ Fall Outdoor Activities for Kids: [click here](#)
- Nature Table Ideas for Fall to Inspire Science Inquiry: [click here](#)

### Small Business Resources

- 1<sup>st</sup> Annual Niagara Children's Business Fair: [click here](#)
- Retaining Our Devoted people: It's Now or Never: [click here](#)
- Service as an Expression of Love: Bringing Love Service Back Into the Workplace: [click here](#)
- Bias Free Hiring: Interview Questions Not to Ask: [click here](#)

### Uplifting Stories

- Red Maple Trees Line English Road to Honour Canadian Soldiers: [click here](#)
- Explorers Become First Ever to Row the Northwest Passage: [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 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 page, the new issue will be released in late summer. [Click here](#) for a catalogue of customized offerings.