



The Learning Exchange: Quick links for Inspiring Professional Growth

Issue 68 • June 2024

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

- Flourishing in the Early Years Series Session 3 – Supporting Diverse Family Dynamics in the Early Learning Environment - **Tuesday June 4, 2024** from **6:30 to 8:30pm**: [click here](#)
- Trauma-Informed Leadership - **Wednesday June 5, 2024** from **9:30 to 11:30 am**: [click here](#)
- Fostering an Inclusive Environment Through Nature Play Series Session 3 - Not Just Child's Play, The Benefits of Nature for Educator Wellbeing - **Thursday June 13, 2024** from **6:30 to 8:00pm**: [click here](#)

In-person

- Take it Outside, a Nature Perspective Series Session 3 - Risky Play Throughout the Day- **Thursday June 20, 2024** from **6:30 to 9:00pm**: [click here](#)

June Highlights

ParticipACTION Community Challenge Month

- ParticipACTION: [click here](#)
- ParticipACTION Sign-up: [click here](#)
- Employee and Volunteer Engagement Toolkit: [click here](#)



National Indigenous Awareness Month

- Think Feel Act: Empowering Children in the Middle Years - Each child brings a special gift: Nurturing Indigenous identity & belonging pp. 15-23: [click here](#)
- We Are All Treaty People (video): [click here](#)
- Indigenous Peoples Terminology: Guideline for Usage: [click here](#)
- 35 Books to Read for National Indigenous History Month: [click here](#)
- 20 Canadian Books for Kids and Teens to Read for National Indigenous History Month: [click here](#)
- Métis Nation of Ontario: Culture and History: [click here](#)
- Métis Education Resources: [click here](#)
- Government of Canada: Indigenous Relations, Stewardship and Guidance: [click here](#)

Pride Month

- Ontario Pride Events 2024: [click here](#)
- TDSB Professional Library Resource Guide 2SLGBTQ+: [click here](#)
- Welcoming Schools: What Do You Say to 'That's So Gay' and Other Anti-LGBTQ+ Comments? [click here](#)
- Pride at Work Canada: The Uncovering Belonging Podcast: [click here](#)
- About OK2BME: [click here](#)
- LGBTQ 101 - How to Support Your LGBTQ Friends and Family (CBC Kids): [click here](#)
- Gender Kids Creative: [click here](#)
- Pflag Canada: [click here](#)

Recreation and Parks Month - Community Thrives Here

- Parks and Recreation Ontario: [click here](#)
- Parks and Recreation Ontario Poster: [click here](#)
- Supporting Youth Engagement: [click here](#)
- Niagara Region Parks, Naturalization Sites: [click here](#)
- Preschool Camping Activities: [click here](#)



Seniors Month - Working for Seniors

- Celebrating Seniors: [click here](#)
- Intergenerational Project: A Pilot Project to Bring Niagara Seniors and Children Together: [click here](#)
- Bridging the Gap Between Generations Blog: [click here](#)
- Intergenerational Programming Toolkit: [click here](#)
- Elder Abuse Prevention Ontario: [click here](#)
- Concerned Friends Resources (A Voice for Quality in Long-term Care): [click here](#)

National Canadian Environmental Week - 1st Week of June

- UNEP: World Environmental Day: [click here](#)
- UNEP Resources: [click here](#)
- What is Biodiversity and Why it Matters: [click here](#)
- Earth Day Activities: [click here](#)
- How Big is Your Environmental Footprint: [click here](#)
- Nature Canada - Endangered Species: [click here](#)
- Nature Canada: Nature Scavenger Hunt: [click here](#)
- Native Plants that Attract Pollinators in Ontario: [click here](#)
- Royal Botanical Gardens - Conservation Projects: [click here](#)

National Sun Awareness Week - 1st Week of June

- Identifying Heat Stroke in Darker Skin Tones: [click here](#)
- Sun Awareness Survey: [click here](#)
- Sun Awareness Week: [click here](#)
- Sun Safety for Every Day: [click here](#)
- Sunscreen for Kids - All you Need to Know: [click here](#)
- Sun Safety Tips for Parents: [click here](#)



National Rivers and Oceans Awareness Week - 2nd week of June

- One World, One Ocean! (video): [click here](#)
- Earth Cubs – Oceans: [click here](#)
- World Ocean Day and Throughout the Year: [click here](#)
- World Ocean Day Resources for Kids: [click here](#)
- Ocean Week Canada: [click here](#)
- Ecoschools - Water Awareness Kit: [click here](#)
- How Do Oceans Work (water awareness and action kit): [click here](#)

Bike to Work Day - June 3

- Bike for Brain Health: [click here](#)
- Ontario Active School Travel: [click here](#)
- Discovery Routes: [click here](#)

Clean Air Day - June 6

- Clean Air Day Activities for Educators: [click here](#)
- Ontario Clean Air: [click here](#)
- Green Venture Clean Air Day Celebration in Hamilton: [click here](#)
- Things Kids Can Do for the Air We Breathe: [click here](#)
- Clean Air Activities Activity Kit: [click here](#)
- 20 Activities That Spotlight Air Pollution: [click here](#)

Global Wellness Day - June 8

- Global Wellness Day Canada: [click here](#)
- A New Perspective on Educator Wellness Article: [click here](#)
- The First 10 Years and Beyond: [click here](#)

World Blood Donor Day - June 14

- How to Explain Blood Donation to a 6-year-old: [click here](#)
- Talking About Organ Donation with Kids: [click here](#)
- The Blood Drop Explains Blood Donation to Kids (video): [click here](#)



World Juggling Day - June 15

- World Juggling Day Resources for All Grades: [click here](#)

Fathers Day - June 16

- Lessons for Father's Day (children's mental health Ontario): [click here](#)
- Ways to Celebrate Father's Day 2024: [click here](#)
- Option B: Honour Father's Day in a Way That Includes All LGBTQ Families: [click here](#)

Den Building Day - June 16

- Muddy Faces: [click here](#)
- Save the Children: [click here](#)
- Woodland Trust: [click here](#)
- Pentagon for Learning: [click here](#)

World Yoga Day – June 21

- Kids Yoga Resources: [click here](#)
- Cosmic Kids Yoga (video): [click here](#)
- How to Implement Yoga Practices with Children: [click here](#)

Canadian Multiculturalism Day - June 27

- Celebrated Canadian Days: [click here](#)
- We Are Racial Monarch's Film: [click here](#)
- Diversity and Culture (CECE): [click here](#)

International Mud Day - June 29 (also see below)

- World Forum Foundation - International Mud Day Resources: [click here](#)
- International Mud Day Activities for Preschoolers: [click here](#)
- International Mud Day - A Messy Celebration of the Earth: [click here](#)
- Muddy Faces: [click here](#)



Early Learning Podcasts, Videos and Websites

- Devereux Center for Resilient Children - Talking About Mental Health with Young Children Series: [click here](#)
- Skittles Experiment Exploring Colours and Science Inspired by Vincent van Gogh's Starry Night (video): [click here](#)
- Fostering Early Numeracy in Preschool and Kindergarten: Encyclopedia on Early Childhood Development: [click here](#)
- Lose the Shoes; How Children Can Benefit From Barefoot Learning: [click here](#)
- One of the Secret Superpowers of Learning - Repetition (video): [click here](#)
- Giving Every Child the Best Start in Life: Prime minister of Canada Justin Trudeau: [click here](#)
- Climate Change is a New Hurdle for Children's Physical Activity: [click here](#)
- Happiness is Running Through the Streets to Find You: [click here](#)
- Roots of Empathy - The Children's Gallery (Emotional Literacy): [click here](#)
- How to Finger Knit: [click here](#)
- Hands at Play: Developing Fine Motor Skills for Life: [click here](#)

Diversity and Inclusion

- Friends Find a Way (CBC Kids Book Club): [click here](#)
- Erin's Story (video): [click here](#)
- Erin's and the Mouse (Indigo): [click here](#)
- Dad Reinvents Playgrounds to be Accessible for All (video): [click here](#)
- Indigenous Early Childhood Development in Canada - Current State of Knowledge and Future Directions: [click here](#)
- The 519 Glossary of Terms: [click here](#)
- Active Living Alliance for Canadians with Disabilities: [click here](#)
- The NORA Project: [click here](#)
- KIT Blog: [click here](#)
- Preparing for Cultural Diversity - Resources for Teachers: [click here](#)
- Inclusive Education Resources for Ontario: [click here](#)
- Equality, Diversity, and Inclusion in STEM: [click here](#)



Health, Wellness and Safety

- A Mindful Practice for Nonjudgemental Awareness Guided Meditation: [click here](#)
- 10 Ways to Improve Your Mental Health: [click here](#)
- Mindful Mornings - Creating a Positive Morning Routine for Children: [click here](#)
- Want Kids to Learn Well? Feed Them Well (TedTalk): [click here](#)
- Mindful Mondays: A Mindful Approach to Stress Reduction (lunchtime): [click here](#)
- Heat: An Action Guide for Policy: [click here](#)
- How Children's Physical Deconditioning Adds to Inactivity: [click here](#)
- ParticiP ACTION Report Card 2024 Rallying for Resiliency: Keeping Children and Youth Active in a Changing Climate: [click here](#)
- Rallying for Resilience Top Tips: [click here](#)
- The Benefits of Taking Your Time: [click here](#)
- YMCA On Demand Fitness: [click here](#)

Outdoor Activities & Resources

- Outdoor Play: [click here](#)
- Video Tour of Outdoor Play in a HCC Setting: [click here](#)
- Outdoor Play Space Blog: [click here](#)
- The Best Art Studio of All - The Great Outdoors: [click here](#)
- Planting Wildlife-friendly Gardens and Healthy Habitats: [click here](#)
- Where to Buy Canada Wildlife Federation Pollinator Plants in Ontario: [click here](#)
- The Benefits of Going Barefoot: [click here](#)
- Challenging Behaviours: Setting Up for Success: [click here](#)
- Supporting Children with Disabilities and Exceptionalities Outside: [click here](#)
- Outdoor and Nature-based Early Learning in Canada - Revisiting the Scene Post-pandemic Survey: [click here](#)
- Nishirokugo Tire Park (video): [click here](#)
- Rewilding Wanderlust – Buttercups: [click here](#)
- Wild About Butterflies Poster from CWF: [click here](#)
- Free Teacher's Guide to Outdoor Learning: [click here](#)



Mud Play

- Blog - Playing with Mud: [click here](#)
- DIY Mud Kitchen Blog Post: [click here](#)
- Playing with Mud: Why it's Worth it: [click here](#)
- Mayo Clinic Short Article - Let Them Eat Mud or at Least Play in it! [click here](#)
- Article - Healthy, Stress-busting Fat Found Hidden in Dirt: [click here](#)
- Book - Let Them Eat Dirt: How Microbes Can Make Your Child Healthier: [click here](#)
- Research Article – Biodiversity Intervention Enhances Immune Regulation: [click here](#)
- Mud Activities for Kids - 7 Creative Ways to Have Fun with Mud: [click here](#)
- The Mud Books: [click here](#)
- Who Likes Mud Resource: [click here](#)
- Mud - Explore and Learn: [click here](#)
- Marvellous Mud: [click here](#)
- A Messy Celebration: [click here](#)

Small Business Resources

- Working for Workers Five Act, 2024: [click here](#)
- Does Your Organization Need a Computer? [click here](#)
- Discover Shop Local Initiatives in Niagara: Strengthening Our Community: [click here](#)

Uplifting Stories

- Children with Special Needs Receive Adaptive Strollers: [click here](#)
- Renewable Records and Green Awards - Positive Environmental Stories from 2024: [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 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.