

Supporting Self-Regulation and Well-Being in the Early Years

A Mindful Experience



About the Session

Join Rose Gentilcore to explore how we can best support the development of self-regulation and well-being within our youngest children. Our early years settings and classrooms can be a source of mindful experiences that nurture our minds and hearts. Participants will look at how mindfulness can support *The Kindergarten Program* and *How Does Learning Happen?* This workshop will offer a variety of strategies to help cultivate kindness, empathy and acceptance of oneself and others. We will explore a variety of breathing exercises, participate in 'brain break' activities, and learn ways to calm our minds. The session will include a look at the mindful brain, self-regulation strategies, and mindful experiences. Participants will be given an opportunity to create a variety of tools and make-and-take a self-regulation toolkit. We will create mindful jars, calming balls, emotion rocks and breathing tools. Participants will be provided resources to help support the implementation of the strategies discussed. Join us as we learn together and share promising practices to help foster self-regulation and promote well-being in our youngest learners.

Thursday November 2, 2017 • 6:30 to 8:30 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$25 covers cost of handouts and all self-regulation activities and materials • To register, call 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org

Rose Gentilcore

In Rose's role as the Early Years Coach for the Niagara Catholic District School Board, she is blessed to work alongside Kindergarten teams to support the implementation of *The Kindergarten Program*. She has been teaching our youngest learners for twenty years and began her career as a Child Care Supervisor. Rose has been a Kindergarten Educator for fifteen amazing years. She is passionate about the early years and is always in awe of how children see the joy in everyday moments through their natural curiosity about the world around them.