

Mindfulness Through the Senses

*Every one of us already has
the seed of mindfulness. The
practice is to cultivate it.*

Thich Nhat Hanh



Are you looking for ways to cultivate mindfulness practices in your daily lives and in the daily experiences that you offer to young children? By mindfully observing our senses, adults and children can become more proficient at sharpening our attention and using sensory experiences to enhance relationships, creativity, and memory. The ability to notice important details and distinguish among scents, sounds, visual images, and other sensory details your brain receives can benefit in responding to people and the surroundings around us.

Join us for an interactive and engaging evening where we will explore Mindful Listening, Seeing, Smelling, Tasting and Movement experiences that we can practice in our day to day lives and in our daily encounters with our young learners. A resource with activities will be provided, as well as opportunities to listen, see, smell, taste and move through mindfulness practices.

Tuesday November 26, 2019 • 6:30 to 8:00 pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • Niagara educators: \$15, educators outside Niagara: \$20 • Registration is limited to the first 30 individuals. To register, call the ECCDC at 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org



Rose Gentilcore, OCT

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 and has presented workshops for the ECCDC, as well as offering a variety of professional development within Niagara Catholic and OECTA's Professional Learning Network. 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.