



The Couch Exchange: Professional Learning Opportunities and Resources from the Comfort of Your Own Home – Issue 6

Engage in webinars and access new resources, websites and other virtual learning to support your ongoing journey and well-being.

For Further Information Regarding ECCDC's Services During Covid-19

- Please refer to: <https://eccdc.org/announcements/covid-19-information/>

Resources for Information on Covid-19

- Government of Canada COVID-19: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Government of Ontario – The 2019 Novel Coronavirus (COVID-19): <https://www.ontario.ca/page/2019-novel-coronavirus>
- Ministry of Health Ontario Public Health Unit Locator: <https://www.phdapps.health.gov.on.ca/PHULocator/Default.aspx>
- Ministry of Public Health Ontario – How to Self-Isolate: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>
- Ministry of Public Health Ontario – Self-Isolation: Guide for Caregivers, Household Members and Close Contacts: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-guide-isolation-caregivers.pdf?la=en>
- Niagara Region Public Health Daily Covid-19 Updates: <https://www.niagararegion.ca/health/covid-19/default.aspx>
- Pathstone Mental Health – Your COVID-19 Mental Health Tool Kit: <https://pathstonementalhealth.ca/coronaviruscovid19/your-covid-19-mental-health-tool-kit/>
- Ontario College of Teachers - COVID-19 News, Resources and FAQ: https://www.oct.ca/public/media/announcements/covid-19-news-and-resources?sc_lang=en&



Online Webinars and Training for Educators and Administrators

- Sharing Nature Worldwide - Free Nature Awareness Tips - **Live every Tuesday @ 1:00 pm**
https://www.facebook.com/events/226709678685443/?event_time_id=226709688685442
- The Reading League Virtual Symposium: We are all in this together – **April 27 to 28, 2020 @ 12:00 pm**
<https://www.thereadingleague.org/live-events/>
- Supporting Each and Every Child During Transitions – **April 27, 2020 from 2:00 pm to 2:30 pm**
<https://register.gotowebinar.com/register/4832233063860006923>
- Making Curriculum Modifications in Minutes! – **April 29, 2020 from 2:00 pm to 2:30 pm**
<https://register.gotowebinar.com/register/1620363886083770382>
- Ontario Nonprofit Network (ONN) - Nonprofits navigating Ontario's new fiscal landscape interactive discussion – **April 29, 2020 from 2:30 pm to 4:00 pm**: https://www.eventbrite.ca/e/nonprofits-navigating-ontarios-new-fiscal-landscape-tickets-102924219110?aff=odeimcmailchimp&mc_cid=fec40981e2&mc_eid=34966c6079
- NAEYC Families and Educators Supporting Learning at Home – **April 30, 2020 from 3:00 pm to 4:00 pm**
<https://register.gotowebinar.com/register/2141077200117554443>
- Paying Yourself, Your Staff, and Your Bills (**Pre-Recorded Webinar**)/Cómo pagarse a sí mismo, a su personal y sus deudas: <https://www.naeyc.org/events/trainings-webinars/recorded-webinars>
- COVID-19 Financial Survival Strategies for Early Childhood Programs: Emergent Resources and Advice (**Pre-Recorded Webinar**):
https://register.gotowebinar.com/register/659617223024913165?utm_source=Early+Childhood+Investigations+Email+News+and+Announcements&utm_campaign=a063171446-EMAIL_CAMPAIGN_2019_01_28_04_40_COPY_06&utm_medium=email&utm_term=0_835c2061f6-a063171446-391835293
- Supporting the Grieving Student During the Pandemic (**Pre-Recorded Webinar**):
<https://register.gotowebinar.com/register/6341901011729986062>
- 4-Part Assertive Communication Workshop (**Pre-Recorded Workshop**): <https://ca.achievecentre.com/free-on-demand-workshop/>

Celebrating Earth Day

- Join the 2020 City Nature Challenge from **April 24-27, 2020**: <https://www.cwf-fcf.org/en/explore/inaturalist/cnc/?src=apr21>
- 3 Ways to take action as Earth Day goes digital: <https://www.earthday.org/earth-day-2020/>
- Earth Day: Facts & History: <https://www.livescience.com/50556-earth-day-facts-history.html>
- How to Celebrate Earth Day (10 Activity Ideas for Your Work): <https://business.tutsplus.com/tutorials/how-to-celebrate-earth-day--cms-30959>
- 120 Fun Earth Day Activities for Celebrating Our Planet: <https://www.squirrelsofafaether.com/earth-day-activities/>
- Bucket Full of Nature: A Fun Indoor Nature Challenge for Families:
<https://www.findingnature.org/post/bucket-full-of-nature-a-fun-indoor-nature-challenge-for->



families?utm_source=Children+%26+Nature+Network+News+%26+Updates&utm_campaign=3fd39cdf2-EMAIL_CAMPAIGN_2020_03_25_05_28&utm_medium=email&utm_term=0_e0808fca17-3fd39cdf2-39368033&mc_cid=3fd39cdf2&mc_eid=db5e77740f

- An Indoor Nature Connection Guided Practice: <https://www.findingnature.org/post/an-indoor-nature-connection-guided-practice-from-juli%C3%A1n-ruiz-s%C3%A1ez>
- Earth Challenge 2020 – A Citizen Science Initiative: <https://earthchallenge2020.earthday.org/>
- Earthy Day 2020 – Vegan Food & Living: https://anthem-publishing.msgfocus.com/k/Anthem-Publishing/vfl_earth_day_guide

Resources related to Mental Health

- Crisis & Trauma Resource Institute (CTRI) – 4 Ways to Practice Trauma-Informed Healing during COVID-19: <https://ca.ctrinstitute.com/blog/four-ways-to-practice-trauma-informed-healing-during-covid-19/>
- Keeping up Kids' Mental Health during Coronavirus: <https://www.nationalgeographic.com/family/in-the-news/coronavirus/kids-mental-health-coronavirus/>
- Supporting Children's Mental Health During COVID-19: https://blog.himama.com/supporting-childrens-mental-health-during-covid-19/?utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_04212020
- Mindfulness For Kids – Teddy Bear Belly Breathing aka Breathing Buddies: <https://blissfulkids.com/mindfulness-exercises-for-kids-teddy-bear-belly-breathing/>
- **Apps:**
 - **Cove: Music for Mental Health** – Improving emotional and mental health by encouraging self-expression through music.
 - **Tide: Sleep, Focus, Meditation** – Tide aims at physical and mental care to help you relieve stress, stay focused, relax with mindfulness, and better sleep at nights.

Small Business Resources and Remote Office Environments

- Childcare Resource and Research Unit (CRRU) Status of Child care in Canada in COVID-19 Crisis: https://www.childcarecanada.org/sites/default/files/COVID_PT_CHART_04_14_2020_SM_MF.pdf
- First Policy Response – Canada's Policy Community Response to COVID-19: <http://policyresponse.ca/care-at-the-core/>
- First Children's Finance - Finance Tools for Child Care Centers: http://www.firstchildrensfinance.org/businessresourcecenter/centers-2/finance/finance-tools/?utm_source=Early+Childhood+Investigations+Email+News+and+Announcements&utm_campaign=a063171446-EMAIL_CAMPAIGN_2019_01_28_04_40_COPY_06&utm_medium=email&utm_term=0_835c2061f6-a063171446-391835293
- A Guide for Working (From Home) Parents: <https://hbr.org/2020/03/a-guide-for-working-from-home-parents>
- Harvard Business Review- 15 Questions about Remote Work Answered: <https://hbr.org/2020/03/15-questions-about-remote-work-answered>



- Home Office Ergonomics: <https://oreo2.itracmediav4.com/v?uuid=6d143b69-1c14-4838-9c95-1760674045e2>
- Strategies for Engaging Families when the Centre is Closed: <https://juliewassom.com/2020/04/07/covid-19-support-part-i-communicating-with-families-while-the-center-is-closed/>

Health and Wellness

- YMCA's YWell: Meditation for Practicing Gratitude: <https://www.youtube.com/watch?v=-McZdrUAplQ&feature=youtu.be>
- 5 Crucial Tips For Self-Care In Turbulent Times: https://blog.sivanaspirit.com/mf-gn-minimal-self-care-turbulent-times/?utm_campaign=04-15-20%20Content%20-%20Self-Care%20Tips%20In%20Turbulent%20Times&utm_medium=email&utm_source=Retail%20Track%20A%20-%201xDay%20%28Engaged%3B%20Opened%20or%20Clicked%20in%20last%2030%20Days%29&utm_content=sivana&_ke=eyJrbF9lbWFpbCI6ICJsbn3JyZXlhQGhvdG1haWwuY29tliwglmtsX2NvbXBhbnlfaWQiOiAiZ3hFeXZ0In0%3D
- Proper Handwashing Techniques for Child Care Providers: <https://blog.himama.com/proper-handwashing-techniques-for-child-care-providers/>
- SAMHSA – Taking Care of Your Behavioral Health: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- **Apps:**
 - **Calm** – Guided meditation sessions, sleep stories, breathing programs, stretching exercise, and relaxing music.
 - **MoveWith: HIIT Workouts & Yoga** – Find and connect with fitness and wellness coaches creating audio-based classes and programs.

Resources for working with Children of all Ages

- CosmicKids - Zen Den Mindful Walking: <https://youtu.be/0P3Deuv8tbc>
- YMCA's YGym Virtual Physical Activity For Kids: <https://www.ymcahome.ca/ygym>
- Quick Science Experiments to do at Home: <https://www.youtube.com/channel/UCDGXQIwOvflEeFdxUUhE1NQ>
- Get Lost in a Good Book with Selections from the Book Bank: <https://www.fbmpcanada.org/book-bank?p=4>
- COVID-19 Time Capsule Sheets: <https://letsembark.ca/time-capsule>
- Spending Time in Nature During the COVID-19 Global Health Crisis: <https://www.findingnature.org/post/spending-time-in-nature-during-the-covid-19-global-health-crisis>



Cultural and Entertainment Opportunities

- The Show Must Go On - The Phantom of the Opera – **April 24, 2020 at 2:00 pm (Available for 48 hours only):**
<https://www.andrewlloydwebber.com/the-shows-must-go-on/>
- Greg Frewin 2nd International Stars of Magic Show in Support of the Niagara SPCA Humane Society:
<https://www.youtube.com/watch?v=6moYdHS8TYc&feature=youtu.be>
- Global Citizen – One World: Together At Home Special to Celebrate COVID-29 Workers:
<https://www.globalcitizen.org/en/connect/togetherathome/>
- Mondays with Michelle Obama Read Along:
<https://www.youtube.com/watch?v=OeqBfv07IWE&feature=youtu.be>

Uplifting Story of the Week

- Coronavirus Quarantine Date: <https://globalnews.ca/news/6751634/coronavirus-quarantine-date/>
- Do you have any uplifting stories you would like to share? Email it to eccdc@eccdc.org and it may be included in a future edition of The Couch Exchange.

