

# Niagara Nature Alliance Network

## Agenda

- Welcome and Introductions
- Mindful Moments
- Reflection on Video
- Sharing of Resources
- Questions and Connections
- Resources Available
- Next Steps



# Welcome and Introductions

- We invite participants to say good morning and share what they have been focusing on in their role.



# Mindful Moments

- Mindful Moments Power Point can be found at [www.eccdc.org](http://www.eccdc.org)





# Mindful Moments

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How to Turn your Stroll around the  
Neighbourhood into a Mindful  
Experience

**eccdc**  
early childhood community development centre

# Step 1

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Dress for the weather. You will want to be comfortable so your mind can relax.





## Step 2

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Focus on the sounds you hear. Birds chirping, the breeze through the trees, squirrels chattering...

## Step 3

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Focus on what you can feel. The sun on your face, the wind in your hair, the squish of mud under your feet...



The background of the slide is a close-up photograph of purple flowers, likely delphiniums, with bright green foliage. The flowers are in various stages of bloom, and the leaves are vibrant and healthy. The overall scene is bright and natural.

## Step 4

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Focus on your surroundings. What is different? Are there new plants in bloom? A new bird nest in a tree?



# Step 5

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Experience the moment. Take a few deep breaths, capture a photo, let the sun warm your face...





# Step 6

Reflect on your walk and share your  
Mindful Moments with us!

<https://www.facebook.com/eccdc>

# Reflection on Video

- <https://www.bing.com/videos/search?q=videos+outdoor+play+canada&&view=detail&mid=27F20B67BD955C94350727F20B67BD955C943507&&FORM=VRDGA R&ru=%2Fvideos%2Fsearch%3Fq%3Dvideos%2Boutdoor%2Bplay%2Bcanada%26FORM%3DHDRSC3>
- What natural loose parts do you use in your program?



# Resources

- Review of resources



# Questions and Connections

- Participants are encouraged to ask questions and make connections.



# Resources Available

- [www.eccdc.org](http://www.eccdc.org)



# Next Steps

- Follow up to today's network meeting

