

### Niagara Nature Alliance Network

Agenda

- Welcome and Introductions
- Mindfulness
- Reflection on Resources
- Journey
- Well-Being
- Brainstorming
- Photos
- Questions and Connections
- Resources Available
- Next Steps



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### Welcome and Introductions

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



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### Mindfulness Moment

- A 5-minute Gratitude Practice: Savor Through the Senses



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### Reflection on Resources

- RISK-BENEFIT ASSESSMENT FOR OUTDOOR PLAY: A CANADIAN TOOLKIT  
<https://www.outdoorplaycanada.ca/wp-content/uploads/2020/02/risk-benefit-assessment-for-outdoor-play-a-canadian-toolkit.pdf>
- ECCDC Podcast – The Benefits of Extending Outdoor Playtimes and How it Can Encourage Creative Thinking  
<https://eccdc.org/professional-learning/eccdc-podcasts/>



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### Journey

- What has been your biggest accomplishment on your journey?
- What are you looking forward to next?



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### Well-Being

- How have you been supporting your own well-being?



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**Brainstorming**

- Round Table Discussion for Brainstorming Challenges and Ideas



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**Photos**

- Please feel free to share any photos from your centre of Spring happenings.



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**Questions and Connections**

- Participants are encouraged to ask questions and make connections.



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### Resources

- Outdoor play Canada  
<https://www.outdoorplaycanada.ca/resources/>
- ECCDC Lending Library [https://eccdc.org/lending-library-workroom/catalogue/?search\\_results=Y&keywords=nature](https://eccdc.org/lending-library-workroom/catalogue/?search_results=Y&keywords=nature)
- Thrive Outside <https://childnature.ca/thriveoutside/>
- Claire Warden Free Resources



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### Resources Available

- [www.eccdc.org](http://www.eccdc.org)
- ECCDC Services extending until further notice
- Curbside pick up and drop off available Tuesday, Wednesday and Thursday 8:30 – 8:00 p.m., Monday, Friday and Saturday 8:30 – 4:30 p.m.
- Please contact 905-646-7311 ext. 304 upon arrival
- Personal Protective Equipment can be purchased through [www.eccdc.org/shop](http://www.eccdc.org/shop) or by email [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or by phone 905-646-7311 ext. 304



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### Next Steps

- What would the network like for next steps?
- **Next Meeting** – Monday September 20<sup>th</sup> 5:00 – 6:30 p.m.



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