

Niagara Nature Alliance Network Fall Meeting Notes

15th September 2022

Meeting notes

Agenda check-in

- check-in-nothing added to the agenda

Welcome and Introductions

-Participants introduced themselves and shared what they have been focusing on in their work.

Mindfulness & wellbeing

-Participants engaged in a clouds in the sky mindfulness moment from www.mindfulness.org Please see activity attached with the notes.

-Participants shared how they are supporting their own well-being, which included journalling at the day of the day, time to work-out, taking time to regroup at the end of the day, noticing in nature, taking time to learn with the children, being present in the moment and bring joy back into our lives taking time to be calm and at peace.

Reflection on Resources-Supporting SEL in our outdoor environments

-Prior to the network webinar participants reviewed a handout based on information from the BEETLES website that highlighted the links between CASEL SEL core competencies and learning in nature. Please see attached.

-During the webinar participants viewed the SEL stories in the forest & nature school youtube video <https://www.youtube.com/watch?v=nPbSmSF9how>

-Participants shared their thoughts on the handout and video. They also shared that they are saying yes to more risky play outdoors, providing experiences to support children to develop more body awareness. Outdoor in nature opportunities is helping children to learn about death in nature and life cycles, and also supports children to connect to the land and place.

-SEL resources shared during the session included

- Free Social and Emotional Learning programs
- Random Acts of Kindness <https://www.randomactsofkindness.org/>
- Harmony SEL <https://www.harmonysel.org/>



early childhood community development centre

- Supporting SEL outdoors <https://explorermindset.org/outdoor-sel/>
<https://research.childrenandnature.org/research/outdoor-learning-may-be-an-effective-way-to-promote-the-social-and-emotional-skills-of-students-with-social-emotional-and-behavioral-disorders/> <http://beetlesproject.org/resources/supportingsel/>

Sharing resources, Photos & Documentation

-No resources were shared, however, participants shared that they are finishing up their summer programming and moving into their Fall programming.

Round Table Conversations-Brainstorming, Questions and Connections

-Ways to incorporate nature in the local community; going for walks around the block, listening to our feet and bird and engaging in discussions about what we can hear. Linking what hearing to interests of the children. Taking time to stop and listen for 10 seconds-listen to the wind-what direction is it coming from? Listening to our bodies/being aware of our bodies. Using a small picture frame or cardboard frame to focus attention. Using the DIY store paint colour swatches to find colours in nature.

-The ECCDC is developing new professional development sessions and are inviting community partners to participate by sharing ideas, participating in a Q&A during the session. Please see PPT for further details. If you are interested please connect with Ginette Wilson gwilson@eccdc.org or Katie-Lynn Parkinson kparkinson@eccdc.org if you are interested.

Resources Available

-Please see PPT.

Next Steps

- I look forward to seeing you at the Winter 2023 network meeting on Thursday the 26th January starting at 5.30 pm. You can register via this link <https://eccdc.eccdc.org/workshop-register/?ee=1166>

