

# Winter 2021 PD Sessions (All Sessions Online)

Tuesday, Jan 19, 26 & Feb 2, 9 (7 – 8:30 PM)

## Supporting Identity and Representation in Our Classrooms: A Reflective Practice Approach (4-part series 7.5 hours PD)

In this workshop series we will define identity and talk about how to discern and affirm identities in young children. We touch on what intersectionality means for young children and finally use a practical eye and consider the ways we respect and provide space for expansive identities through classroom materials, classroom discourse, promoting children's peer relationships, and informing and evolving our own internal perspectives. As the sessions unfold, we will assess, learn, create, and reflect. Between sessions participants will have opportunities to try ideas in their own classrooms and then share their progress.

*Session One:* Supporting identity and Representation in Our Classrooms a Reflective Practice Approach

*Session Two:* Creating Environments for Positive Identity Development (books-materials-discourse)

*Session Three:* Creating Environments for Positive Identity Development (peer relationships-play)

*Session Four:* Looking Ahead: Making, Growing, Evolving – An Action Plan for Continued Development

**Presenter: Ron Grady (MS Ed)** is an early childhood educator with a passion for child-centered and constructivist methodologies. He encourages children to learn through art, nature, and play and enjoys exploring the ways that these connect to deep processes of creative, personal, and academic inquiry. He began working with children in undergrad, where he worked on projects focused on children's social and cognitive development. As he made repeated visits to his institution's lab school, he found himself drawn to the life he found within the classrooms and ever since then he has been devoted to integrating these two loves.

**Registration Link:** <https://www.eventbrite.ca/e/131061186537>

Thursday, Jan 14, 28 & Feb 11 (7 to 8:30 PM 3 parts 6 hours PD)

## Let's Talk About Practice: ECEs Reflecting Together

Join Olha Khaperska for some reflective conversations inspired by Exchange Press. Participants will receive a short article related to a particular aspect of practice to read prior to the chat session. During the chat you will be invited to share views and stories while engaging with other participants in a series of reflective questions. At the end of each session, you will have an opportunity to commit to an action step that will help you bring the related practice to life in your classroom. Additional 1.5 PD hours on certificate to accommodate for reading articles. Topics for the first series are: Yes Environments; Rethinking Sharing; and Exploring Consent and Power in Preschool.

**Presenter: Olha Khaperska** is a consultant who created [Beautiful Classrooms](#), a classroom makeover service, to help teaching teams implement positive changes in their learning environments. She draws on her experience in advertising, publishing, lighting, and knitwear design together with her knowledge of early learning that was tested in various classrooms.

Olha has a degree in Management, an ECE diploma from the Nova Scotia College of Early Childhood Education, and an Early Childhood Administrator Certificate. She currently works as a Lead ECE in the Pre-Primary program and pursues her Master of Education degree in Studies in Lifelong Learning at Mount St. Vincent University.

**Registration Link:** <https://www.eventbrite.ca/e/121018667091>

Wednesday, Jan 27 & Feb 17 (7 to 8:30 PM 2-parts, 3 hours PD)

### Imagining the Possibilities of Winter Outdoor Play

Winter is here! What a magical season to play outside! When outdoor play becomes an integral part of early childhood pedagogy even in winter, children can explore, experiment, and discover the beauty of winter, and therefore, thrive. This 2-part series will offer opportunities to seek possibilities and opportunities to facilitate and support children's outdoor play in winter.

Through these series, participants will be able to:

- Explain the importance of outdoor play in winter
- Discuss and practice various practical ideas for outdoor play experiences in winter
- Examine strategies to create outdoor play environments that trigger children's curiosity
- Describe how the use of pedagogical documentation helps co-construct outdoor play pedagogy with children and their families

**Presenter:** Bora Kim is a Registered Early Childhood Educator and a professor in the Early Childhood Education at Humber College in Toronto. Bora's work, research, and advocacy focus on early years pedagogy that promotes play in natural environments across all seasons and incorporates pedagogical documentation for collaborative inquiries. Her experiences in Nova Scotia, Alberta, and Ontario have enriched her passion and perspectives on outdoor play. Many of you will know Bora from her time with the Outdoor Play Project and EYCDC|NSCECE. We are thrilled to welcome her back to share winter play ideas inspired by three provinces.

**Registration Link:** <https://www.eventbrite.ca/e/131073056039>

Tuesday, Feb 23 & March 2 (7 to 9 PM, 2-part, 4 hours PD)

### Mindfulness in Early Childhood – Connections to Capable, Confident & Curious

Practising mindfulness is a way to keep us focused on the present moment. Studies of mindfulness with children have shown there are many health benefits as well as decreases in

negative behaviours, increases in social skills and executive functioning and an increase in overall well being. There has been an increase in “mindful schools” and sharing mindfulness practices with children in various parts of the world.

With mental illness on the rise and the Mental Health Commission of Canada stating an estimated 1.2 million children in Canada having some type of mental illness, it is imperative children be introduced to skills for healthy minds, body, and spirits at a young age. These tools can be introduced to children during the early years and they can build on them as they grow allowing them to have a tool kit by their side when things get rough.

In Nova Scotia, there is a curriculum framework that early childhood educators are expected to follow. How does mindfulness fit within this framework? How can educators introduce mindfulness techniques to children while meeting the goals and learning objectives outlined in the Early Learning Framework?

This (2-part) workshop is designed to share mindfulness practices appropriate for children ages 2-6 with early childhood educators while connecting these exercises and practices to our key learning goals: well-being, discovery and invention, language and communication and personal and social responsibility. We will also review how mindfulness practices fit in with holistic teaching and principles of play-based learning, inclusive, equality, and reflection all important factors to consider when implementing the early learning framework.

**Week 1 (February 23)** will focus on basics of mindfulness, benefits of mindfulness specifically with children, creating a mindful classroom and a brief introduction on how mindfulness can connect with the early learning framework.

**Week 2 (March 2)** will focus on specific mindful practices that can be used with children and where they fit in the Framework when thinking about documentation and planning programs.

**Presenter:** Lisa Harrietha has been working with children and youth for over fifteen years. She holds a Bachelor as well as a master’s degree in Child and Youth Study from Mount Saint Vincent University. Over the past three years Lisa has taken time developing a regular mindfulness practice of her own including finishing a 6-week mindfulness course which focused on the mindfulness program from UCLA as well as a mindfulness teacher facilitation course and a course specifically created for mindful educators. Lisa has also obtained a certification in Kids Life Coaching. She is passionate about the important of social skills as well as coping skills and helping children to become resilient. Lisa believes in whole person education focusing on the strengths of individuals. After overcoming anxiety and facing fears Lisa became very passionate about sharing mindfulness with others especially with children in hopes that teaching skills early would lead to less stress later in life.

**Registration Link:** <https://www.eventbrite.ca/e/132422399963>

Tuesday, March 23 (6:30- 8:30 PM, 2 PD-hours)

### Risky Play: Not a Risk

Climbing a tree, jumping off a tree, balancing on a tree log, using real tools... Much research has indicated that these types of risky play are not a risk but benefit children. Despite how it sounds, risky play is an essential part of child development. This session will provide participants an opportunity to explore evidence-based information about risky play. Through this session, participants will be able to:

- Identify the benefits of risky play on children's learning and health
- Discuss how to facilitate and support children's risky play
- Conduct a risk-benefit assessment tool

**Presenter:** Bora Kim is a Registered Early Childhood Educator and a professor in the Early Childhood Education at Humber College in Toronto. Bora's work, research, and advocacy focus on early years pedagogy that promotes play in natural environments across all seasons and incorporates pedagogical documentation for collaborative inquiries. Her experiences in Nova Scotia, Alberta, and Ontario have enriched her passion and perspectives on outdoor play.

**Registration Link:** <https://www.eventbrite.ca/e/131076704953>

### NS Early Learning Curriculum Framework Module Deliveries:

- **Module 8 Building Family and Community Relations**  
*Wednesday, January 13 & 20 (7 to 9PM)*
- **Module 5 Observing for Decision Making**  
*Wednesday, February 3 & 10 (7 to 9 PM)*
- **Module 6 Reflective Practice**  
*Wednesday February 24 & March 3 (7 to 9 PM)*
- **Module 5 Observing for Decision Making**  
*Wednesday, March 10 & 17 (7 to 9 PM)*
- **Module 6 Reflective Practice**  
*Wednesday, March 24 & 31 (7 to 9 PM)*

Registration Link: <https://www.eypdc.ca/learning/early-learning-curriculum-framework/registration/>