

# Workplace Wellness Series



## Exploring Physical Literacy Through a Mindful Lens

Exploring Physical Literacy Through a Mindful Lens breaks down the fundamental movement skills through yoga and mindfulness-based activities that strengthen a child's sense of body confidence, spatial awareness and self-regulatory skills. This workshop is intended for early childhood professionals who work with children ages toddler to kindergarten, and incorporates songs, stories, and activities that put the FUN in fundamental movement!

**Tuesday September 29, 2020** • 6:30 to 8:30 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

## Self-Intelligence – Supporting Children's Self Esteem Building in the Early Years

In the early years, what matters most to the development of a child's sense of self is whether or not the adults in their life embody a sense of their own selves. Lucky for us, Self-Intelligence has the capacity to develop over an entire lifespan, and we can support the development of our children's self-esteem, self-confidence, and self-regulation skills as we nurture our own. Throughout the workshop, participants will explore three facets of mental wellness (emotional awareness, growth mindset and physical literacy) through mindfulness practices that can be adapted in engaging and meaningful ways for children in their early years.

**Tuesday October 27, 2020** • 6:30 to 8:30 pm • ECCDC Conference Room, 3550 Schmon Parkway, Thorold • Niagara Educators: \$45 per session includes all materials and nutrition break; Outside Niagara Educators: \$50

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## Registration Information

To register, contact the ECCDC at 905.646.7311 ext. 304, [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org)



Lisa Clarke is a Registered Yoga Teacher (RYT-200), Certified Children's and Family Yoga Teacher (CCYT) and Children's Book Author. She has been specializing in yoga and mindfulness for children and educators since 2015, and has developed laLa yoga and mindfulness programs to support the foundations in *How Does Learning Happen? Ontario's Pedagogy for the Early Years*. Lisa is a proud member of the Physical Literacy Champions Group in Peel, advocating for the understanding and development of physical literacy in the early years. Before becoming a yoga teacher, Lisa was the acting Supervisor of her family's child care centre Children's Choice Daycare in Brampton, Ontario. Her experiences within a child care setting, combined with her knowledge of physical literacy and mind-body practices has given laLa wellness a reputation for engaging, quality learning experiences for children and educators.

