

Exploring a Sense of Place in Nature

**Collaborative Nature Based
Childhood Conference**

Saturday

September 12, 2015

7:00 am - 4:30 pm

**Live & Learn Early Learning Center
114 Mast Road, Lee NH**

Rain or Shine!

Presented by:

**Live & Learn Early Learning Center
*Johanna Booth-Miner***

livlrn2@comcast.net

with support from NHAEYC

**Spend a full day exploring nature based
education in action and how to avoid nature
deficit disorder!**

Schedule of the Day

- 7:00-8:00 Registration/Breakfast**
- 7:30-8:15 Tour of Outdoor Classrooms**
- 8:15-8:30 Opening Remarks: Johanna Booth-Miner**
- 8:30-9:30 Keynote: Jeannine Fitzgerald
Telling The Story Differently**
- 9:45-11:45 Morning Session**
- 11:45-12:45 Lunch & Networking**
- 1:00-3:00 Afternoon Session**
- 3:15-4:00 Reflection & Closing Session
Evaluations, Certificates & Raffles**

Please note: This conference will run rain or shine! Come prepared to be outside regardless of the weather! Much of our property is not handicapped accessible. Remember to bring bug spray and a water bottle. The closest bathrooms are porta potties although we do have other bathrooms available within walking distance.



**See you next year on
September 17, 2016**

Morning Session 9:45 a.m. – 11:45 a.m.

A1 Food for Thought: The Influence of Nutrition on Behavior

This generation of children has the highest rate of food allergies, obesity, emotional and behavioral diagnoses, autoimmune disease and learning challenges ever recorded. And while we prefer to look for the quick fix, there are hidden connections between nutrition and these challenges. If our current approaches considered nutrition as having preventive and healing properties, we would waste less money on evaluations, lab tests and medications that do not solve the challenges, but mask or treat the symptoms. This session examines ways that nutrition impacts a child's energy, learning and susceptibility to the diagnoses of ADHD, Oppositional Defiant Disorder and others. It offers scientifically-proven approaches that have led to real-life solutions. **Presented by Jeanine Fitzgerald keynote presenter**

A2 Outside STEM Activities for ECE

This workshop will actively engage the participants to look at the STEM objectives from a different perspective. The workshop will not only enlarge the participants' knowledge base, it will also increase their confidence and ability to communicate with various stakeholders, in regards to how they are effectively immersing their students daily in STEM objectives. The participants of this workshop will take away a plethora of activities that they can expediently apply in their centers with no or little cost to implement. They will be creating engineering cause and effect activities that will support collaborative learning and critical problem solving skills. In the context of building a community of learners, they will learn collaboration while experimenting with the various tools provided to them to accomplish their objectives. We will also discuss the open-endedness of the term, objective in the ECE field. **Presented by Susan Black Norton Education Consultant / Curriculum Instruction and Design**

A3 BACK TO OUR "ROOTS": Why should we have a School Garden?

"I hear and I forget, I see and I remember, I do and I understand." (Confucius, 551 BC to 479 BC)

We will explore our DAP and incorporate Howard Gardner's theory of naturalistic intelligence. In this regard, we will look at nurturing and relating information to one's natural surroundings.

We know that the Outdoor Classroom is only one among many elements that are important in serving and supporting children's development. (Others include good parenting, good schooling, and fruitful social activities.) The outdoors is an important learning environment.

With our New England weather we need to adapt activities inside so children will be able to move seamlessly between indoors and outdoors; their play and learning should be as easy in one place as the other.

Children need to explore, imagine, try new things, and learn alone or with friends. Our hope is that you will leave the training with tools for this to become a reality.

Presented by Betty Mulrey, M.Ed. MBA, Marilyn Nicholson BS. Early Childhood, ECME2, and ECMPWT and Lori Turcotte LT.

Morning Session
9:45 a.m. – 11:45 a.m.

A4 Circling into Calm Through Nature

The natural world offers an amazing environment for cultivating calm within for us and our students/children. In the natural surroundings of the conference setting, we'll start by sitting in circle, using found items from the area to help us center. After learning a bit about circles and spirals and how they exist in nature, we'll construct a spiral for quiet walking, and create personal mandalas. We'll end on the ground as part of a mandala, experiencing a yoga nidra (deep relaxation) designed for children and thoughtful reflection. **Please bring a journal and a throw type blanket.**

Presented by Sandy Bothmer, M.ED., Peaceable Pathways LLC

A5 Technology in an Outdoor Classroom

Technology is here to stay, so how can we incorporate it into Early Childhood Education appropriately? Can technology benefit a nature based early childhood program? This workshop will explore the latest research regarding technology in Early Childhood. Together we will discuss the benefits and challenges faced by early educators in a very digital/media world. We will brainstorm ideas to implement technology in a developmentally appropriate way into our outdoor classrooms.

Presented by Amy Ashley, Interim Preschool Program Coordinator and Alysse Coffey, Interim Program Director

Lunch 11:45-12:45

**Enjoy the homemade natural foods!
Take advantage of the networking and
vending opportunities as well!**

Afternoon Session
1:00 p.m. – 3:00 p.m.

P1 Unplugged Playful Learning With Creative Kids Yoga® and Yoga Dots®

Join movement pioneer Rosemary Clough, as you explore a playful, innovative approach integrating yoga and movement concepts into a nature based curriculum. Explore state of the art research on brain development, and have fun incorporating creative dramatics, science, art, music, hiking and storytelling into outdoor adventures. This workshop also will include anatomy awareness, and breathing techniques to alleviate stress. Use colorful Yoga Dots® to organize any space, develop critical thinking, increase concentration and promote creative problem solving. The result - a fully functioning body supports and stimulates a fully functioning brain.

Presented By Rosemary T Clough, BS in Education Founder/ Director Creative Kids Yoga®, Moving Spirit LLC and Yoga Dots®

P2 Once Upon an Opportunity: Taking Literacy Learning Outside the Confines of the Classroom

Facilitating the development of literacy skills can take place in unexpected places, capitalizing on the environments in which we find ourselves. This often means we are not in the spaces of the four walls of our traditional early childhood education settings, but outside, on playgrounds, in the woods, rolling on hills, and having opportunities to move, to learn, and to take advantage of developing literacy skills at the same time. This interactive session will include suggestions for capitalizing on literacy learning in unexpected places based on the research of early literacy skills children need to develop for success in school and beyond.

Presented by Meagan K. Shedd, PhD, PhD in Educational Psychology with a specialization in language and literacy, ECEMPF

Afternoon Session 1:00 p.m. – 3:00 p.m.

P3 Play: Unifying the Mind, Body and Spirit

Children haven't changed, childhood has. Children no longer have the freedom to explore fields and woods, or find special places. Informal games on the playground have turned into structured leagues by age 4. We now have programs with scripted teaching, computerized learning, standardized assessment, and decreased time for recess on playgrounds that have been determined to present too much risk to safety. All of these trivialize and undermine children's natural capacities for meaningful lessons learned through play. This session examines this one feature of childhood - play. **Presented by Jeanine Fitzgerald keynote presenter**

P4 The Power of Storytelling in your Nature Based Classroom

A captivating and enlightening workshop that identifies the importance of storytelling in the outdoor nature classroom. You will walk away energized with new strategies and activities to introduce storytelling in your own room outside, which will help strengthen listening, oral language, reading and writing skills.

Presented by Shawn Middleton ECEMPWT

P5 Parenting in the Digital Age

Children engage with digital technologies nearly from birth. Social and commercial media messages compete to shape their identity and their future. Thus, parents and teachers are challenged by the new rules. The outdoors used to be a lure for children. Now they are initiatives to get children outside. This seminar explores how technology transforms both childhood and parenting. It highlights the struggle to maintain critical parenting foundations. Topics include: child/adult development under a media lens, cultural and socioeconomic factors, impact on parental roles/responsibilities, school technology, and policy impact. Practitioners gain tools for coaching parents in various settings—schools, hospitals, community organizations and homes.

Presented by Jean Rogers, MEd, Speaker /Author

P6 Dirt on DIRT

Urban landscapes may not have meadows and deep woods, but there's usually some good old-fashioned dirt around in which children can get muddy. In this workshop we'll explore the many functions of dirt in learning about the outdoors, the positive aspects of playing in the dirt, and the connections to the natural world and everyday life, even in an urban setting

.Presented by Claire Harris, Lead Teacher, Pathways to Nature Preschool, Massachusetts Audubon Society's Boston Nature Center, Boston, Massachusetts

Sense of Place

Presenter Biographies

Jeanine Fitzgerald a certified Human Behavior Consultant and Specialist, and Owner of The Fitzgerald Institute of Lifelong Learning. She is a speaker, consultant and master trainer. As an author, Jeanine has published *The Dance of Interaction* and a national training program.

Sandy Bothmer M.Ed. Form Lesley University, BS in Education Kripalu Yoga and Creative Kids Yoga® and Integrative Yoga Therapist. Sandy is a Professional Development instructor at UNH Manchester, workshop presenter and Author “Creating the Peaceable Classroom”

Betty Mulrey Director, Holy Cross Early Childhood Center M.Ed., MBA, early childhood certification, principal certification, doctoral candidate

Marilyn Nicholson, Teacher, Holy Cross Early Childhood Center BS, ECMT2, and ECMPWT

Lori Turcotte, Teacher, Holy Cross Early Childhood Center LT4

Susan Black Norton Education Consultant / Curriculum Instruction and Design, BA in ECE / NH Teaching Certificate & Curriculum Administrator / M.Ed., Success for Every Child & Little Sprouts Early Education and Child Care

Shawn Middleton, Storyteller ASMPWT, BA in Social Work, author, artist in residence, workshop presenter

Amy Ashley BS in ECE, Interim Program Director DHMCCC Amy also holds a Vermont Instructor Registry Credential

Rosemary T Clough founder/ director Creative Kids Yoga®, Moving Spirit LLC and Yoga Dots® She holds a BS in Education from Tufts University

Jean Rogers, MEd She is a speaker, author and Director for *Kids Media Diet*. For over 15 years Jean Rogers has been supporting parents, teachers and healthcare professionals to raise healthy children in a media-saturated world. Her book, *Kids Under Fire*, helps parents learn how to empower young children to make healthy media choices for life and fosters family communication and intimacy.

Meagan K. Shedd, PhD, PhD in Educational Psychology with a specialization in language and literacy, ECEMPF Assistant Professor Plymouth State University

Claire Harris, Lead Teacher, Pathways to Nature Preschool, Massachusetts Audubon Society's Boston Nature Center, Boston, Massachusetts

Alysse Coffey, Interim Program Director DHMC Child Care BS in Child Development She also holds Early Childhood Teacher Level 6 Credential in the State of NH

Register online at www.live-learn.org/teachertraining_resources.html

OR Send this registration form with payment (including an additional \$10 for paper registration) to:

Exploring a Sense of Place in Nature

Live & Learn Early Learning Center, 114 Mast Rd, Lee, NH 03861

Name _____ Organization _____

Address (home) (work) circle one _____

City/town _____ State _____ Zip _____

Phone _____ Email _____

If registering online, you will receive an email confirmation.

DRESS FOR THE WEATHER- THIS EVENT IS OUTDOORS RAIN OR SHINE!

*****NOTE:** The entire conference takes place on a 25 acre farm. The terrain is uneven and farm land. Please wear appropriate foot wear. Not all workshops will be accessible to all abilities. We will make the upmost effort to assist participants to allow access. There will be porta potties outside and inside access to restrooms.

Please indicate your top **THREE** choices for each session. We will do our best with your first choice.
Morning Session (A1-A5) Afternoon Session (P1—P6)

First choice _____

Second choice _____

Third choice _____

Payment information:

Early Bird Registration (received by 8/15/15) \$85*

Registration \$105*

Walk-in Registration \$125

*Paper Registration \$10 extra - Please register online!

Method of payment:

Check _____ Credit Card: MasterCard _____ Visa _____ Discover _____

Card Number _____ Expiration date _____ CVN _____

Name on card _____ Signature: _____

Total enclosed _____