

CULTIVATING RESILIENCE



La Mirada, CA, Early Education Conference Breakout Sessions

We will hear from Joy Roberts and Julie Wideman from Friendlyzy, who will help us explore relationships and belonging. The schedule will include keynote/plenary sessions and three engaging breakout opportunities. Pre-selection of breakout sessions will be required to help plan classroom size once registration is complete. Following registration for the conference, you will receive a confirmation email with a link to choose your sessions. Choose one session from A B & C below.

Choose 1 session from Breakout Session A below.

Session Code	Breakout Session A	Session Description	Speaker
A1	Intentionality in the Early Childhood Classroom	<p>This workshop will explore some of the most recent powerful brain research that has been done that encourages and supports the necessity of building a diverse, intentional environment in our early childhood classrooms. Participants will walk away with a better understanding of how to intentionally build activities into their daily lesson plans and follow them up with regular observational assessments that will help them support these key findings in their classrooms.</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Beth Tulk
A2	Lookin' For the Nature	<p>In today's world, it is easy to get consumed with technology, worksheets, plastic containers, concrete, and lots of "academic stuff." Many of our children are deprived of being in an environment where nature is present. Today we'll look at what research says about children and nature, along with practical things you can add to your classroom and curriculum.</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Cindy Meier
A3	Work and Soul Fatigue – Nurture your Soul and Spark Momentum!	<p>Stuck? Tired? Step out of your default future and experience transformation in a Professional Group Coaching Session with a Leadership and Life Coach.</p> <p>Early Education Core Competency: Professionalism</p>	Dr. Deb Prieto

A4	Build Academic Skills and Social Emotional Competence Through Outdoor Play	<p>Explore ideas for a variety of outdoor games and activities that reinforce reading, math, and science skills while building kindness, patience, relationships, and collaboration. Plus, all activities require a minimum of setup and utilize materials you likely already have on hand. We'll explore how children can learn number sense by playing hopscotch; phonemic awareness through ball games; shapes, time, and position words as they complete an obstacle course or maze; sharpen their five senses on an I Spy nature walk; develop locomotor skills and teamwork with relay races; and more.</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Judy Ross
A5	Teaching and Parenting with Courage, Grit, and God's Love	<p>Are you having difficulty navigating the murky waters of raising Christian kids in our current cultural context? Let's face it – teaching and parenting these days is a Contact Sport! I will give you some new tools and possibly re-introduce you to some traditional ones as well. Through the lens of Scripture, Reason, Tradition, and Experience, let's explore how to Teach and Parent with Courage, Grit, and God's Love! Let's face it – teaching and parenting these days is a Contact Sport!</p> <p>Early Education Core Competency: Relationships, Interactions, and Child Guidance</p>	Julia Johnson
A6	Processing Process Art	<p>How to incorporate the concept of process art into your daily lessons to build cognition, creativity, and fine motor skills in your students. Come prepared to create!</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Koryn Parker
A7	Biblical Integration in the Early Years	<p>As Christian educators, we have a unique opportunity to be a part of the spiritual formation of young children. We cultivate the ground of their hearts and prayerfully open spiritual windows so that they can have a relationship with God through Christ. Let's be intentional and learn solid Biblical principles to integrate as God uses us to touch His youngest children.</p> <p>Early Education Core Competency: Child Development and Learning: Spiritual</p>	Royce Nelsestuen
A8	Being a Leader	<p>We will review effective leadership practices, how to lead with heart-centered leadership, creating anti-bias change, and the importance of delegation.</p> <p>Early Education Core Competency: Leadership</p>	Vanessa Mininger

A9	The Power of Play - Part 1	<p>Play serves an essential role in the lives of both children and adults. This interactive two-part session is designed to help educators and leaders experience the power of self-active play, an enjoyable mindfulness practice that relieves stress and anxiety while inspiring creativity and self-awareness. After our time of play, we will consider the role of play in our classrooms and schools as a means of promoting learning, healing, resilience, and joy.</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Carly Bedard
A10	Teaching the Head, Heart & Hands: The effects of Covid 19 (Part 1)	<p>The pandemic is contributing to a variety of adverse outcomes for many parents and subsequently, children. The impacts of COVID-19 are directly related to delays in development and adverse childhood experiences (ACEs) for many young learners. Birth to age five is a critical period for brain development. During this time, the brain develops more than at any other time in a person's life. This session will explore brain development in young children, help participants reflect on developmental milestones relating to lesson planning cycles, and discuss the impact of toxic stress on young children's ability to learn and thrive.</p> <p>Early Education Core Competency: Child Development and Learning</p>	Dr. Althea Penn

Choose 1 session from Breakout Session B below.

Session Code	Breakout Session B	Session Description	Speaker
B1	Brain Development in the Early Years	<p>The first few years of life are a time of great opportunity and vulnerability for brain growth and development. The experiences children have during this time can actually shape the structure of the brain and alter its functions. This training will review numerous factors that affect brain development, with a focus on the key findings of early brain research, including the Windows of Opportunity during the formative early years.</p> <p>Early Education Core Competency: Child Development and Learning</p>	Beth Tulk

B2	Who Is This Child in My Class?	<p>Our heart and passion should be to create an environment where each child thrives and is successful. How do we do that when there are so many factors, characteristics, skills, and abilities to consider? What do we need to consider and implement? What do they need from us? Let's look at today's children and things we can be aware of.</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Cindy Meier
B3	Who Are You Bringing to Work?	<p>It's lonely at the top. We all need community and connection. Are you bringing your professional self or social self to work? Or both? Join this high-level group coaching experience with a professional coach to get "behind" the "whys" of our behavior choices, understand how they are impacting our systems, and design a plan to appropriately meet our social and professional connection needs. Gain greater confidence, peace, community, and influence to reach your vision.</p> <p>Early Education Core Competency: Leadership</p>	Dr. Deb Prieto
B4	Extend Fairy Tales, Nursery Rhymes, and Fingerplays Through STEAM	<p>Explore Science, Technology, Engineering, Art, and Math (STEAM) with engaging activities based on traditional stories and poems. Discover ways to build social and emotional skills (e.g., kindness and caring) as well as 21st-century skills (e.g., creativity, innovation, and problem-solving) as children create a flotation device, zipline, or launcher to save the Gingerbread Man, appreciate God's beautiful night sky as we create blinking lights for Twinkle Twinkle Little Star, help Five Little Monkeys stay safe, and more!</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Judy Ross
B5	Is My Classroom Set Up for Relationships to Thrive?	<p>For students, the classroom is a second home. It's where norms are established, relationships are forged, and potential is unlocked. It's where intense emotions are processed, wins are celebrated, and challenges are overcome. As an educator, you know deeply both the desire and worthy challenge of cultivating a classroom home environment where every student can feel safe and succeed. This session will review eight key ways that we can ensure our classrooms are set up for relationships to thrive with a focus on a strengths-based approach to cultivating a classroom environment where everybody is celebrated and has the opportunity to succeed socially, emotionally, and academically in the classroom and beyond.</p> <p>Early Education Core Competency: Relationships, Interactions, and Child Guidance</p>	Laura Wei with the Friendly Team

B6	Let's Just Take a Minute	<p>How to turn "Time Outs" into "Reset Spaces" that build emotional intelligence and empathy and reduce behavior issues. Learn helpful strategies and phrases to make your day better.</p> <p>Early Education Core Competency: Relationships, Interactions, and Child Guidance</p>	Koryn Parker
B7	Mini Minds Matter	<p>Cognitive, emotional, and social capacities are intertwined throughout life, and foundations are established in early childhood development. We will explore executive functioning skills and what we can apply from brain research in early education.</p> <p>Early Education Core Competency: Child Development and Learning</p>	Royce Nelsestuen
B8	Supervising Staff	<p>We will review common challenges in supervising staff as well as cover supervision tips and tricks and how to maintain your credibility as a leader.</p> <p>Early Education Core Competency: Leadership</p>	Vanessa Mininger
B9	The Power of Play - Part 2	<p>Play serves an essential role in the lives of both children and adults. This interactive two-part session is designed to help educators and leaders experience the power of self-active play, an enjoyable mindfulness practice that relieves stress and anxiety while inspiring creativity and self-awareness. After our time of play we will consider the role of play in our classrooms and schools as a means for promoting learning, healing, resilience, and joy.</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Carly Bedard

B10	Teaching the Head, Heart & Hands: The effects of Covid 19 (Part 2)	<p>The quality of a child’s early experiences and early learning shape the child’s ability to learn and contribute to lifelong success. This makes it even more important for Christian early educators to understand the impacts of COVID-19 in relation to the changes in child development. We need to implement multisensory, Bible-integrated instructional strategies and trauma-informed practices that provide each child with opportunities to learn through play, movement, and their own approaches to learning, interests, cultures, and abilities. This training equips participants with the tools needed to promote holistic child development through caring interactions and standards-aligned instruction.</p> <p>Early Education Core Competency: Family and Community Relationships</p>	Dr. Althea Penn
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Choose 1 session from Breakout Session C below.

Session Code	Breakout Session C	Session Description	Speaker
C1	The Importance of Play in the Early Childhood Classroom	<p>Decades of research have shown that through play, children learn a breadth of social-emotional, cognitive, and physical skills – as well as essential dispositions for learning. Play provides a place to safely express their range of emotions, feel a sense of control, and build coping skills. When we create a classroom environment with activities that embrace the concept of play, we provide children the opportunity to feel safe, supported, and connected while they explore, discover, collaborate, and thrive.</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Beth Tulk
C2	Creating Emotional Support for Our Children	<p>The children we interact with are learning life skills about becoming self-regulated and how to cooperate with others. Sometimes it is challenging for them, and they fall apart. How can we support them and help them become successful when faced with all the emotions brought on by life's circumstances?</p> <p>Early Education Core Competency: Relationships, Interactions, and Child Guidance</p>	Cindy Meier

C3	Generating Momentum	<p>Step out of your default future and into your God-created future. If you want to know what your life and work will look like a year from now if you don't decide to do something different, you don't have to guess. You already know. It will be basically what life looks like for you today. This roundtable is for bold leaders who want to experiment, be challenged, be inspired, and walk at the fringe of fear and adventure</p> <p>Early Education Core Competency: Leadership</p>	Dr. Deb Prieto
C4	Explore STEAM and Build Social-Emotional Skills With Aesop's Fables	<p>Build Science, Technology, Engineering, Art, and Math (STEAM) skills with engaging activities based on Aesop's fables. Encourage children to be kind and compassionate problem solvers as they collaborate to raise the water level in a pitcher so a thirsty crow can drink (The Crow and the Pitcher); create a vehicle for the tortoise, or a magnetic track to help increase his speed (The Tortoise and the Hare); design a musical instrument that, when played, will alert nearby forest animals to rescue a lamb from a hungry wolf (The Lamb and the Wolf); and more.</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Judy Ross
C5	The Power of Intentionality... Ignite Your Passion for Learning and Improve Outcomes for Young Children	<p>Are you stressed? Are you burned out? Do you face emotional exhaustion? Moving beyond the stress and challenges of the past year requires early childhood Christian teachers/ leaders like you to renew your enthusiasm and refresh your purpose and optimistic focus. Now is the time to be intentional and focused on all that is possible.</p> <p>Early Education Core Competency: Professionalism</p>	Eman Metri
C6	Walking a Tight Rope in Polarizing Times: Dealing with Students and Parents During the Ever Changing Times of Covid	<p>This session will cover how to build stability in an unstable world for children in your preschools as well as how to speak to parents who are concerned and sometimes even angry on opposite ends, especially dealing with Covid.</p> <p>Early Education Core Competency: Family and Community Relationships</p>	Sarah Pate
C7	Inquiry-Based Learning in Early Education	<p>When children are given opportunities to guide their own learning, they are more likely to be focused and motivated. Learn about providing your children with an inquiry-based learning environment where students learn through exploration. The teacher's role in guided inquiry allows students to explore topics, arrive at conclusions, and learn through clear open-ended questions.</p> <p>Early Education Core Competency: Learning Environment and Curriculum</p>	Royce Nelsestuen

C8	Bloom Where You Are Planted	<p>We can learn a lot from gardening– planting seeds, watering, tending the soil. It's all a metaphor for how we can bloom where we are planted!</p> <p>Early Education Core Competency: Professionalism</p>	Vanessa Mininger
C9	Cultivating Resilience through Self-Care	<p>Most of us know how important it is to take care of ourselves, but we may struggle with how to make self-care a part of our daily routine. Come and take some time to be restored and encouraged! In this session, we will explore the importance of checking in with ourselves and identify practical strategies to support self-care. Resources regarding wellness practices and support will be shared.</p> <p>Early Education Core Competency: Professionalism</p>	Carly Bedard
C10	Building Meaningful Relationships with Parents	<p>How adjusting our perspective will help us to develop trusting, meaningful relationships with parents which ultimately strengthens our ability to effectively reach our students.</p> <p>Early Education Core Competency: Family and Community Relationships</p>	Lindsay Tolman