

Exploring a Sense of Place in Nature

Collaborative Nature Based
Childhood Conference

Saturday

September 13, 2014

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*
- 8:00-8:30 *Opening Remarks: Johanna Booth-Miner*
- 8:30-9:30 *Keynote: Daniel J Hodgins*
- Supporting Children Who Color Outside the Lines;
How to Develop a Climate That Supports Creativity
in Early Childhood Settings:*
- 9:45-11:45 *Morning Session*
- 11:45-12:45 *Lunch & Networking*
- 1:00-3:00 *Afternoon Session*
- 3:15- 4:15 *Endnote: Jeanine Fitzgerald*
- 4:15-4:30 *Reflection & Closing Session with
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.

Save the date!

See you next year on September 12, 2015 @
Live & Learn Early Learning Center, Lee NH.

A.M. Workshop Choices 9:45 a.m. – 11:45 a.m.

A1 Supporting the Active Child Naturally

Learn how to support the child that is “full of life” in the classroom. Participants will gain insight from Dan shared in his two books “Change the Classroom, Not the Child” and “Get Over It! Relearning Guidance Practices”.

Presented by Daniel J Hodgins; Internationally renowned Consultant and Presenter/ Trainer, Director and Author; Early Childhood Educational Coordinator at Mott Community College

A2 Early Childhood Nutrition: Why Organic Choices are Best

Participants will learn what poor nutrition looks like when observing challenging behaviors of children as well as the proper foods to help children increase their cognitive function. Strategies will be presented to help bring more organic foods to early childhood settings and family meals.

Presented by Kuerstin Fordham, DC Chiropractor and Nutritional Coach at Haven Whole Health Solutions LLC and Megg Thompson ECEMPWT, co-owner Haven Whole Health Solutions

A3 Earth Resource: CLAY

What is under our feet as we walk a country field or even a backyard? Learn to identify and simple test natural clay in its own locale. Using techniques as the Indians did, bring it round to a workable state ~ create a small item, such as a totem, or container for dried grasses.

Presented by Vicky Anderson, BA Child Dev./Creative Arts in Learning

A4 Supporting Executive Function Development Through Nature Play for Infants and Toddlers

Executive function fully develops in middle childhood and much like other aspects of development, the foundations are laid in the early years. Regulating behavior, finding alternative ways to solve problems, and delaying gratification all find their way into early childhood environments. The workshop will explore those concepts and develop ways to support them in outdoor environments. Nature is a great way to support executive function development for a wide range of children.

Presented by Lori Harris, MS, ECEMPWT, Owner of the Center for Learning, Adventure, and Discovery, LLC

A5 Tree Science

Trees offer a wealth of opportunity for teaching science. As teachers we can use the whole tree or any one individual part to help students learn about nature, living things, community, the design process, and the process of change. Participants will leave with a whole new list of natural items to collect for use in the classroom, a keen eye for the many ways that trees and tree parts can grow and change, and an understanding of some of the forces that can cause those changes.

Presented by Steve Lechner, M. Ed. Owner of The Science Works ECEMPWT

A6 Storytelling With Nature

Remember the days when you were six or seven years old? Maybe you were laying down in your backyard or on a trail when you gazed up at the sky and your imagination ran wild. The clouds, trees, rocks and animals came together with characters and an adventure. Before you knew it, you created a story in your head. An inspiring workshop that will bring your class back to nature while learning some incredible storytelling techniques.

Presented by Shawn Middleton, Storyteller ECEMPWT

A.M. Workshop Choices

9:45 a.m. – 11:45 a.m.

A7 Circling into Stillness Through Nature

The natural world is a great place for finding and cultivating stillness within for us and for our students and children. We will take advantage of the natural world at the conference setting and start by sitting in a circle, using objects found from the area to help us center. After learning about circles and spirals and how they exist in nature we will construct a spiral for quiet walking, create an individual and group mandala for peaceful gazing and use our bodies to become and extension of the mandala as we experience a yoga nidra (deep relaxation) designed for children. Coming full circle, we will notice inner changes as we sit in a circle just as we began. **Please bring a journal and a throw type blanket.**

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

Lunch 11:45-12:45

Enjoy the homemade natural foods!

Take advantage of the networking and vending opportunities as well!

P.M. Workshop Choices

1:00 p.m. – 3:00 p.m.

P1 Unplugged Play 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 Using Nature Games to Develop Leadership

This workshop follows up previous year's Nature Games. Come ready to have fun as you learn lots of new games and strategies to help children and yourself feel comfortable in nature. These games encourage self awareness, a positive outlook and leadership skills. During this session we will play outdoor games, teaching you how to not only play the games but how to adapt or "naturefy" some classic kids games. Our hope is that you will leave with the tools to adapt games and learn different strategies to get even the most apprehensive child immersed in nature and loving it!

Presented by Peter Sawtell ASMT, BS Outdoor Education, Founder of Seven Rivers Paddling

P.M. Workshop Choices 1:00 p.m. – 3:00 p.m.

P3 From Sand Pit to Natural Playground on a Budget

Children need a place to experiment, explore, be creative, acclimate to nature, and learn while outside . . . And it's not going to be in a sand pit! The best outdoor play space should boast tree cookies, metal pots and pans, authentic tools, planks and even sticks. The best outdoor play space should incorporate these things without breaking the bank. When administrators hear its going to cost money, an idea can be stopped before the true imagination of its creation begins. Come find out how you can turn your sand pit into a play space that boasts authentic and real objects that charge children's imaginations and empower them to enjoy nature and the world around us!

Presented by Megg Thompson, ECEMPWT Independent Consultant Hampton, NH and Samantha Palmer, Toddler Teacher Cinnamon Street Newport, NH

P4 Dancing With Porcupines

Have other people's behaviors ever left you feeling annoyed or frustrated? Have you ever wondered why some people talk things out while others think things through? Or perhaps, you have experienced misunderstandings because of differences in communication styles. If so, you are not alone. We have been there ourselves, but we have found a way to create a collaborative team by making sense of the "people puzzles" in our lives. This session applies an empowering model that leads to a deeper understanding and appreciation of ourselves and others. This model can be used to reduce tension, minimize confrontation and conflict, restore relationships, enhance communication and manage team dynamics.

Presented by Jeanine Fitzgerald, ECEMPWT

P5 Supporting Executive Function Development Through Nature Play for Preschoolers

Executive function fully develops in middle childhood and much like other aspects of development, the foundations are laid in the early years. Regulating behavior, finding alternative ways to solve problems, and delaying gratification all find their way into early childhood environments. The workshop will explore those concepts and develop ways to support them in outdoor environments. Nature is a great way to support executive function development for a wide range of children.

Presented by Lori Harris, MS, ECEMPWT, Owner of the Center for Learning, Adventure, and Discovery, LLC

P6 Outdoors in the Winter

Informative hands on workshop to help prevent cabin fever during New Hampshire's long cold winters. Come and learn how children can play outdoors in the winter and why this is important for development. Explore some of our own winter curriculum and help look at ways to develop outdoor winter based curriculum for your center.

Presented by Alysse Ristuccia, BS Child Development and Amy Ashley, BS ECE DHMC Child Care Center

P.M. Workshop Choices 1:00 p.m. – 3:00 p.m.

Presenter Biographies Cont.

Presenter Biographies

Daniel Hodgins is an exceptional, internationally renowned presenter and author of two books titled, *Boys: Changing the Classroom, Not the Child* and his new book titled, *GET OVER IT, Relearning guidance practices*. As a consultant, Daniel works with educators, parents and other professionals.

An exceptional, internationally renowned presenter and author, Daniel has done keynotes, workshops and seminars in over 42 states and Canada. As a consultant, Daniel works with educators, parents and other professionals, helping them to understand research based theory and how to adapt curriculum and environments that support the continued development of children and families.

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*”

Steve Lechner, Med. has a degree in Early Childhood Education from Wheelock College, an M.Ed.

Peter Sawtell ASMPWT, Founder of Seven Rivers Paddling, BS in Environmental Education, experienced afterschool site director

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

Vicky Anderson, BA Child Dev./Creative Arts in Learning, Asst. Director of Three Maples Arts/Nature Program in Kingston, NH

Megg Thompson, ECMPWTF Masters in ECE, Megg is co-owner of Haven Whole Health Solutions and is an independent Behavioral Health Consultant.

Kuerstin Fordham, DC Chiropractor and Nutritional Coach from Haven Whole Health Solutions, LLC

Samantha Palmer, Toddler Teacher at Cinnamon Street in Newport, NH

Lori Harris, MSECE Consultant and Trainer, TMF3, Director 4 MS from Wheelock College and Master Professional Consultant and Faculty Credentialed. Lori is Owner of the Center for Learning, Adventure and Discovery LLC

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

Alyse Ristuccia, Preschool Program Coordinator DHMC Child Care BS in Child Development She also holds Early Childhood Teacher Level 6 Credential in the State of NH

Amy Ashley BS in ECE, Lead Teacher Amy also holds a Vermont Instructor Registry Credential

Send this registration form to:

Exploring a Sense of Place in Nature

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

Or you can register online at www.live-learn.org/teachertrainings_resources.html

Saturday September 13, 2014

7:00 a.m. - 4:30 p.m.

Name _____ Organization _____

Address (home) (work) circle one _____

City/town _____ State _____ Zip _____

Phone _____ Email _____

Confirmations will only be available via email.

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. Outside there will be porta potties with inside access to restrooms.

Please indicate your choices in order 1, 2, and 3. We will do our best with your first choice.

AM Sessions (A1-A7)

PM Sessions (P1-P7)

First choice _____

Second choice _____

Third choice _____

Payment information:

Early Bird Registration (received by 8/15/14) \$75*

Registration \$95*

Walk-in Registration \$105

*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 _____