



North Carolina Association for the Education of Young Children

## WORK TOGETHER WEDNESDAY Show your commitment as an Early Childhood Education Professional!



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## WORK TOGETHER WEDNESDAY NCAEYC CARES DEEPLY ABOUT THE WELL-BEING OF EARLY CHILDHOOD EDUCATION PROFESSIONALS.



BE ACTIVE KIDS<sup>®</sup>

We invite you to join us for a very special, interactive self-care webinar on:

## Wednesday, April 15th 1:00 pm – 2:00 pm

**Click here to register!** 

After registering, you will receive a confirmation email containing information about joining the meeting.

## Healthy Active Me...Healthy Active We: Putting an Emphasis on Physical Activity and Well-being during Difficult Times

Join the staff of *Be Active Kids* to discover how physical activity can impact our overall well-being. Learn to build a daily routine grounded in physical activity to help build resilience of body, mind and emotions. It is especially important to create opportunities for regular physical activity for grown-ups and children as we face uncertainty and challenges of the COVID-19 (coronavirus). Daily physical activity is important is essential to stay help early childhood educators, parents, and caregivers stay healthy and strong. Connect with our presenters as they provide a foundation for the needs around appropriate physical activity as a means to developing the whole-self; Share positive moments and observations of individual and social play in a time of social distancing and shelter in place; Learn more about available resources to staying active and healthy. Led by Richard Rairigh and Evie Houtz and sponsored by the Blue Cross and Blue Shield of North Carolina Foundation.