

Early learning and child care programs across the province are invited to take part in a six-hour, in-person professional learning session. This engaging, research-based experience is designed to help make Active Play a natural, meaningful part of everyday practice—supporting children’s development, stronger relationships, and a lifelong love of movement.

### What will you learn?



#### Create Active Play Habits

- Learn simple, effective ways to embed Active Play into the natural flow of your day.
- Design engaging environments to make movement part of what you’re already doing.



#### Active Play Enhances Everyone’s Day

- Discover how small, intentional changes can create more joyful, connected experiences.
- Explore strategies that ensure every child and educator feels valued, represented, and actively engaged in play.



#### The Active Play Lens

- View your day, routines, transitions, and planning through movement.
- Recognize how Active Play benefits you, your team, and the children in your environment.



### What are educators saying:

**91%**

reported improved relationship with the children

**88%**

reported observing better social development

**75%**

reported seeing improved emotional development in their children

**73%**

reported better relationships with other staff

### Be an Active Play Champion!

Each participating program is encouraged to attend as a team with active play champions (e.g. pedagogical leaders, director, or Inclusion Coordinator) and educators working with all age groups.

We encourage you to register early to ensure your teams space!

### Register for an upcoming English session:

**Bridgewater, NS: May 2, 2026 9-4**

To register click [here](#) or scan QR code

