<table>
<thead>
<tr>
<th>Course Title</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are You a Bucket Filler?</td>
<td>Are You a Bucket Filler?</td>
</tr>
<tr>
<td>Attachment: The First Year</td>
<td>Attachment: The First Year</td>
</tr>
<tr>
<td>Building Spaces for Positive Discipline for Preschool</td>
<td>Building Spaces for Positive Discipline for Preschool</td>
</tr>
<tr>
<td>Building Spaces for Reflective Discipline for Infants and Toddlers</td>
<td>Building Spaces for Reflective Discipline for Infants and Toddlers</td>
</tr>
<tr>
<td>Child Development: Infants</td>
<td>Child Development: Infants</td>
</tr>
<tr>
<td>Child Development: Toddlers</td>
<td>Child Development: Toddlers</td>
</tr>
<tr>
<td>Child Development: Preschool and Pre-K</td>
<td>Child Development: Preschool and Pre-K</td>
</tr>
<tr>
<td>Cognitive Development: Best Practice Overview</td>
<td>Cognitive Development: Best Practice Overview</td>
</tr>
<tr>
<td>Exploring Executive Function for the Young Child</td>
<td>Exploring Executive Function for the Young Child</td>
</tr>
<tr>
<td>FLIP It!</td>
<td>FLIP It!</td>
</tr>
<tr>
<td>Implementing and Supporting Social &amp; Emotional Learning in a Preschool</td>
<td>Implementing and Supporting Social &amp; Emotional Learning in a Preschool</td>
</tr>
<tr>
<td>Classroom</td>
<td>Classroom</td>
</tr>
<tr>
<td>Mindfulness: Healing into the Present Pt. I &amp; II</td>
<td>Mindfulness: Healing into the Present Pt. I &amp; II</td>
</tr>
<tr>
<td>Mindfulness in the Classroom: Helping Young Children Manage Stress</td>
<td>Mindfulness in the Classroom: Helping Young Children Manage Stress</td>
</tr>
<tr>
<td>Physical Development: Best Practice Overview</td>
<td>Physical Development: Best Practice Overview</td>
</tr>
<tr>
<td>Relationship-Driven Learning</td>
<td>Relationship-Driven Learning</td>
</tr>
<tr>
<td>Sensory Play: Exploring Little Ones’ Senses</td>
<td>Sensory Play: Exploring Little Ones’ Senses</td>
</tr>
<tr>
<td>Sensory Processing Disorder: Supporting Young Learner’s Input and Output</td>
<td>Sensory Processing Disorder: Supporting Young Learner’s Input and Output</td>
</tr>
<tr>
<td>Social-Emotional Development: Best Practice Overview</td>
<td>Social-Emotional Development: Best Practice Overview</td>
</tr>
<tr>
<td>Social Emotional Development for Infants &amp; Toddlers</td>
<td>Social Emotional Development for Infants &amp; Toddlers</td>
</tr>
<tr>
<td>Supporting Healthy Brain Development</td>
<td>Supporting Healthy Brain Development</td>
</tr>
<tr>
<td>Supporting Student’s Social &amp; Emotional Development with Mindfulness &amp; Meditation</td>
<td>Supporting Student’s Social &amp; Emotional Development with Mindfulness &amp; Meditation</td>
</tr>
<tr>
<td>Supporting Young Learners Developmental Domains</td>
<td>Supporting Young Learners Developmental Domains</td>
</tr>
<tr>
<td>Toxic Stress and Adverse Childhood Experiences</td>
<td>Toxic Stress and Adverse Childhood Experiences</td>
</tr>
<tr>
<td>Transitions Throughout the Day</td>
<td>Transitions Throughout the Day</td>
</tr>
<tr>
<td>Understanding and Supporting Young Children with Challenging Behaviors</td>
<td>Understanding and Supporting Young Children with Challenging Behaviors</td>
</tr>
</tbody>
</table>

First Up ○ 1608 Walnut Street, Suite 300 ○ Philadelphia, PA 19103 ○ 215-893-0130 ○ ali.cozen@firstup.org
Curriculum and Learning Experiences

An Afternoon of Play: Boredom Busters
An Overview of Mindfulness
Being Trauma Informed: Understanding Social & Emotional Development Support for our Children
Building a Support System to Promote Curriculum Fidelity
Building an Environment of Reflective Practice with Coaching Support
Classroom Management for ECE
Classroom Management for Pre-School – K
Classroom Management for Toddlers
Connecting Children to Nature: Get Outside!
Connecting Outdoor and Indoor Play Ideas, Activities, and Materials
Creating Inspiring Spaces in the Classroom
Creating Nurturing Relationships to Promote Positive Behaviors
Creating Successful, Sustainable Classroom Routines, Rituals and Traditions
Creative Art and Music for Infants & Toddlers
Creative Art: It's All About the Experience

- Developing a Shared Knowledge & Understanding of the CLASS Tool
- Developing Self-Directed Play Tool Kits: for Infants & Toddlers
- Developing Self-Directed Play Tool Kits: for Preschool to K
- Developmentally Appropriate Practice
- Differentiated Instruction
- Diving Deeper: Implementing Mindfulness, Meditation and Yoga
- Early Learning Standards Overview
- Emergent Literacy Development for Preschool
- Engaging the Young Child in Science
- FLIP IT! Building Resilient Children
- Guiding Children’s Behavior through Social & Emotional Support
- Implementing a Curriculum that Supports Best Practices
- Implementing Mindfulness, Meditation and Yoga
- Importance of Play
- Inclusion with Intention
- Integrating Technology in the Early Childhood Classroom
- Interactions and Expressions from Behind the Mask
- Inquiry Based Learning for Toddlers
- Inquiry Based Learning in Preschool: Encouraging Exploration
- Learning Through Play: Connecting Children with their Senses
- Learning Through Inquiry
- Lesson Plan Implementation: Planning for Success
- Literacy Enriched Environments
- Loose Parts: Creating Opportunities for Open Ended Play
- More than Just Numbers: Preschool Math
- STEM: Out of the Box Ideas for the Early Learner
- STEM for Infants and Toddlers
- STEM: Out of the Box Ideas for the Early Learner
- Stress Management for the ECE Practitioner

First Up ○ 1608 Walnut Street, Suite 300 ○ Philadelphia, PA 19103 ○ 215-893-0130 ○ alix.cozen@firstup.org
FAQs

◊ All modules are typically delivered in 2 or 3 hour increments.

◊ All topics have been intentionally created to support best practice and are aligned with the NAEYC Competencies; full list upon request.

◊ PQAS and ACT 48 credit hours are available for all trainings.

◊ All modules can be delivered virtually via Zoom webinars.

◊ We are happy to tailor your PD experience based on your staff’s needs. Just ask!

◊ Please contact Alix Cozen for any additional questions: (alix.cozen@firstup.org)

Provider Feedback

- “First, let me start by saying I absolutely love these webinars First Up is offering. I have been teaching PreK for over 10 years and these are by far the best sessions I have ever attended!” - Tara

- “I appreciate all the wonderful activities and ideas that you have shared with me. I try to keep abreast of the latest research in the field of Early Childhood Education. I appreciate all the wisdom and insights you have provided during each and every webinar.” - Tricia

- “Thank you for all the information and dedication you are giving not only to me but to people out there to help understand the importance of what we do as child care providers.” - Susan

- “Thank you so very much for all of your amazing and informative trainings. You are so very talented in your approach and relay information in a meaningful and creative way.” - Toby

New Topics for 2020!

Below are some of our new topics recently added to support the field:

◊ Building Cultural Competency in Early Childhood Leaders

◊ Building Cultural Competency in Infant and Toddler Teachers

◊ Creating Successful, Sustainable Classroom Routines, Rituals and Traditions

◊ Developing Self-Directed Play Tool Kits: for Infants & Toddlers

◊ Developing Self-Directed Play Tool Kits: for Preschool to K

◊ Interactions and Expressions from Behind the Mask

◊ Mindfulness: Healing into the Present Part I

◊ Mindfulness: Healing into the Present Part II

◊ Understanding Trauma, Bouncing Back with Resilience