

Self-Awareness

ABOUT MOVE THIS WORLD

Move This World cultivates the development of social and emotional learning (SEL) skills to empower students to navigate the complex and rapidly-changing realities of our world. An SEL program that has impacted the lives of over one million students across 35 states, Move This World provides educators and students with a robust, daily curriculum designed to strengthen social and emotional wellbeing in order to create and maintain healthy environments where effective teaching and learning can thrive. Move This World's extensive online library of PreK-12 videos and resources are rooted in creative expression and designed to help students develop a common language to improve communication, build trust, and create stronger communities.

For more information: www.movethisworld.com

The Meltdown

by Move This World

The Meltdown

Primary Competency:

- Self-Awareness

How *The Meltdown* Impacts Students:

The Meltdown is a melting meditation. It gives us the chance to pay attention to how we are feeling in our minds and our bodies; this is called self-awareness. When we are self-aware and know how we are feeling, we can do a better job at managing our emotions. This exercise is intended to be very relaxing. During our busy days, taking some time to relax can make us feel better.



[Link to *The Meltdown* video.](#)

Skills:

- Mindfulness
- Identifying Emotions

How to facilitate *The Meltdown* in your classroom:

- Load the video before students come into the class & check that sound/volume is working.
- Students can participate by spreading out around the room. They will be “melting” to the floor, so it is important that they have space around them to do so.
- Follow along with your students! Reinforce these skills and model active participation.

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

- Encourage students to reflect on three opportunities for practicing The Meltdown during their day. Student examples might be: “I can silently practice The Meltdown in the car on the way to school” or, “I can practice The Meltdown before I go to sleep at night.”