

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

Bio Pic

by Move This World

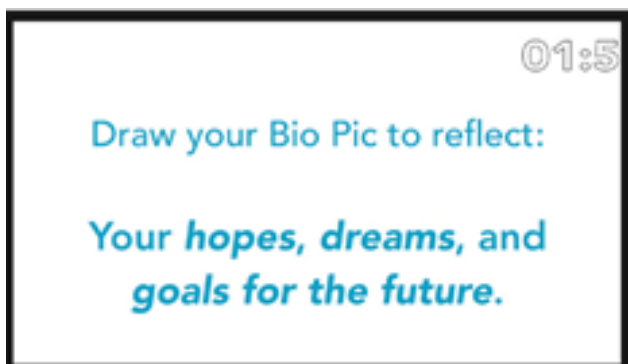
Bio Pic

Primary Competency:

- Self-Awareness

How *Bio Pic* Impacts Students:

Bio Pic helps us reflect on the important moments in our lives. Bio Pic helps us recognize our personal strengths, develop confidence, and set goals for the future. Bio Pic gives students opportunities to reflect on hopes and dreams, challenges, inner strengths, and external supports that help them overcome these challenges. Bio Pic provides opportunities for students to reflect on their own unique qualities and the elements of their lives that make them who they are.



[Link to *Bio Pic* video.](#)

Skills:

- Recognizing strengths
- Self-Confidence

How to facilitate *Bio Pic* in your classroom:

- Load the video before students come into the class & check that the volume is working.
- Students will need a piece of paper and something to draw with for this exercise.
- Each day, students draw their Bio Pic to reflect:
 - Day 1: Your hopes, dreams, and goals for the future.
 - Day 2: The challenges you've experienced.
 - Day 3: Your inner strengths and the powers you possess to address your challenges.
 - Day 4: Your support system: the people in your life who help you through challenges.
- Follow along with your students! Reinforce these skills and model active participation.

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

Now, use words to describe the following:

- Your hopes, dreams, and goals for the future.
- The challenges you've experienced.
- Your inner strengths and the powers you possess to help you deal with challenges.
- Your support system (The people in your life who help you through challenges).
- How did this exercise make you feel?