



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

Count Me Down

by Move This World

Count Me Down

Primary Competency:

- Self-Awareness

How *Count Me Down* Impacts Students:

Count Me Down is an exercise that helps students build both their self-awareness and social-awareness. Each day of this exercise, students will be prompted to reflect on their perspectives and experiences for a variety of topics, ranging from people they admire to difficult decisions they've made in their lives. Students will then have the opportunity to share some of their reflections with one other, strengthening their understanding of one another, and their appreciation for the diversity of the room. This exercise is important because it empowers students to become vulnerable and strengthen their vulnerability. When we allow ourselves to become vulnerable, we are better equipped to develop deeper connections with ourselves and others.



[Link to *Count Me Down* video.](#)

Skills:

- Expressing Emotions
- Discovering Differences

How to facilitate *Count Me Down* in your classroom:

- Students can begin by participating at their desks.
- Students will be prompted to do a quick Shake Off at the start of this video.
- This exercise begins as a writing reflection, so students will need pen and paper.
- Follow along with your students! Reinforce these skills and model active participation.

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

- Discuss what it means to be vulnerable, and how being more vulnerable can allow us to connect more deeply with ourselves and others.
- Additional questions: What is the value of allowing ourselves to be vulnerable? Why do you think this can often be a scary process? What are some ways we can allow ourselves to be more vulnerable?
- Ask students to reflect on how they can use what they learned about one another through this exercise to continue to support each other and how they can use what they learned about themselves through this exercise to support themselves.