



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 Move This

by Move This World

The Move This

Primary Competency:

- Self-Awareness

How *The Move This* Impacts Students:

The Move This builds active listening, cooperation, and effective communication. Students pass the “Move This” beat around in a circle, requiring them to listen carefully and follow along. Students are encouraged to make eye contact with their peers as they continually pass the beat around the circle, as well as celebrate when they make a mistake. The Move This is fun, upbeat, and a great chance for students to connect with every member of the class at once.



[Link to *The Move This* video.](#)

Skills:

- Mindfulness
- Identifying Emotions

How to facilitate *The Move This* in your classroom:

- Load the video before students come into the class & check that the sound/volume is working.
- Students should form one large circle somewhere in the classroom.
- Follow along with your students! Reinforce these skills and model active participation

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

- What was your favorite part of this exercise?
- Name a few of the skills that were required to engage with this exercise.
- How did it feel to celebrate your mistakes?
 - How does this motivate the group?
 - What is the importance of this?
 - What are other ways that we can incorporate this practice of “celebrating mistakes” in both our classroom and daily lives?