

 Self-Management

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 Oooh Aaah Song

by Move This World

The Oooh Aaah Song

Primary Competency:

- Self-Management

How *The Oooh Aaah Song* Impacts Students:

The Oooh Aaah Song helps students practice mindfulness and recognize the importance of mindful breathing.

During The Oooh Aaah Song, students will move through different emotions or feelings that come from their Emotional Building Block list, where breathing might be able to help them.

This exercise also gives them the opportunity to practice recognizing their own emotions and instances where breathing could have helped them get through a challenge.



[Link to *The Oooh Aaah Song* video.](#)

Skills:

- Managing Emotions
- Mindfulness

How to facilitate *The Oooh Aaah Song* in your classroom:

- Load the video before students come into the class & check that the sound/volume is working.
- Students can participate at their desks or at the front of the room.
- Follow along with your students! Reinforce these skills and model active participation.
- TIP! Use this song throughout the day; how during transitions, at the start of the day, after recess or when students might need a reminder of the importance of managing emotions

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

- Have a class discussion about the differences or similarities in emotions that classmates may have expressed today. Ask students if they noticed any emotion being listed more than once or if they noticed a variety of different emotions listed.
- To dig even deeper, ask students how they can help support their peers knowing how they may be feeling?