

 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

Take Your Impulse

by Move This World

Take Your Impulse

Primary Competency:

- Self-Management

How *Take Your Impulse* Impacts Students:

We do Take Your Impulse to practice managing our impulses and understanding how our ability to control our impulses affects our ability to succeed, both individually and as a group. We do this exercise to understand how the proficiency of impulse control in those around us has an impact on our ability to reach a common goal. We take turns calling out numbers to practice active listening and teamwork. Nicely helps students build stronger relationships by developing cooperation and communication skills. Students will be prompted to think of ways to show their peers kindness or appreciation using sentence starters from the videos. Teachers will call on students to share their sentences about others in the class.



[Link to *Take Your Impulse* video.](#)

Skills:

- Impulse Control
- Resilience

How to facilitate *Take Your Impulse* in your classroom:

- Load the video before students come into the class & check that sound/ volume is working.
- Students can do this at their desks or all together at the front of the room.
- Follow along with your students! Reinforce these skills and model active participation.
- TIP! If you need an activity to help the class re-focus or “settle down,” you can do this exercise even without the video -just set a timer and see how high they can count!

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

- What did it take to be successful in this exercise?
- When else might it be helpful to think or pause before we act?
- What Emogers can you use to control your impulses? In other words, to think or pause before you act?