



# 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](http://www.movethisworld.com)

# The Beatbox

by Move This World

# The Beatbox

## Primary Competency:

- Self-Management

## How *The Beatbox* Impacts Students:

There are a lot of things each day that capture our attention, making it easy to get distracted and lose focus. The Beatbox helps us practice mindfulness, active listening and managing our impulses. In this exercise, we need to listen actively in order to follow the pattern. We will also need to manage our impulses. When someone is leading a rhythm, we may want to create our own rhythm instead.

In order to complete this exercise as a class, we will need to be mindful of our impulses and use that mindfulness to participate with the group.



[Link to \*The Beatbox\* video.](#)

## Skills:

- Impulse Control
- Active Listening

## How to facilitate *The Beatbox* in your classroom:

- Load the video before students come into the class & check that the sound/volume is working.
- Students can participate while sitting or standing at their desks.
- You will be asked to select a student leader for this exercise.
- 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?
- How would you describe an impulse?
- What are other examples of impulses?
- Did you manage your impulses during this exercise? How did this feel?