



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

Moving to Curious City

by Move This World

Moving To Curious City

Primary Competency:

- Self-Management

How *Moving To Curious City* Impacts Students:

The Moving to Curious City exercise helps us build self motivation and set and achieve our goals. This is an exercise in curiosity and self exploration. Students take turns adding their word or phrase of choice to a group poem, which helps prepare them to identify their motivations and begin to set goals. Creating a poem as a group allows students to learn about each others' curiosities, and even follow up with additional questions, growing their own curiosity.



[Link to *Moving To Curious City* video.](#)

Skills:

- Self-Motivation
- Setting and Achieving Goals

How to facilitate *Moving To Curious City* in your classroom:

- Load the video before students come into the class & check that the sound/ volume is working.
- Students can do this standing at their desks or gathered all together at the front of the room.
- Students will need access to chalkboard or white board markers, in order to add their word or phrase to the group poem.
- Follow along with your students! Reinforce these skills and model active participation.

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

- Instruct students to silently identify one word or phrase from the group poem, other than their own, that they would like to learn more about.
- Call on one or a few students to offer the word they've identified. As a class, discuss potential methods for learning more about that word, phrase, or idea!