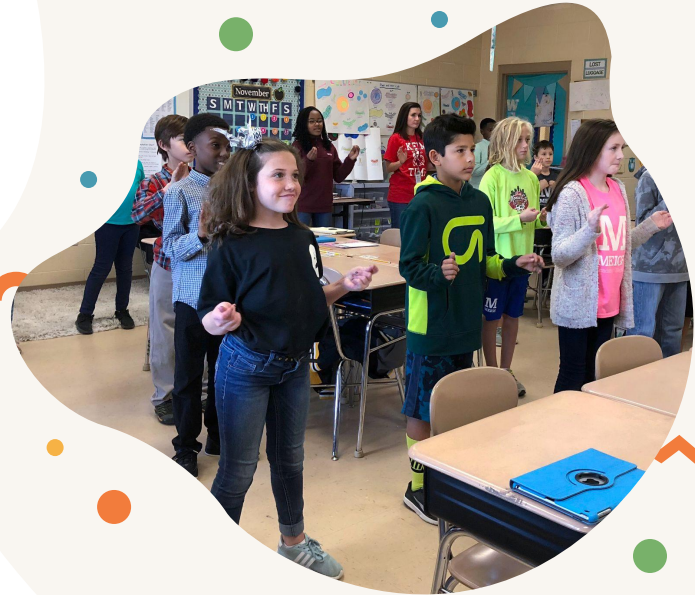




Move This World Family Guide

www.movethisworld.com



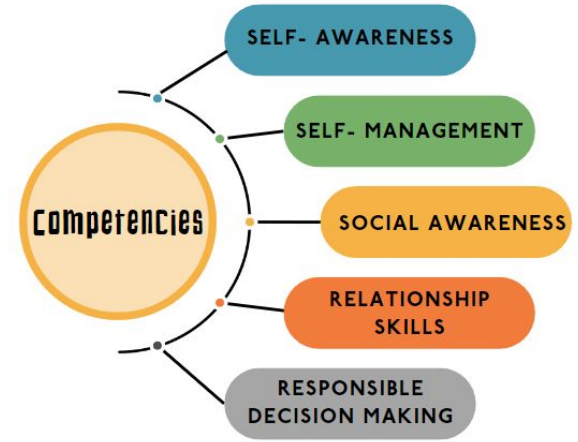
What is Move This World?

Move This World is the leading provider of social-emotional learning (SEL) **multimedia resources for PreK-12 students, educators, and families**. Each piece of educational content is delivered through **short interactive lessons** and is grounded in the goal of **empowering students** to navigate the rapidly-changing realities of their world – both in the classroom and throughout their lives. Designed for implementation that is both **impactful and simple**, the MTW platform allows educators and families to incorporate SEL into their students' schedules every day, **without planning or prep**. The extensive multimedia library provides a robust and **engaging daily curriculum**– experiences designed to empower students by strengthening the skills that **foster wellbeing** and establishing a **common language** among students, educators, and families. These multimedia experiences are rooted in **creative expression and participatory movement**. Move This World has already impacted the lives of over 3.5 million students across 45 states and nine countries.



What are we building with MTW?

Move This World works on strengthening student's social emotional learning skills. Social emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.



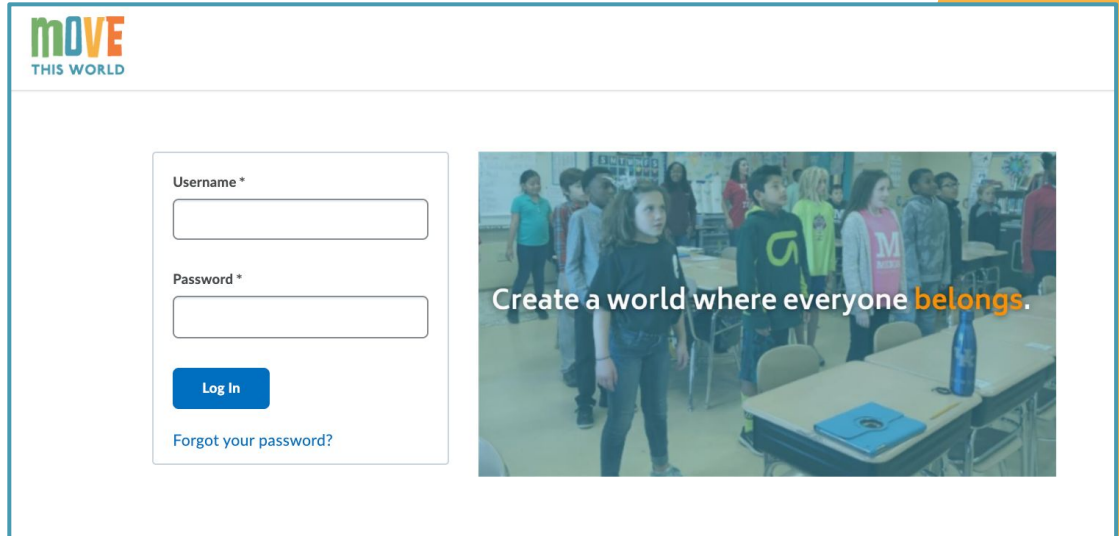
Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Decision Making
Emotion Identification Emotion Expression Mindfulness Self-Confidence Strength Recognition	Emotional Management Resilience Stress Management Impulse Control Self-Motivation	Empathy Discovering Differences Diversity Appreciation Civic Engagement Respect for Others	Resolving Conflicts Active Listening Cooperation Teamwork Communication	Identifying Problems Solving Problems Thinking Critically Setting Goals Leadership Skills

[*Read more about the SEL competencies here!](#)

How to Access the Platform

- Visit sel.movethisworld.com
- Log in using your school's family account

*Reach out to your school's administrative team if you do not have this information!



MOVE
THIS WORLD

Username *

Password *

Log In

[Forgot your password?](#)

Create a world where everyone **belongs.**

Explore Your Homepage

Check out the resources we have linked on your home page!

move THIS WORLD Elliott School

Move This World MTW Resources

MOVE THIS WORLD Elliott School

Move This World Courses

- MOVE This World High School
Move This World High School Family Series 23-24
- MOVE This World Middle School
Move This World Middle School Family Series 23-24
- MOVE This World Elementary School
Move This World Late Elementary Family Series 23-24

Move This World with Sara! Conversations in Social Emotional Learning invites listeners to a deep-dive into the field of social emotional wellness and connects the science of social emotional learning with the practice of applying SEL to our daily lives. Produced by The Move This World Audio Network. Listen on Apple Podcast, Spotify, www.movethisworld.com, or wherever you listen to your favorite podcasts.

Sara Potler LaHayne: Reflections on a Season of Brave Conversations
Episoda 9 • 26th July 2022 • Move This World with Sara • Move This World Aud.

00:00:00 00:26:49

Your family courses can be accessed on the right hand side of your screen. There are 4 family courses to choose from:

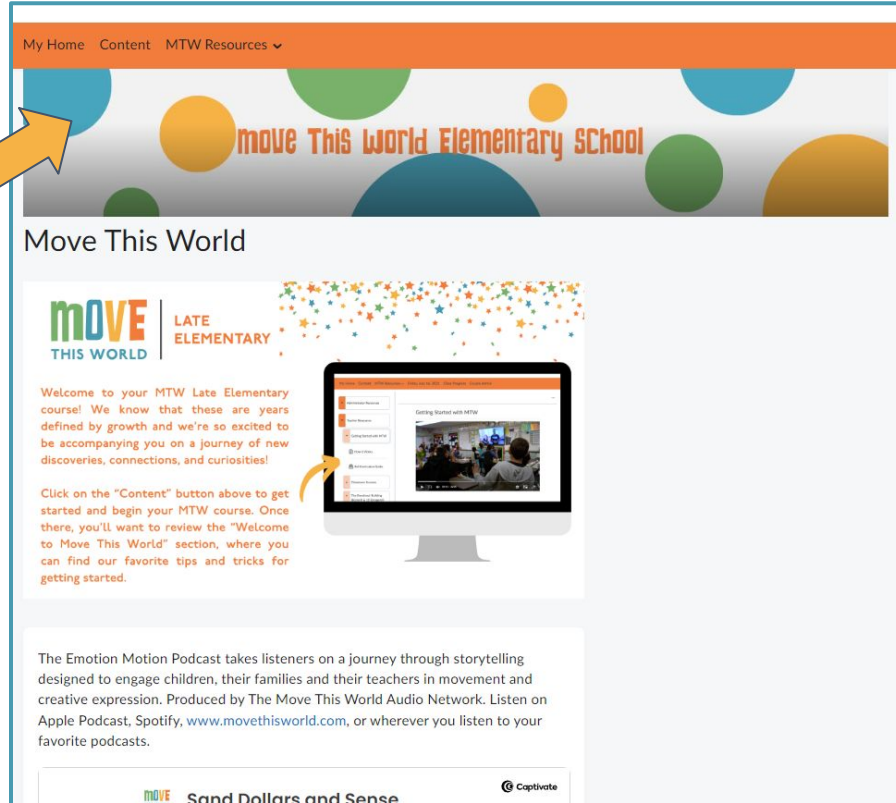
- Early Elementary
- Late Elementary
- Middle School
- High School



Access Your Family Course



To access the content in your course, click "Content" on the navigation bar



The screenshot shows the course home page with an orange navigation bar at the top containing "My Home", "Content", and "MTW Resources". Below the navigation bar is a banner with colorful circles and the text "move This World Elementary School". The main content area features the "MOVE THIS WORLD" logo, the text "LATE ELEMENTARY", and a welcome message. A computer monitor displays a video titled "Getting Started with MTW". An orange arrow points to the "Content" button in the navigation bar. At the bottom, there is a section for "The Emotion Motion Podcast" and a footer with the "MOVE Sand Dollars and Sense" logo and the "Captive" logo.

After clicking into the course of interest, you will be brought to a course home page. From here you can access your content, and explore the resources we have linked on your course home page.

How to Navigate the Family Course

Download your Emotional Building Block, Emogers, or Positive Pivot Scale Posters!

Your Power of Pause folder will include a selection of our supplemental breathing, stretching, and movement exercises.

There are 5 Core Units of your course, each one centered around 1 of the 5 Core Competencies of SEL (return to page 5 for more information on these!)



The screenshot shows the Move This World website interface. The top navigation bar includes a home icon, the logo, and the text "Move This World". On the right side of the top bar are icons for a grid, a speech bubble, a bell, and a "FD Family Demo" button. Below the top bar is a green navigation menu with "My Home", "Content", and "MTW Resources" (with a dropdown arrow). The left sidebar contains a list of menu items: "Welcome to Move This World!" (highlighted with a blue border and an orange arrow), "How It Works", "What is SEL", "The 11 Emogers®" (with a dropdown arrow), "Middle School 10 Emoger (Grades 5-8)", "Power of Pause" (with a right-pointing arrow), "Self-Awareness Videos", "Self-Management Videos", "Social Awareness Videos", and "Relationship Skills Videos". The main content area displays "Welcome to Move This World!" and a large graphic titled "WELCOME FAMILIES!" with a sub-header "WHAT TO EXPECT". The graphic contains text: "This course is designed to support at-home engagement with Move This World's Social Emotional Learning (SEL) program. Within this course, you will find a selection of our interactive SEL video exercises broken out by skill area. Click on 'How it Works' to the left to get started!". An orange arrow points from the "Welcome to Move This World!" text in the main content area back to the "Welcome to Move This World!" menu item in the sidebar.

Click into "Welcome to Move This World," and read your "How It Works" page for more information on the structure of the courses.

How to Navigate the Family Course

Click into each of the SEL competencies to access the video exercises that strengthen those skills. If you scroll down you will find five per competency!



The screenshot shows the 'MOVE THIS WORLD' website interface. At the top, there is a navigation bar with 'My Home', 'Content', and 'MTW Resources'. A sidebar on the left contains several menu items: 'Welcome to Move This World!', 'The Positive Pivot®', 'Power of Pause', 'Self-Awareness Videos' (expanded to show 'Strength in Numbers', 'The Lie Down', 'Raise the Praise', 'Start a Movement', and 'No Doubters 1'), 'Self-Management Videos', and 'Social Awareness Videos'. The main content area displays a 'Facilitation Guide' for the 'Strength in Numbers' video exercise. The guide includes a title, a 'SKILLS' section (Strength recognition, self-confidence), an 'OBJECTIVE' section (Acknowledge how our personal strengths can help us have a positive impact on others and on the world...), a 'Why do we do this?' section (Strength In Numbers invites us to consider the different skills and strengths that we have...), an 'At-Home Tips' section (Students will need something to write with and a sheet of paper), and a 'Continuing the Conversation' section (Come up with a list of goals related to the skill or strength area that you).

Along with each of our videos, we've included a facilitation guide, which will outline:

- The skills covered in each video
- Tips for completing these exercises at home
- Ideas for leveraging the videos and going deeper on topics

Reinforcing the Common Language



Common Language: Emotional Building Blocks®

MOVE THIS WORLD

Emotional Building Blocks

Angry	Bored	Confused	Determined	Excited			
Frustrated	Grumpy	Happy	Interested	Joyful			
Kooky	Loving	Miserable	Nervous	Okay	Proud	Quiet	Relaxed
Sad	Tired	Uncomfortable	Victorious	Worried	Xpress Yourself	Yucky	Zen

PreK-2nd

MOVE THIS WORLD

Emotional Building Blocks

Anxious	Brave	Confident	Disappointed	Enthusiastic			
Friendly	Guilty	Humiliated	Inspired	Jealous			
Kind	Lonely	Marvelous	Nauseated	Outraged	Peaceful	Quirky	Relieved
Surprised	Torn	Uncertain	Valued	Wise	Xpress Yourself	Yearning	Zany

3rd-4th

Common Language: Emogers®

10 EMOGERS



Breathe 5 Times



Count to 10



Smile, Hug, or
Fist Bump



Walk Away Quietly



Drink a Glass of Water



Meet in the Middle



Put Yourself in
Someone Else's Shoes



Active Listening



Look for Help



Tighten and release

PreK-4

11 EMOGERS



Breathe



Name It



Write it Down



Be Creative



Go for a walk



Get Perspective



Celebrate Yourself



Sleep on it



Talk it out



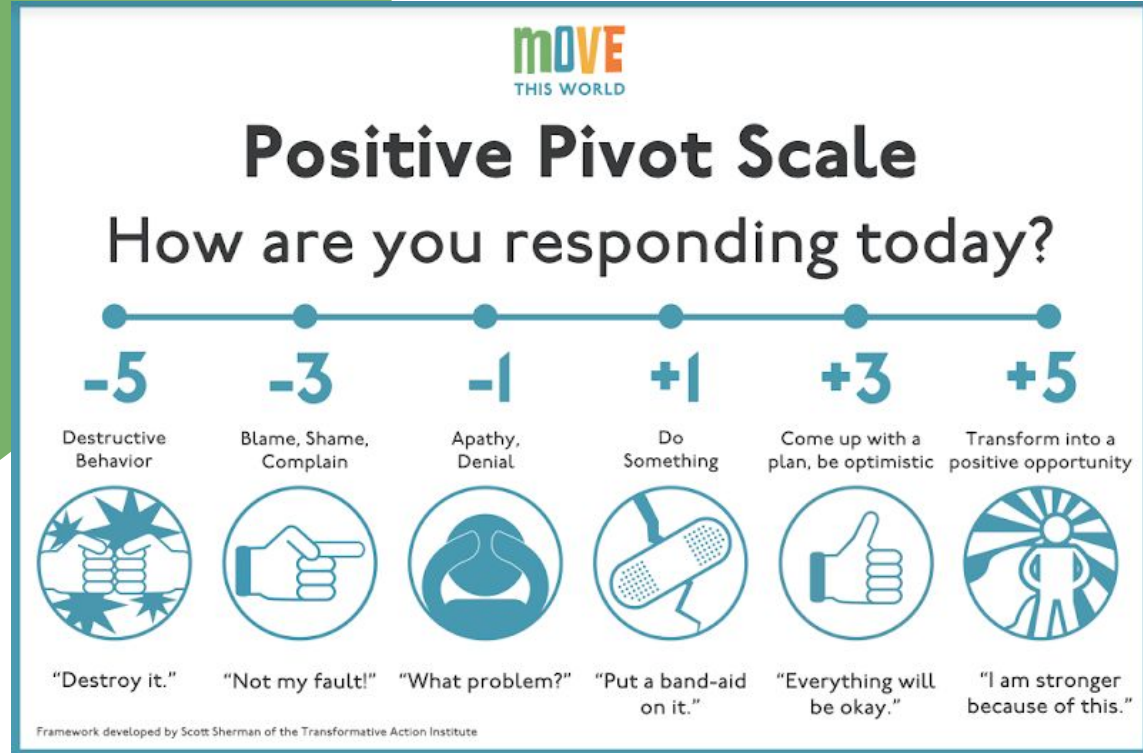
Tighten and release



Take Action

5th-8th

**Common
Language:
The Positive
Pivot®**



9th-12th

How to Use the Common Language



- Check the emotional temperature of your student by asking which Emotional Building Block word reflects how they are feeling throughout the day
- Reinforce the 10 Emogers and Positive Pivot Scale whenever you see an opportunity
- Model this work by using the language yourself! Participate in the videos to learn and practice together
- Check out our Resource Library for additional SEL exercises incorporating the common language

Check Out Move This World's Audio Network



THE EMOTION MOTION PODCAST

The Emotion Motion Podcast takes listeners on a journey through storytelling designed to engage children, their families and their teachers in movement and creative expression. Winner of The National Parenting Center Seal of Approval.

For children ages 3-8 and their grown ups.



MOVE THIS WORLD WITH SARA

Move This World with Sara: Conversations in Social Emotional Learning explores the challenges, ruptures, struggles, achievements and dreams that some of your favorite athletes, actors, comedians and their families have faced, and how they leaned on their social emotional skills – or lack thereof – to move forward.

For parents, educators and their families.

[Learn more here!](#)



Questions?

Reach out to our team at support@movethisworld.com

www.movethisworld.com

