

# move THIS WORLD

## Welcome, Families!

Move This World + Charles County Public Schools

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

MTW Presentation 2023



**Charles County**  
Public Schools

*Working together to achieve excellence for every student.*





## Today's Goals

- Deepen your understanding of the Move This World program
- Answer the question: How can you support your student's social and emotional wellness at home?

## 01 Opening Exercise

## 02 Program + Platform Overview

## 03 Tips for Strengthening SEL at Home

## 04 Q+A and Closing Exercise

## Opening:

Let's breathe together.  
As we breathe, think about  
something that makes you proud to  
be a parent, relative or caregiver.





# What is SEL?

## How does Move This World work?

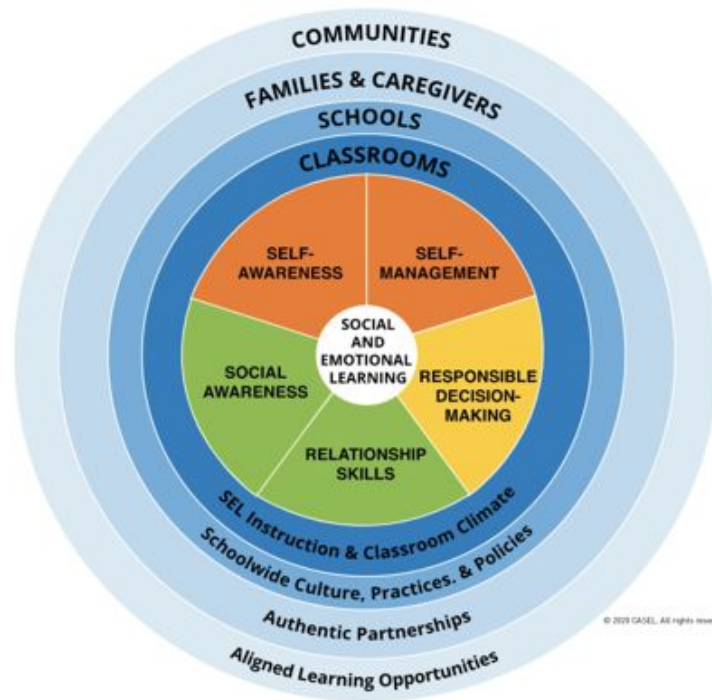
# What are we building with Move This World?

## 5 Core Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

## 4 Key Settings

- Classroom
- Schools
- Families & Caregivers
- Communities



What are your  
student/child's social  
emotional strengths?



# Why is SEL Important?



**Strengthens  
Connections  
+  
Builds Empathy**



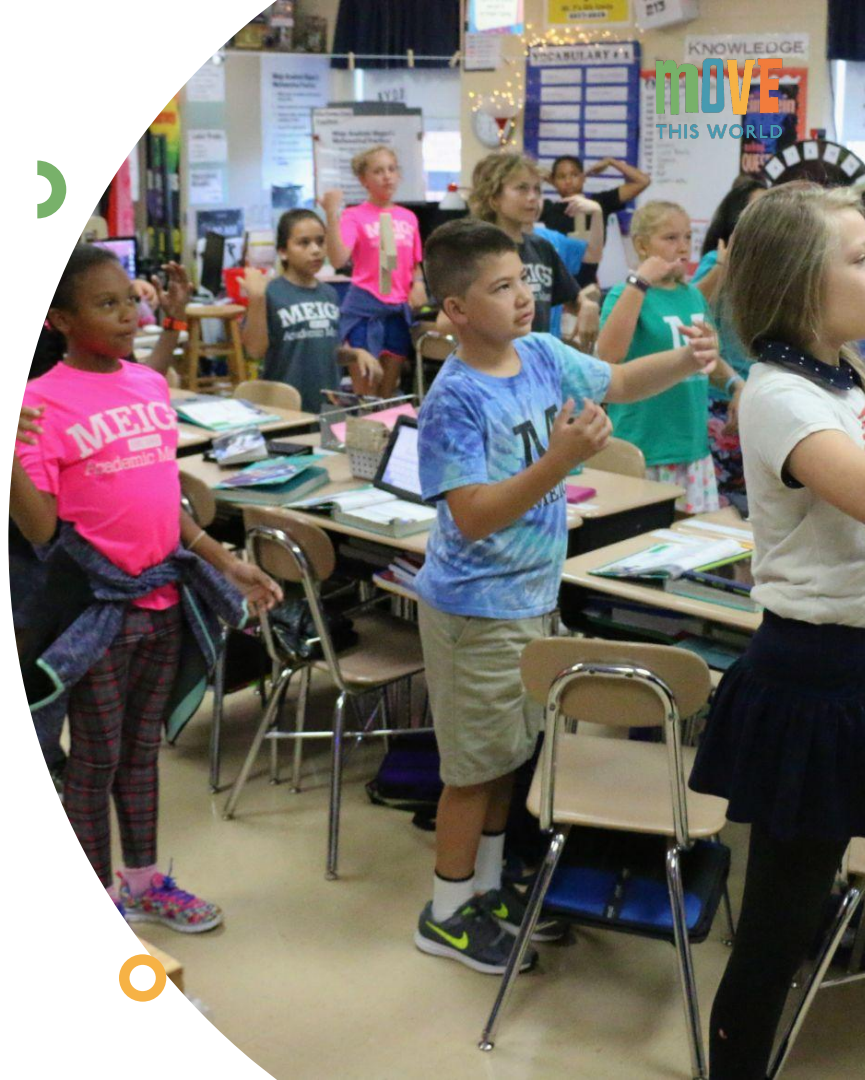
**Provides  
Emotional  
Vocabulary**

- Improved academic outcomes
- Improved behavior
- Long term occupational and lifetime success



## How does MTW work?

- MTW is a curriculum with an intentional scope and sequence
- MTW is video-based – simply push play and engage
- MTW cultivates a common language around SEL
- MTW engages students in movement-based exercises





# Common Language: Emotional Building Blocks®

**move**  
THIS WORLD

## Emotional Building Blocks



PreK-2nd

**move**  
THIS WORLD

## Emotional Building Blocks



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

## 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

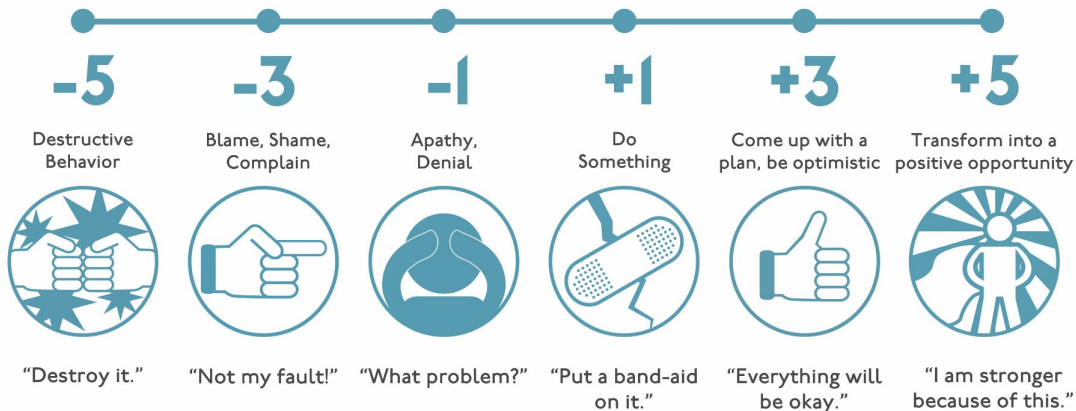


Take Action

# Common Language: The Positive Pivot™ Scale

## Positive Pivot Scale

How are you responding today?



Framework developed by Scott Sherman of the Transformative Action Institute



# Supporting SEL at Home

# What is one way you naturally support your student's SEL at home?



## Self-Awareness

- Emotion Identification
- Emotion Expression
- Mindfulness
- Self-Confidence
- Strength Recognition



## Self-Management

- Emotional Management
- Resilience
- Stress Management
- Impulse Control
- Self-Motivation



## Social Awareness

- Empathy
- Discovering Differences
- Diversity Appreciation
- Civic Engagement
- Respect for Others



## Relationship Skills

- Resolving Conflicts
- Active Listening
- Cooperation
- Teamwork
- Communication



## Decision Making

- Identifying Problems
- Solving Problems
- Thinking Critically
- Setting Goals
- Leadership Skills



## Use the Common Language!

- Check your emotional temperatures
- Reinforce the 10 Emogers whenever you see an opportunity
- Model this work by using the language yourself

## Schedule It!

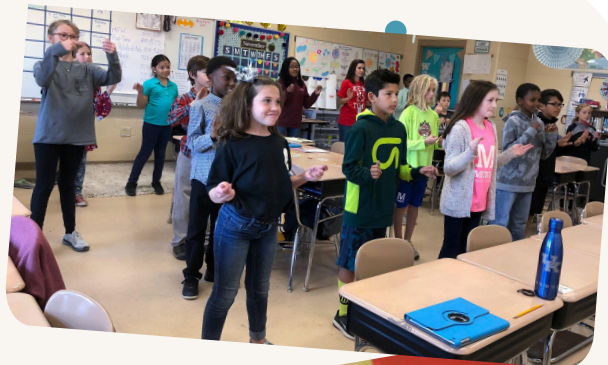
- Set aside intentional time each day to check in about how you feel, especially during transitions – “How am I feeling as I enter this \_\_\_\_?”

## Learning is Social – Leverage our Resources!

- Use pre-made resources you can do together – this is a great time to bond
- Sign into the MTW family account for your school

## You Don't Have to be an Expert!

- Remember, it's okay to not know the answers – you don't have to be an expert to practice social emotional learning at home!





# Let's Tour the MTW Platform


**move**  
THIS WORLD

Username \*

Password \*

Log In

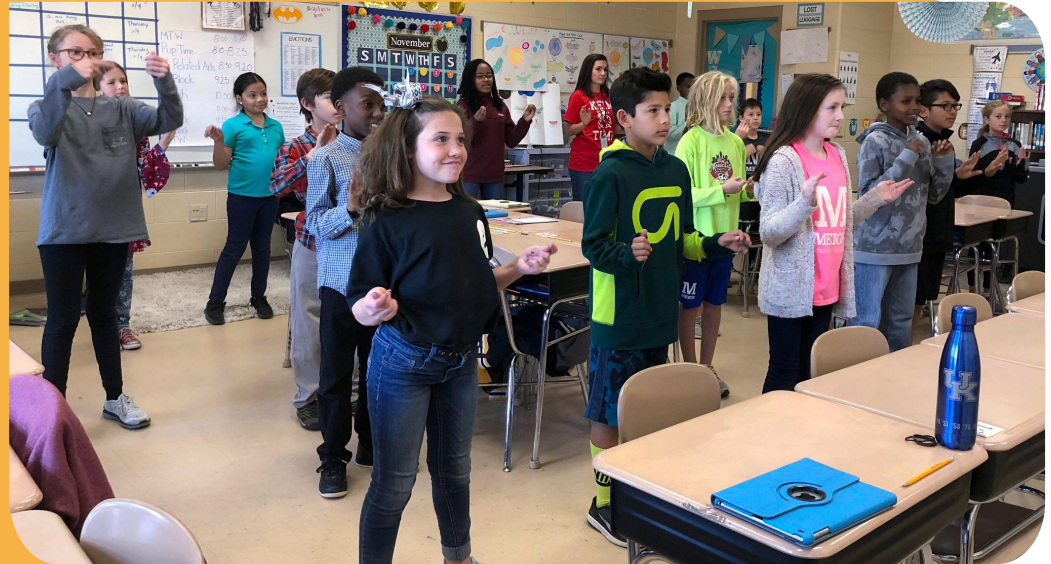
Forgot your password?



Visit [sel.movethisworld.com](https://sel.movethisworld.com)

Log in using your school's MTW Family Account

Join us for one final  
breath together.  
What is one word,  
phrase, or idea you are  
taking away from  
today's conversation?





# Thank You

We'd love to hear your feedback on today!



SCAN ME

