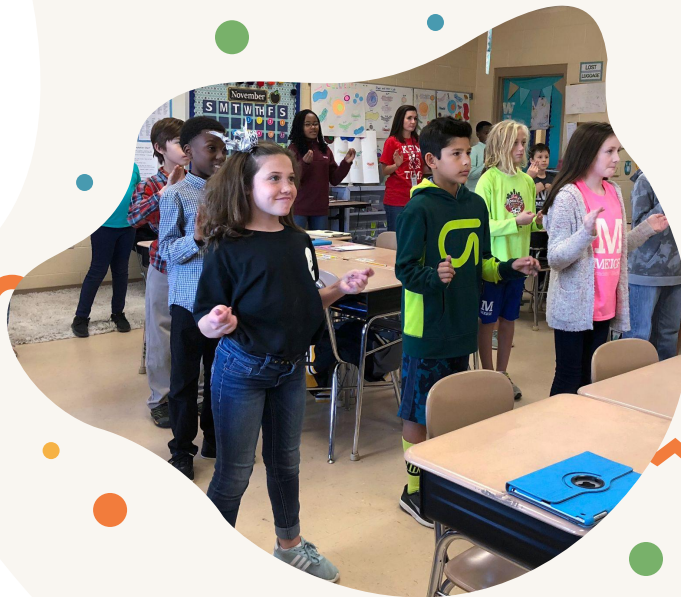




Move This World Family Guide

www.movethisworld.com



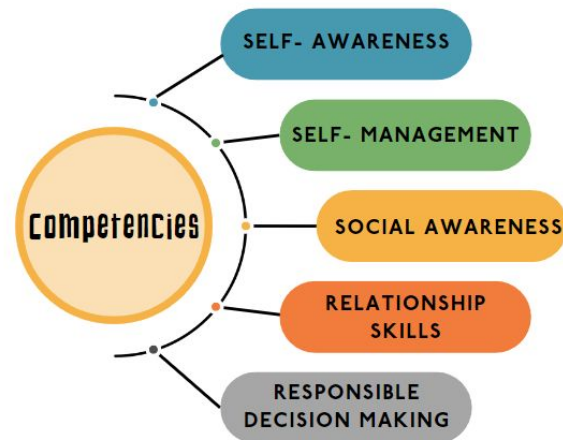
What is Move This World?

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.



[*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

Sara Potler LaHayne: Reflections on a Season of Brave Conversations
Episode 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



My Home Content MTW Resources ▾

move This World Elementary School

Move This World

move THIS WORLD | LATE ELEMENTARY

Welcome to your MTW Late Elementary course! We know that these are years defined by growth and we're so excited to be accompanying you on a journey of new discoveries, connections, and curiosities!

Click on the "Content" button above to get started and begin your MTW course. Once there, you'll want to review the "Welcome to Move This World" section, where you can find our favorite tips and tricks for getting started.

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. Produced by The Move This World Audio Network. Listen on Apple Podcast, Spotify, www.movethisworld.com, or wherever you listen to your favorite podcasts.

move Sand Dollars and Sense 

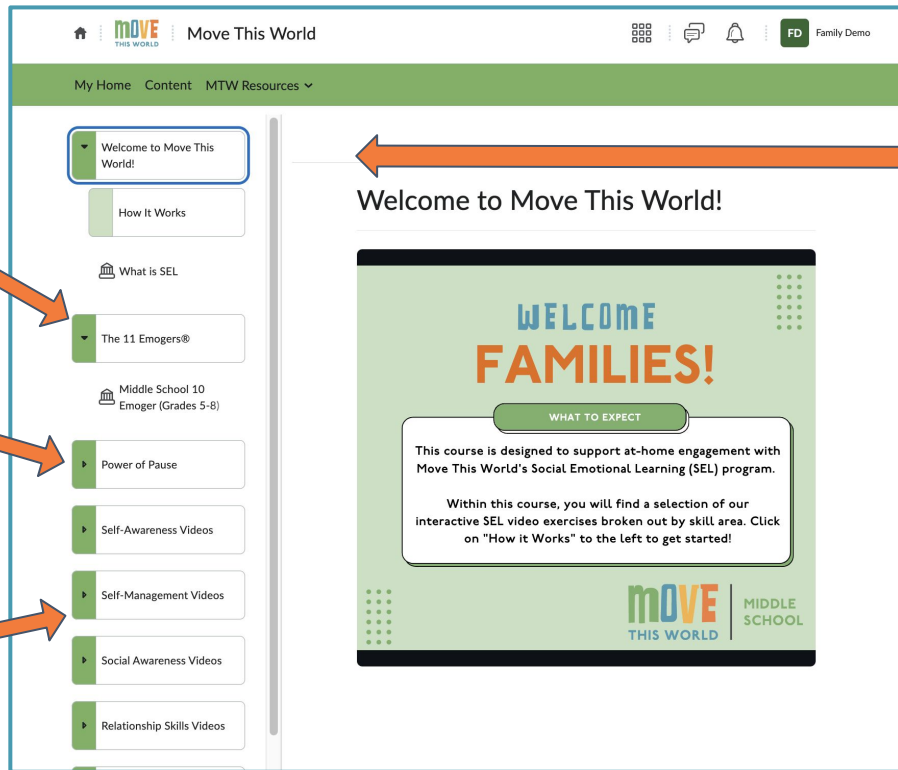
After clicking into the course of interest, you will be brought to a course home page. From here you can access your content, and explore the resources we have linked on your course home page.

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!)



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!



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
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Emotional Building Blocks



PreK-2nd

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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

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



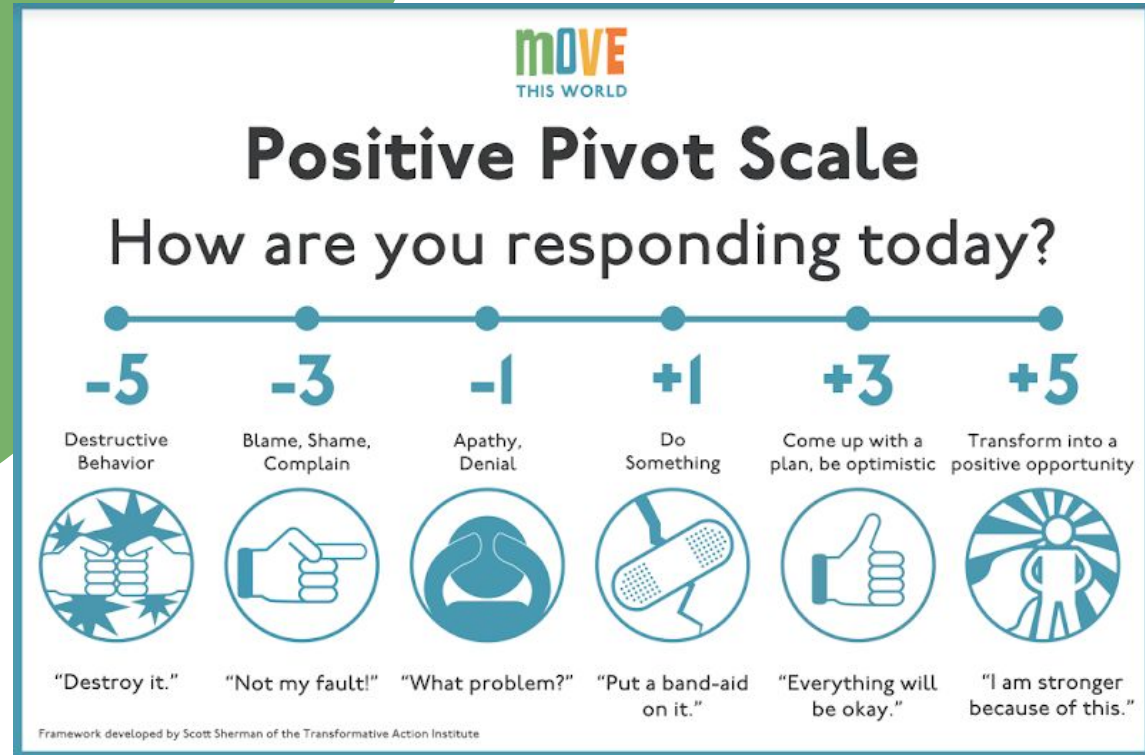
Tighten and release



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

