![Move This World logo]

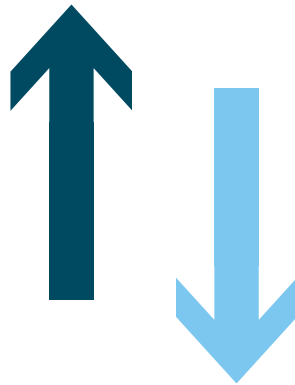## ▶ What is social emotional learning?

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. For more information on SEL visit the **CASEL website.**

▶ Why is social emotional learning important?

Increases:

Happiness, emotional regulation, academic performance, resilience, positive thinking, high school graduation rates, and post secondary enrollments.

Decreases:

Drop out rates, behavior incidents, bullying, emotional distress, incidents of conflict, suspension rates, and attendance issues.

For more data on SEL, take a look at the **Aspen Institute's Fast Facts.**

▶ What is Move This World?

Move This World's social emotional learning program provides PreK-12 educators and students with video tools to strengthen their social and emotional wellbeing in order to create healthy environments where effective teaching and learning can occur. Through evidence-based, developmentally appropriate videos, Move This world ritualizes a daily practice of identifying, expressing and managing emotions. The program is hosted on Move This World's online platform, which includes: educational videos, interactive discussion boards, and a dedicated wellbeing consultant for individualized coaching and support.

For more information, visit **www.movethisworld.com**

The Move This World Curriculum

Move This World offers social emotional learning programs that strengthen skills within the five core SEL competencies.

Self-Awareness

- Identifying emotions
- Expressing emotions
- Mindfulness
- Self-confidence
- Recognizing strengths

Self-Management

- Managing emotions
- Resilience
- Stress management
- Impulse control
- Self-motivation

Social Awareness

- Empathy
- Discovering differences
- Diversity appreciation
- Civic engagement
- Respect for others

Relationship Skills

- Conflict resolution
- Active listening
- Cooperation
- Teamwork
- Communication Skills

Decision Making

- Identifying problems
- Problem solving
- Analyzing situations
- Goal setting
- Leadership skills

Social Emotional Learning in Literature

Let's talk about SEL! Use the list of social emotional skills (above) and the questions (below) to spark conversations and critical thinking about social emotional skills in books, television, or movies.

- What emotion(s) are the character(s) expressing?
- Why are they feeling that way?
- How did the characters express and manage their feelings?
- Did they manage their emotions well or not?
- What would you have done similarly or differently?

- What was a problem the character(s) faced?
- How did the characters address the problem or conflict?
- Did they ask for help or work with other people?
- Have you experienced a similar conflict?
- How did you solve your problem?

- What is the character trying to achieve? What is their goal?
- How did they work towards their goal?
- What is a goal you have?
- How are you going to meet your goal?
- How are you similar and different from the characters?