

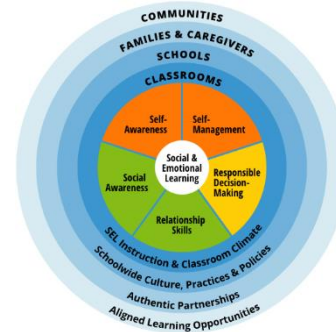
Practical Tips & Strategies:

Integrate Movement and Physical Activities to Enhance Social Emotional Learning (SEL)

***Across PreK-12, the promotion of SEL in schools has consistent, positive impact on student academic achievement.** (Durlak et al., 2022) [What Does the Research Say? - CASEL](#)

“SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.”

[Fundamentals of SEL - CASEL](#) & [What is SEL?](#)



Why Movement Matters: Improved Student Outcomes:

Did you know that the Physical Guidelines for Americans recommend 60 minutes of daily physical activity for school-aged children for healthy development? Here’s the great news: the positive benefits of physical activity can last 15-20 minutes beyond the activity itself and have positive impacts on students’ social-emotional well-being, including self-regulation, focus, attention, mood, and classroom behavior! Our bodies are made to move, *so why not start SEL with the body?*

Ways to Incorporate Movement into Lesson Plans to Support SEL Outcomes & Academic Performance:

* Please consult with your School-Based Occupational Therapist for more ideas! 😊

- Heavy Work Activities:** Engage students in activities such as performing chair push-ups to count out answers or carrying heavy objects while answering questions.
- Exercises:** Integrate simple exercises like performing a specific number of jumping jacks or squats while answering math problems or practicing spelling words.
- Mindful Breathing Exercises, Yoga, or Stretching Routines:** To contribute to overall student well-being and readiness to engage in learning activities. [Breathe For Change](#) & [Cosmic Kids Yoga](#)
- Seated Tools:** Provide tools like stability balls or wiggle cushions to allow subtle movement while seated, enhancing focus and attention.
- Short Movement Breaks:** Implement brief movement breaks during lessons and transitions between activities to re-energize students, improve concentration, and support overall well-being both in and out of the classroom.
- YouTube Videos:** GoNoodle: Get Moving, Yoga Ed., Mind Yeti
- SEL Curriculums:** Zones of Regulation, Second Step, MindUP, RULER Approach, and PATHS
- Additional Helpful Resources:** [Action for healthy kids](#); [Centervention®](#); [PBS LearningMedia](#)

SOG does not endorse these resources.

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