

# DID YOU KNOW?

**Promoting Social Emotional Learning (SEL) in PreK-12 schools consistently boosts student academic achievement.**

*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*



## WHY MOVEMENT MATTERS: IMPROVED STUDENT OUTCOMES

*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:



## HEAVY WORK ACTIVITIES

Engage students in activities like 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 & STRETCHING

Resources like Breathe For Change and Cosmic Kids Yoga contribute to student well-being and readiness to engage in learning activities.



## SEATED TOOLS

Provide tools like stability balls or wiggle cushions to allow subtle movement while seated, enhancing focus and attention.



## SHORT MOVEMENT BREAKS

Incorporate short movement breaks to boost student energy, enhance focus, and promote well-being during lessons and transitions.



## ONLINE RESOURCES

Use online resources like GoNoodle, YouTube, Second Step, and PBS LearningMedia for engaging videos, SEL curriculums, and more.

**WANT TO LEARN MORE? SCAN THE QR CODE FOR ADDITIONAL INFORMATION AND RESOURCES:**

