Social Emotional Learning, Mindfulness, & Movement

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Find your Anchors and Check-in

Mind-Body Observation 1
Mindfulness is our capacity to pay attention on purpose to internal and external sensations or experiences in the present moment.

Mindfulness is not just focused attention – it means paying attention to experiences with an attitude of openness, curiosity, non-judgment, and acceptance.
Your body is present. Is your mind?

Past  Present  Future

Image credit: Doug Neill
Calming and Focusing
Curriculum Overview

Units structured around SEL competency areas with mindful awareness and movement integrated throughout.

Unit 1: Compassion
Unit 2: Self Awareness
Unit 3: Self Management
Unit 4: Social Awareness Part 1 - Empathy and Perspective Taking
Unit 5: Relationship Skills
Unit 6: Social Awareness Part 2 - Community
Unit 7: Applied Compassion Projects
Implementation Approach

- Special Area Class 1 or 2 x per week
- All grades engaged with the same skill development area at the same time.

Crosswalks and Spirals

- Same units in every grade level
- Review and develop knowledge and skills across grades

Differentiation

- Broken down into 3 grade-level curricula (K-1; 2-3; 4-5)
  - K-1 Moving Storytimes
- Within each lesson, opportunities for differentiation
Unit 2: Self Awareness

● SEL Focus – building awareness of own thoughts, feelings, and triggers, what emotions feel like/are expressed in the body
  ○ Example activities - Where Do I Stand? Emotion Charades, Musical Movement

● Mindful Awareness Skills – focusing on noticing the breath and body, noticing where the attention is (monitoring)
  ○ Example activities - Mind-Body Observations, Mini Body Scan

● Movement Focus – Building body awareness
  ○ Examples - Standing poses, longer holds; varying speed of movement to notice the effects on the body and mind
INTEROCEPTION

What do I sense inside my body?

- Heartbeat
- Muscle Tension or Relaxation
- Temperature
- Comfort or Discomfort
- Touch
- Thirst
- Hungry or Full
- Itching
PROPRIORCEPTION

- Dancing
- Balancing
- Copying a Movement
- Jumping
- Walking
- Putting food in your Mouth

Where are each of my body parts? Where is my body in space?
Unit 3: Self-Management

- SEL Focus – identifying triggers, pausing, practicing strategies to respond mindfully to emotions, self-coaching toward goals, stress-management
  - Example activities - role plays, flying distractions, coaching
- Mindful Awareness Skills – strengthening the “mindfulness muscle,” Pausing, using the breath for embodied self-regulation
  - Example activities - Calming and Focusing, Cooling breath, Breath of Joy, Tension Release
- Movement Focus – Physical self-regulation
  - Examples - balance poses, Power-Up/Cool Down, games that involve freezing or keeping track of multiple instructions, or managing distractions
Breath of Joy
Twist Sequence
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Mind-Body Observation 2
Power Up!/Letting Go
Breathe In: Count 1...2...3...

Breathe Out: Count 1...2...3...4...5...
Rest/Mini Body Scan
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Mind-Body Observation 3
Thank You!

Questions?

Unit 1: Compassion

Unit 2: Self Awareness

Unit 3: Self Management

Unit 4: Social Awareness Part 1 - Empathy and Perspective Taking

Unit 5: Relationship Skills

Unit 6: Social Awareness Part 2 - Community

Unit 7: Applied Compassion Projects