

KEY FINDINGS



MOVEMENT & SEL: KEY FINDINGS FOR SCHOOL-BASED PRACTICE

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Why This Matters: Movement is widely used in schools, yet not consistently aligned with SEL outcomes or implemented through structured collaboration. SEL needs remain elevated, creating an opportunity for more intentional, system-level integration.



SEL NEEDS REMAIN HIGH

- Approx 65% of OTPs and teachers report that 51-100% of their students demonstrate SEL challenges & SEL needs have increased in recent years



TRAINING GAPS PERSIST

- 30% of OTPs report no specific training in movement-based SEL
- 65% of teachers report no related training



MOVEMENT IS USED – BUT BRIEFLY

- 40% of teachers use 1-15 minutes daily
- Often as brief, reactive movement breaks



COLLABORATION OPPORTUNITY

- 83% OTPs report collaboration with SPED teachers; OTPs want: buy-in from admin & staff
- Only 29% of teachers report collaborating with OTPs; Teachers want: resources, training, co-planning

IMPLICATIONS FOR PRACTICE:

Align movement with specific SEL competencies
Lead staff training and modeling

Co-plan classroom routines
Embed supports across the school day

Movement + SEL + Collaboration = Student Success. When implemented intentionally, movement becomes a system-level support (not just a strategy).