



# QUICK START: MOVEMENT STRATEGIES TO SUPPORT SEL

These are simple ways to integrate movement for regulation, engagement, and participation while supporting SEL Competences. Start with one strategy per day.

## COLLABORATION STARTERS

### **Movement + SEL + Collaboration = Student Success**

- “Can we co-design a regulation routine for my classroom?”
- “Can you model movement strategies during push-in time?”
- “Can we align movement with one SEL competency this month?”

## EMBED MOVEMENT INTO INSTRUCTION

### **Shift from “brain breaks” → to intentional SEL-aligned movement.**

#### **1. Self-Awareness**

- Emotion charades with body poses
- “Energy level check” with movement scale

#### **2. Self-Management**

- Pre-task heavy work routine
- Movement sequence before independent work

#### **3. Social Awareness & Relationship Skills**

- Partner activities
- Cooperative challenges

## 3-MINUTE REGULATION RESET

### **1. Heavy Work Transition Reset: Use during transitions, dysregulation, or before instruction.**

Supports: Self-management, regulation & body awareness

- Wall push-ups (10 reps)
- Chair push-ins/push-ups (10 reps)
- Carry books or materials

### **2. Breathing Strategy: Box Breathing:**

Supports: Self-management, self-awareness, & stress reduction

- 4-count each: inhale, hold, exhale pause

### **3. Movement & Reflection**

Supports: Self-awareness, social awareness & relationship skills (emotional labeling)

- Vocabulary with motion
- Walk-and-talk with a partner
- Peer cooperative challenges
- SEL reflection walks
- Movement prompt: “Show me how your body feels today.”

## WANT TO LEARN MORE?

Scan the QR Code for additional information and resources:

