

ADULT WELLNESS EXPERIENCES

Proactive and preventative mental health offerings shouldn't stop at students. Build a culture of collective care with Move This World's platform for educators that emphasizes:

- emotional intelligence
- leadership
- resilience
- relationship building
- responsible decision making

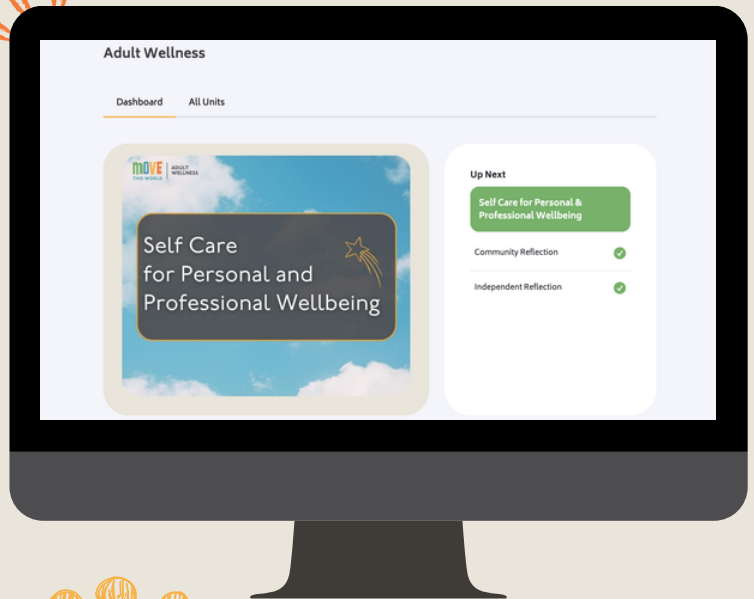
HOW IT WORKS

You'll find curated, multimedia digital experiences (videos, audio, and interactive content) for adults in the same platform that staff use to log into student curriculum for Move This World.



WHAT'S INCLUDED

- Over 50 experiences / exercises delivered through video, audio, and other multimedia available within the Move This World Platform
- Six themes that are designed for educational settings:
 - Back to School With a Fresh Start
 - Self Care for Personal and Professional Wellbeing
 - Reflect, Reset & Recharge
 - Team & Community Building
 - Leading with Empathy & Personal Sustainability
 - Coming Together in the Face of Crisis: Moving Through Tragedy
- Concepts aligned with the Move This World student curricula



WHEN TO USE

COMMUNITY EXPERIENCES

Any time you want to build connection, leverage group exercises. Our partners open and/or close regularly occurring all-staff meetings, team meetings, PD/in-service days, and planning meetings with MTW.



INDEPENDENT REFLECTION

Individual exercises can be completed independently during PD/in-service days and as needed in moments of transition in school or at home