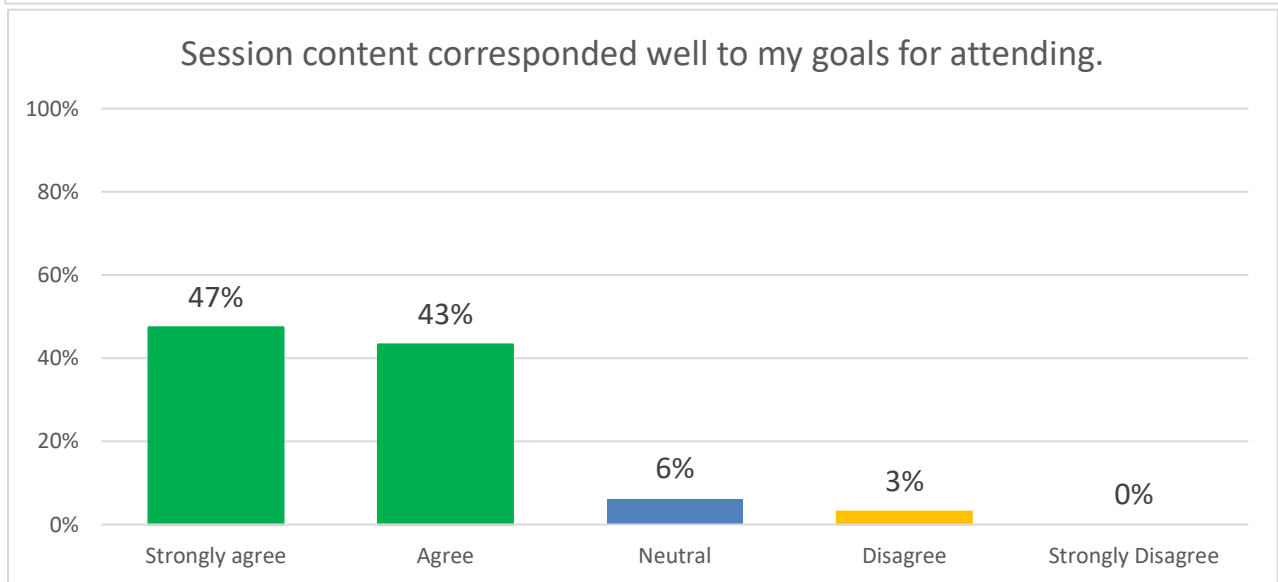
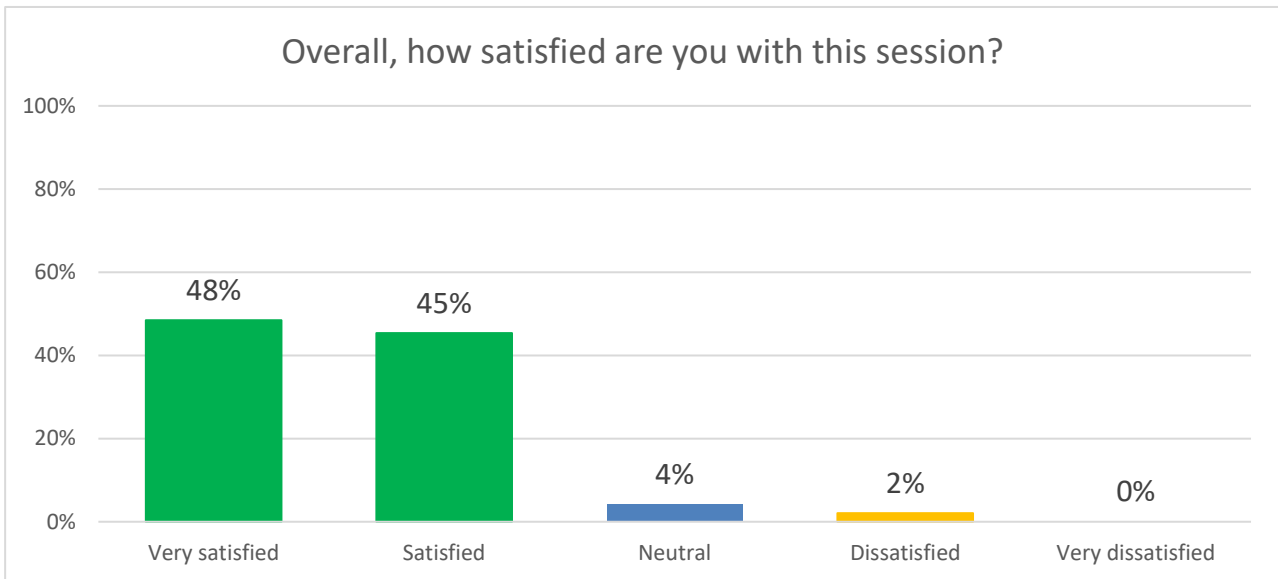




SEL it: Brain, Body, Movement, Mood

Yasmeen Taji-Farouki



Comments

After listening to Meg and Yasmeen, I agree that we should address SEL in our Physical Education classes and it is awesome that there are lesson plans available for us. I believe that It is an important part of what we do with our students and any opportunity to improve how I can empower my students with making better decisions socially and physically is a great resource to have. Thank you for sharing!

As a PE teacher I agree with Meg that I was doing most of these things in class. This session helped me to see how to make changes & help students understand more than just the usual "nice" things they can say. Really appreciate the free resources!! :)

Awesome!

Definitely got me to thinking about what to implement when school resumes.

Excellent resources thank you!

Grateful for the Health Moves Minds information, I will be looking into the sample lessons and the other information on the landing page!

Great information!

Great information! Answered all my questions about Health Moves Minds. Thank you, thank you, thank you!

great program

great resources for implementing SEL lessons into the class. I love that these lessons can be used school wide and not just in the gym. The progression of lessons from K-12 is so important because students of all ages need to know the basics for building relationships, treating other respectfully, and advocate for themselves and others.

I will be using these lessons in my class and will share with other content teachers on campus

Handouts were awesome

health moves minds is AWESOME

Helped me gain ideas on how to infuse SEL more into my content/curriculum

I didn't also realize there was a fundraising component that helped give back to others.

I hadn't heard of this program. Look forward to having the chance to check into it~

I learned more about healthmovesminds and the importance of SEL. I registered my school to be a healthmovesminds member.

I like how it was stated that you are telling students it's okay that you don't have to participate in every SEL program if your parents say no...parents have a lot on their plates and not every SEL program will fit every family.

I look forward to another year participating in the health.moves.minds program again this year. I was hoping you would share some new activities that might have been added for the year or ways we could use HMM during the different states of the Reopening. (elearning, in classrooms, in the gym, etc.)

I look forward to checking out the Health Moves Minds model. I would like to see how this can be used in our school district.

I look forward to learning more about this program on the website. Thank you!

I will be looking into learning more about health.moves.minds. Thank you!

In this session I really took away the idea of how we need to connect with the students on a social and emotional level especially during this pandemic and with what is going on around the world in a variety of areas. Also, focusing on being kind and positive towards everyone and what that looks like.

Interested to see material and decide if this is something that would be beneficial for my program.

It was good to hear from someone who is actually doing the fundraising part.

It's amazing how much SEL is a part of what we do.

I've been looking for an SEL program instead of me developing my own because it would be too scattered if I did my own. Thanks

I've been signed up, but now wanting to implement.

Just not interested in programming

Learned some new things about Health Moves Minds - Thanks!

Love the Health Moves Minds Program! Huge game changer for your School Community! Thank you Yasmeen!!!

Loved hearing about Health Moves Minds! Got some good ideas on social and emotional learning.

Loved this! I incorporated mindful moments and taught the first few lessons in K-4 PE last year. I will encourage our whole district to take a look at the program!

Our newly integrated H/PE curriculum maps also contain the IDOE SEL competencies for skill growth. I am looking forward to perusing more information about health.moves.minds.

Social emotional learning is important this year!

Thank you

Thank you for presenting. SEL is going to be paramount this year!

Thank you! I liked the conversational format of answering questions back and forth. Thank you for opening it up to other states as well.

Thank you, Yasmeen and Meg for your review of h.m.m. and valuable insight on not only what the program is, but your testimonials for how important and valued it is/can be.

Thanks for sharing! More info/sample lessons would have been nice.

The feedback from Meg about the program was enlightening.

The use of mindfulness and kindness are so important and I want to use her suggestions to get it into my curriculum!

This is so important for our kiddos to be emotionally healthy as well as physically healthy! This is a changing time and uncertain time for many and having stability in their school life is very important.

This session was great with the information about SEL and Health Moves Minds program. I found it helpful for both Meg and Yazmeen to give input about the program. Thank you!
There are a lot of websites and resources being shared. The only thing that I think would be helpful in all of the sessions is if they actually shared their screen for a minute and took you to some of the sites to elaborate on the resources just a bit more.

Very informative! Thank you for sharing more information & making it personal as well.

Was hoping for more tools to use instead of buying a program.

Went to the Healthyminds.org site - and during the presentation it said that it wasn't necessary to do the fund raising portion. However when you go to the site - it appears to sign up you need to do the fund raising??? Would really like to see the lessons and how to bring this to both my students and our school!

When implementing this program, does it need to start in the elementary? I too think it is important.
Thanks!

Wonderful advice and information given for re-entering schools.

Wonderful information for teachers!

Yasmeen and Meg were both great. I appreciated learning the history of HMM and Meg's first hand account of implementing the program to compliment the Second Steps program in her school, which is the same in our district. As we work towards getting approval from our curriculum development coordinator, this session may help our point person approve it for use this year without the fundraising piece.