

MOVE THIS WORLD SUPPORTING STUDENTS THROUGH UNCERTAINTY: COVID-19



In light of school closings and several of our partners moving to virtual education, we want to ensure your community continues to be supported by Move This World's program and resources.

In the event that your school or district may be temporarily closing, we have created unique access to a selection of Move This World breathing exercises for families in your community.

Here's how it works:

Click [here](#) to access Elementary School breathing exercises.

Click [here](#) to access Middle School breathing exercises.

Click [here](#) to access High School breathing exercises.

When prompted, enter the password "[togetherwecan](#)"

In each of these folders you will find 5 closing videos, all of which are exercises that students can complete independently at home, or with their family members. These exercises are ones they have likely completed with their classmates in the past, and aide in providing students with Move This World relaxation and calming strategies.

Amidst the hectic nature of this time period, maintaining a routine around social emotional wellness is more important than ever. We hope that your community will find comfort in being able to continue to engage in our practices.