



Hello Oquirrh Families,

September 18, 2023

We have been using a video-based social emotional learning (SEL) curriculum from [Move This World](#) to support our students' social emotional needs and mental health. We're excited to share that you can access this helpful curriculum at home, too!

Social emotional learning is how students learn to process and manage emotions as well as important social skills. It includes everything from goal setting to stress management, and it provides both children and adults with tools they can use to express themselves authentically and safely. SEL helps students build healthy relationships, communicate effectively, and live a meaningful life.

Here are the log-in instructions:

Website: sel.movethisworld.com

Username: oquirrh

Password: movethisworld

Practicing social emotional learning at home can help your students:

- Process difficult events.
- Build critical social skills.
- Connect with themselves and others.
- Navigate challenges they may be experiencing.
- Adjust to the new school year.

Move This World is a social emotional learning program delivered through an extensive online library of PreK-12 videos and resources rooted in creative expression that help students, teachers and staff develop a common language to improve communication and build trust. We're so glad that you'll be able to access Move This World videos and resources at home. We hope they are helpful for your children and your family.

Learn more about [How Move This World Works here](#), and please let us know what questions you may have!

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