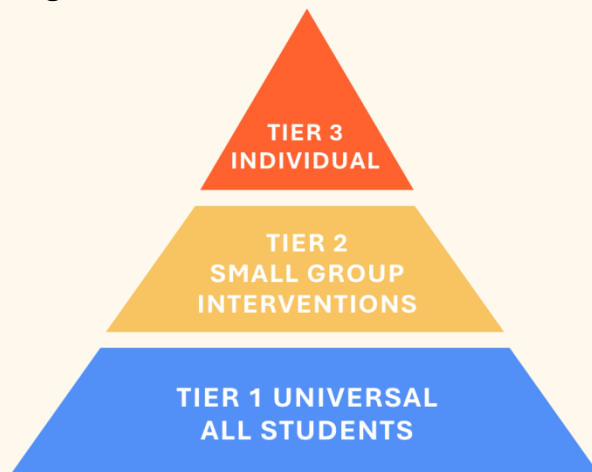


Tier 2 Training Guide



What are we working on?

In order to address the diverse needs of students, Move This World has broadened its range of resources to accommodate a variety of learning needs through Tier 2 level courses. New Tier 2 courses dive into targeted skill areas and provide support for more individualized needs. Expanding upon the achievements of our 20-year Tier 1 universal common language curriculum, the Tier 2 Intervention and Supports program is designed to assist small groups of students who are grappling with issues related to self-management, social skills and decision-making.





What can you expect?

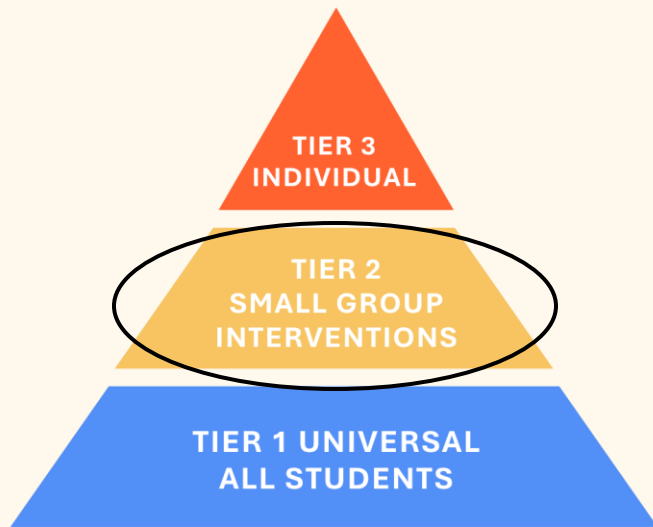
- Bite-sized videos designed for 1:1 or small groups
- Content that supplements and aligns with our Tier 1 program
- Grade Banded Courses
- Content supporting 10-11 targeted skill areas
- Lessons designed for small group work
- Student facing content & accompanying robust facilitator guidance

Who is this course designed for?

Elementary

This curriculum was written to support students with behavioral and mental health related needs that may not be currently met with Move This World's Tier 1 program. At the **elementary level**, consider referring students with:

- Challenging peer interactions
- Difficulty understanding and communicating emotions
- Above-average office referrals
- Classroom avoidance (e.g. frequent requests to see the nurse for headaches or belly aches that have no medical cause)
- Difficulty navigating unstructured time (e.g. recess, lunch).



Who is this course designed for?



This curriculum was written to support students to build connections with one another while strengthening social and emotional skills.

Middle School

At the middle school level, consider referring students with:

- Challenging or few or decreased peer interactions
- Difficulty understanding and communicating emotions
- Above-average office referrals
- Classroom avoidance
- Difficulty navigating unstructured time (e.g. recess, lunch).

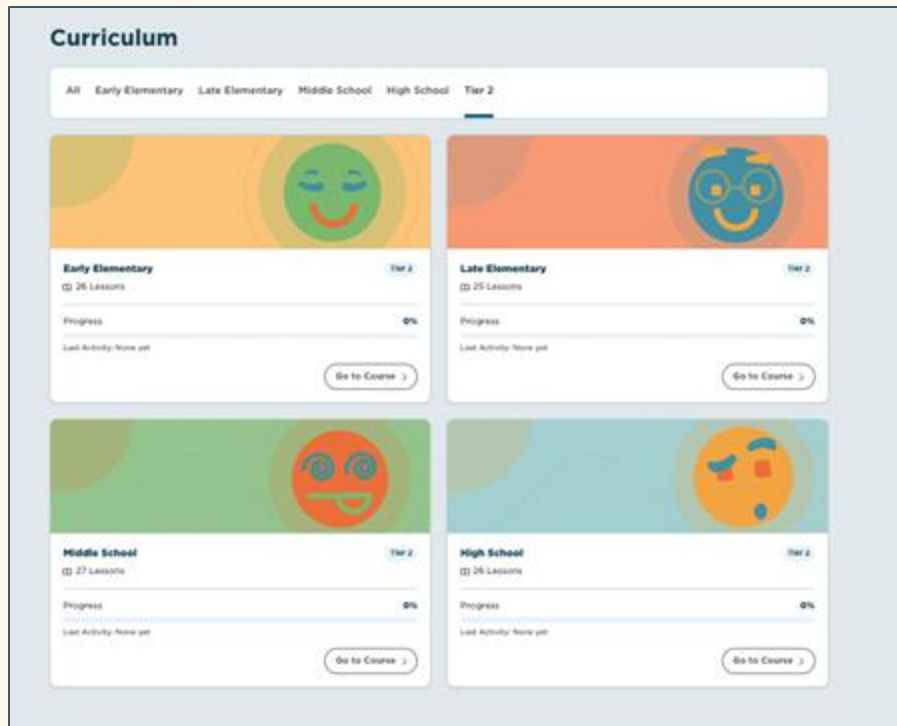
High School

At the high school level,, consider referring students with:

- Below-average attendance
- Above-average office referrals
- Few or decreased peer interactions.

*While this curriculum may be helpful for students experiencing stress, anxiety, depression, or other behavioral health concerns is not intended to serve as a sole treatment for serious behavioral health concerns. Students requiring additional support should be referred to a qualified mental health professional.

Select Your Course



There are 4 Tier 2 courses to choose from:

- Early Elementary
- Late Elementary
- Middle School
- High School

If you are on the fence about which course to use with a group of students, we recommend taking a look at a couple of them before getting started. You can always switch to a different course based on your students needs if you feel it is appropriate after completing the first session.

What will I find in my course?

Pick-Up Practices

Within the Pick-Up Practices Unit, you will find a selection of brief (~1 min long) video exercises designed for optimal flexibility.

Whether it is using one of the "Opening Exercises" videos to center with a student you are working 1:1 with or integrating the thematic video content into a small group, there are countless ways to weave these flexible resources into your practice, tailoring them to the moment, the setting, and the needs of the individual or group in front of you.

The screenshot displays the DESSA Move This World curriculum interface. The top navigation bar includes the DESSA logo, a search bar for students, and tabs for Dashboard, Curriculum, Ratings, Reports, Strategies, and Training. The left sidebar shows the 'Early Elementary Tier 2' curriculum with a list of units: Getting Started, Pick-Up Practices (selected), Opening Exercises, Quick Emotional Building Block Practices, Quick Emoger Practice (highlighted), Thematic Content, and Closing Exercises. Below these are ten sessions listed with expandable arrows. The main content area is titled 'Quick Emoger Practice' and features a large video player with a sun icon and the text 'Emoger #1 Tighten and Release'. To the right of the video player is a 'Self-Management' section with a 'Mark as complete' button and a list of five emoger exercises with their durations. At the bottom, there are buttons for 'Previous Lesson' and 'Next Lesson'.

DESSA - move THIS WORLD

Dashboard Curriculum Ratings Reports Strategies Training

Search students

Early Elementary Tier 2

Back Hide inactive units

Getting Started

Pick-Up Practices

Opening Exercises

Quick Emotional Building Block Practices

Quick Emoger Practice

Thematic Content

Closing Exercises

Session 1: Recognizing Emotions

Session 2: Expressing Emotions

Session 3: Managing Emotions

Session 4: Impulse Control

Session 5: Recognizing Our Strengths

Session 6: Social Perspective Taking

Session 7: Active Listening

Session 8: Respecting Others

Session 9: Building Positive Relationships

Session 10: Forming a Growth Mindset

Courses Early Elementary Tier 2 Pick-Up Practices

Quick Emoger Practice

Self-Management

Mark as complete

01:02 IN THIS LESSON 10 min

1. Emoger #1: Tighten and Release 01:02

2. Emoger #2 Count to Ten 01:01

3. Emoger #3 Breathe 5 Times 00:57

4. Emoger #4 Walk Away Quietly 00:53

5. Emoger #5 Smile, Give a Hug, or a Fist Bump 01:06

Emoger #1 Tighten and Release

Previous Lesson

Next Lesson

What will I find in my course?

Session Content

Your course will be comprised of 10-11 units.

Each unit is:

- Designed to be completed as a single “session” with your small group
- Centered around a specific targeted skill area
- Sessions will typically be designed for 30-40 minute time blocks

We recommend completing the sessions in the order that we have placed them, however, this is not a requirement. We understand that your approach might need to be different, depending on your students’ needs.

The screenshot displays the DESSA MOVE curriculum interface. The top navigation bar includes 'DESSA MOVE THIS WORLD', 'Dashboard', 'Curriculum', 'Ratings', 'Reports', 'Strategies', and 'Training'. A search bar for students is on the right. The left sidebar shows the 'Early Elementary Tier 2' curriculum with a list of sessions. 'Session 2: Expressing Emotions' is selected, and 'Session Content 2' is highlighted. The main content area shows 'Session Content 2' for 'Expressing Emotions'. It features a cartoon character 'AIR HEADS' and a list of activities: 1. Air Heads (Video, 03:33), 2. Pre-Video Practice (PDF, 3 pages), 3. Emotion Motion Clip (Audio, 01:16), 4. Pre-Video Practice (continued) (PDF, 3 pages), and 5. Emogometer (Video, 03:52). Below the activities, the 'ESTIMATED TIME' is 38 MINUTES and the 'OBJECTIVE' is to recognize emotions and use management strategies. A 'Facilitation Guide' section lists materials: Emotional Building Block Poster, Emogometer Worksheet, and Coloring utensils. A 'Mark as complete' button is in the top right corner.

Navigating Session Content

Step 1: Access Materials

Prepare for your session by clicking into the Lesson Materials & Printouts folder.

This is where you will find any materials that require being downloaded/printed prior to the session.

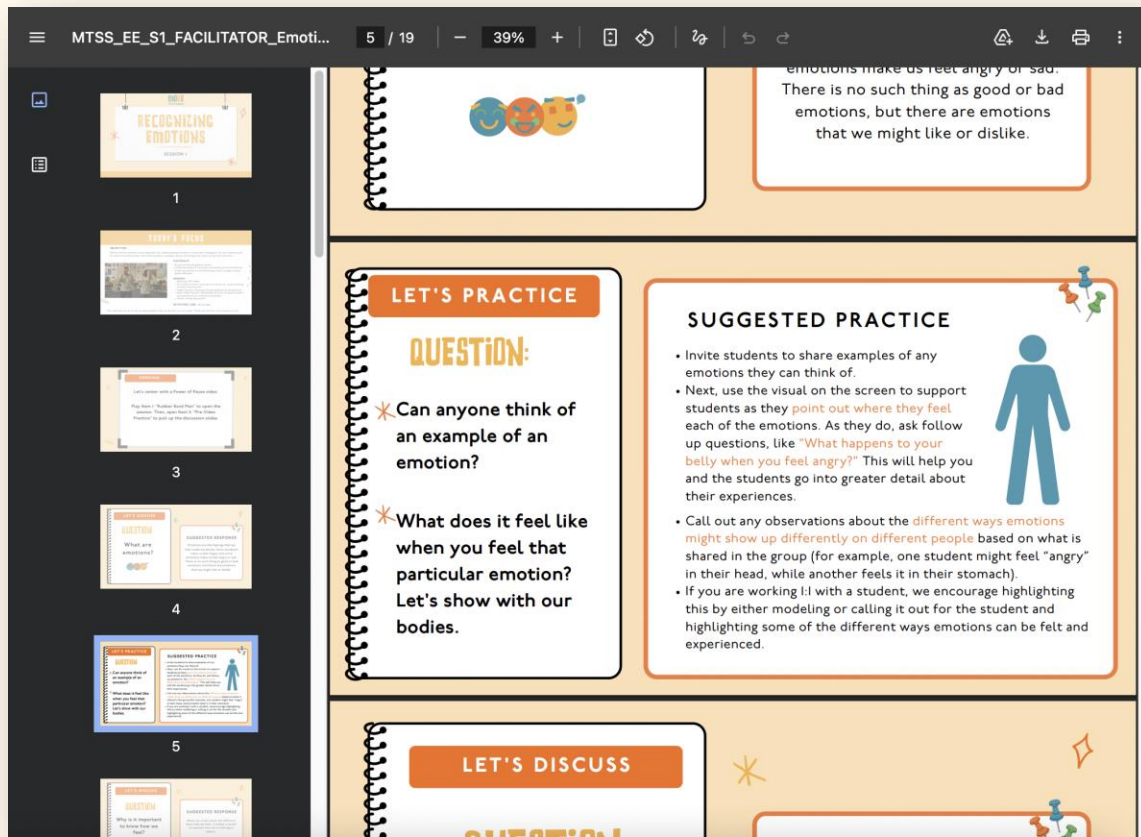
The screenshot displays the DESSA MOVE curriculum interface. The top navigation bar includes links for Dashboard, Curriculum, Ratings, Reports, Strategies, and Training. A search bar is located on the right. The left sidebar shows the 'Early Elementary Tier 2' curriculum structure, with 'Lesson Materials & Printouts' selected. The main content area displays 'Session 1: Recognizing Emotions' materials. It includes a 'Facilitator Guide' (19 pages) and an 'Emotional Building Blocks' worksheet (2 pages), both available as PDFs and with 'Open in New Tab' options. A 'Mark as complete' button is visible in the top right. The 'Emotional Building Blocks' worksheet features a grid of 24 emotion icons with corresponding labels: Angry, Annoyed, Confused, Determined, Excited, Frustrated, Grumpy, Happy, Interested, Jealous, Lonely, Loving, Nervous, Proud, Quiet, Relaxed, Sad, Tired, Uncomfortable, Worried, Yucky, and Zoned Out. A 'Understanding Emotions Worksheet' is also shown, featuring a stick figure and a color-coded body chart for emotions: Angry (red), Happy (yellow), Worried (green), and Relaxed (blue).

Navigating Session Content

Step 2: Review Facilitator Guide

Your facilitator guide will walk you through each step of the lesson, providing you with the recommended practices for guiding discussions and exercises with students.

We always recommend reviewing this prior to completing a lesson so that you know what to expect and can cater the session to your group's needs.

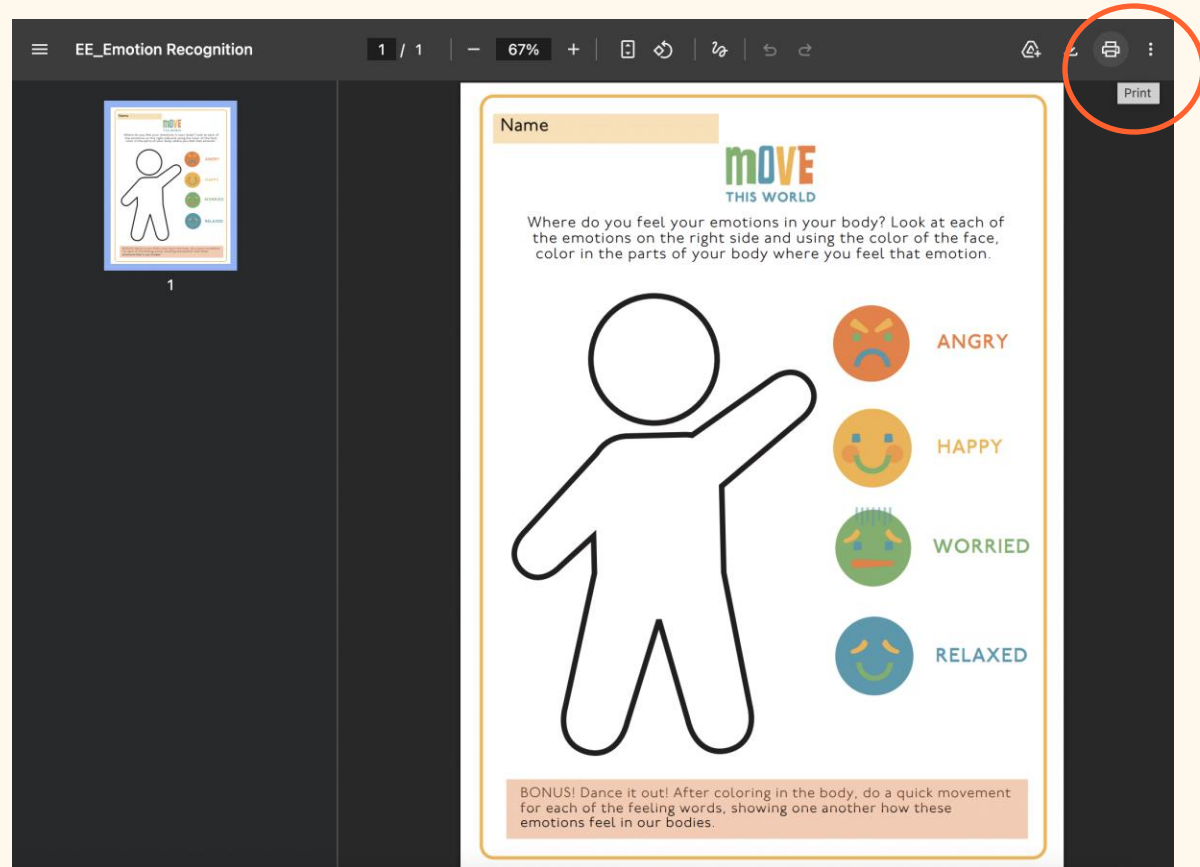


Navigating Session Content

Step 3: Print out any needed materials

Sometimes our sessions will have accompanying worksheets or templates. These would be found with your Facilitator Guide and can be downloaded and printed.

Please note, If a lesson incorporates the common language (i.e. 10 Emogers) we'll also include the link to our posters. If you already have a copy of the posters though, it is not necessary to print out any additional ones.



The screenshot shows a digital interface for 'EE_Emotion Recognition'. The top bar includes a menu icon, the title 'EE_Emotion Recognition', a page indicator '1 / 1', a zoom level of '67%', and various navigation icons. A red circle highlights a 'Print' button in the top right corner. The main content area displays a worksheet titled 'move THIS WORLD'. It features a large outline of a person's body for coloring. To the right of the body outline are four emotion icons with corresponding labels: 'ANGRY' (orange face with furrowed brows), 'HAPPY' (yellow face with a wide smile), 'WORRIED' (green face with a worried expression), and 'RELAXED' (blue face with a calm expression). Below the body outline, a text box contains a bonus instruction: 'BONUS! Dance it out! After coloring in the body, do a quick movement for each of the feeling words, showing one another how these emotions feel in our bodies.'

Navigating Session Content

Step 4: Dive into the student-facing content!

The bottom link, “Session [#] Content” is where you will find your student facing slides and videos.

Each session is designed to include the following components:

- Opener
- Pre-Video Practice
- Video Practice
- Post-Video Practice
- Closer

We'll explain each of these on the next few slides!

The screenshot displays the DESSA MOVE curriculum interface. The top navigation bar includes links for Dashboard, Curriculum, Ratings, Reports, Strategies, and Training. A search bar for students is on the right. The left sidebar shows the curriculum structure for Middle School Tier 2, with 'Session 3 Content' highlighted. The main content area is titled 'Session 3 Content' and features a large owl icon with the text 'JAW DROPPING'. A table on the right lists the session components: 1. Jaw Dropping (03:40, Video), 2. Pre-Video Practice (4 pages, PDF), 3. Yes to the Stress (07:28, Video), 4. Post-Video Practice (6 pages, PDF), and 5. The Off Switch (05:06, Video). Below the table, the 'ESTIMATED TIME' is 35 minutes and the 'OBJECTIVE' is to describe how to select an emotional management strategy. The 'Facilitation Guide' and 'Materials' (Stress Management Strategies Printout) are also listed. Navigation buttons for 'Previous Lesson' and 'Next Lesson' are at the bottom.

DESSA MOVE THIS WORLD

Dashboard Curriculum Ratings Reports Strategies Training

Search students

Middle School Tier 2

Back Hide inactive units

Getting Started

- Pick-Up Practices
- Session 1: Understanding Our Emotions
- Session 2: Managing Emotions
- Session 3: Managing Stress
- Lesson Materials & Printouts

Session 3 Content

- Session 4: Understanding Others
- Session 5: Building Confidence
- Session 6: Building Resilience
- Session 7: Strengthening Communicati...
- Session 8: Maintaining Positive Relatio...
- Session 9: Resolving Conflict
- Session 10: Goal Setting
- Session 11: Building Accountability

Courses Middle School Tier 2 Session 3: Managing Stress

Session 3 Content

Self-Management

Mark as complete

3:40 IN THIS LESSON 16 min

- Jaw Dropping 03:40 Video
- Pre-Video Practice 4 pages PDF
- Yes to the Stress 07:28 Video
- Post-Video Practice 6 pages PDF
- The Off Switch 05:06 Video

ESTIMATED TIME 35 minutes

OBJECTIVE Describe how to select an emotional management strategy for specific situations.

Facilitation Guide

Materials

- Stress Management Strategies Printout

Previous Lesson Next Lesson

Navigating Session Content

Session Content: Opening Exercise

These are typically going to feature videos from our **Power of Pause content**. They are designed to help center the session by giving your students the opportunity to practice a quick breathing exercise, get their energy out, or share something brief with the group related to the lesson.

This will be the first part of the session content that you will see.

The screenshot displays the DESSA Move This World curriculum interface. On the left, a sidebar lists the curriculum structure for 'Late Elementary Tier 2', with 'Session 4 Content' highlighted. The main area shows 'Session 4 Content' for 'Social Perspective Taking'. A video player is embedded, showing two adults in a classroom setting. To the right of the video, a table titled 'IN THIS LESSON' lists the session's components, with the first item circled in red.

IN THIS LESSON		11 min
1. Chillie Willies	02:09	
▶ Video		
2. Pre-Video Practice	0 pages	
PDF		
3. Day at the Museum	06:15	
▶ Video		
4. Post-Video Practice	10 pages	
PDF		
5. We Can Work It Out 1	02:34	
▶ Video		

Below the video player, the 'ESTIMATED TIME' is 34 MINUTES. The 'OBJECTIVE' is to define a perspective, identify two different perspectives, and explain why empathy is important. A 'Facilitation Guide' and 'Materials' (10 Emogers Poster) are also listed. Navigation buttons for 'Previous Lesson' and 'Next Lesson' are at the bottom.

Navigating Session Content

Session Content: Pre-Video Practice

This is an opportunity to review the skills that you are covering in this lesson. This is where we will define some of the concepts (i.e. what is an impulse!) to help build student's understanding of what we will be practicing in videos.

This are discussion based and include some opportunities for social practice.

To access these slides, you will click on "Open in New Tab." Your slides will then appear in a new tab.

The screenshot displays the 'Session 1 Content' page for 'Late Elementary Tier 2' under the 'Session 1: Emotion Recognition' course. The page is titled 'Session 1 Content' and includes a 'Mark as complete' button. The main content area features a large graphic with the text 'LET'S DISCUSS' and 'QUESTION: Can anyone tell us what an emotion is?' next to a large orange smiley face. A red circle highlights the 'Open in New Tab' button. To the right, a '6 pages' badge is visible. Below the main graphic, there is a table of contents for the session, listing five activities: 1. Rubber Band Man (04:16, Video), 2. Pre-Video Practice (6 pages, PDF), 3. Emotional Building Blocks (05:44, Video), 4. Post-Video Practice (16 pages, PDF), and 5. Breath Squares (03:20, Video). At the bottom, the 'ESTIMATED TIME' is 35 minutes and the 'OBJECTIVE' is to define what an emotion is and why it is important to understand our emotions, describe how we are feeling using a variety of emotional vocabulary words, and recognize how our emotions are connected to our thoughts and behaviors.

Courses > Late Elementary Tier 2 > Session 1: Emotion Recognition

Self-Awareness

Mark as complete

Session 1 Content

6 pages

IN THIS LESSON 13 min

1. Rubber Band Man 04:16
Video
2. Pre-Video Practice 6 pages
PDF
3. Emotional Building Blocks 05:44
Video
4. Post-Video Practice 16 pages
PDF
5. Breath Squares 03:20
Video

ESTIMATED TIME 35 minutes

OBJECTIVE Define what an emotion is and why it is important to understand our emotions. Describe how we are feeling using a variety of emotional vocabulary words. Recognize how our emotions are connected to our thoughts and behaviors.

Navigating Session Content

Session Content: Video Practice

Almost all sessions will feature a video exercise from the MTW Tier 1 curriculum. We incorporate these to give students the additional practice and build off of what they are doing in the classroom.

In some scenarios, you may see more than 1 video. These will often be shortened versions of the videos that we incorporate for optimal practice.

After completing your "Pre-Video Practice" slides, you will simply return to the previous tab to get back to the platform. Then, click on the video beneath your "Pre-Video Practice" slides.

Courses > Early Elementary Tier 2 > Session 8: Respecting Others

Social Awareness

Mark as complete

Session 8 Content

4:11

IN THIS LESSON 13 min

1. Weather Vane 04:14
Video
2. Pre-Video Practice 7 pages
PDF
3. R-E-S-P-E-C-T 04:11
Video
4. Post-Video Practice 2 pages
PDF
5. Emotion Motion Clip 01:00
Audio

ESTIMATED TIME
35 MINUTES

OBJECTIVE
Explain why it's important to let other people know we care about them and describe appropriate ways to let other people know they are important to us. Identify ways we can voice our opinion/perspective in respectful ways.

Navigating Session Content

Session Content: Post-Video Practice

After completing a video exercise together, students will be invited to continue to practice the concepts introduced.

This will typically be through role playing, group discussions, partner work, and other forms of social practice.

You'll access this content through slides by clicking on "Open in New Tab," in the same way you did for your "Pre-Video Practice."

The screenshot shows a digital interface for 'Lesson Content 8' under the 'Relationship Skills' category. At the top, it indicates the course path: 'Courses > Late Elementary Tier 2 > Session 8: Resolving Conflict'. A 'Mark as complete' button is in the top right. The main content area features a spiral-bound notebook graphic with a 'LET'S PRACTICE' orange button at the top left. Below it, the word 'PRACTICE!' is written in large, bold, orange letters. A red circle highlights the text: 'Today we're going to practice how we can use different Emogers to help us work through conflict with others.' Below this text is a button that says 'Open in New Tab'. Another bullet point follows: 'We'll start by reading a scenario about a conflict. Then, we'll choose one of the Emogers on the screen, and take turns practicing what it would sound and look like if we used one of our Emogers. We'll be acting these all out as a group!'. To the right of the notebook, a sidebar titled 'IN THIS LESSON' shows a list of activities with their durations: 1. Bird Is the Word (03:12, Video), 2. Pre-Video Practice (10 pages, PDF), 3. Emoger #9 Meet in the Middle (05:56, Video), 4. Post-Video Practice (8 pages, PDF), and 5. Weather Vane (04:14, Video). At the bottom, a table provides summary information: ESTIMATED TIME (35 MINUTES) and OBJECTIVE (Learn new strategies we can use to resolve a conflict and how to use them in different situations).

Courses > Late Elementary Tier 2 > Session 8: Resolving Conflict

Relationship Skills

Mark as complete

Lesson Content 8

LET'S PRACTICE

PRACTICE!

- Today we're going to practice how we can use different Emogers to help us work through conflict with others.
Open in New Tab
- We'll start by reading a scenario about a conflict. Then, we'll choose one of the Emogers on the screen, and take turns practicing what it would sound and look like if we used one of our Emogers. We'll be acting these all out as a group!

IN THIS LESSON 13 min

1. Bird Is the Word 03:12
Video
2. Pre-Video Practice 10 pages
PDF
3. Emoger #9 Meet in the Middle 05:56
Video
4. Post-Video Practice 8 pages
PDF
5. Weather Vane 04:14
Video

ESTIMATED TIME	OBJECTIVE
35 MINUTES	Learn new strategies we can use to resolve a conflict and how to use them in different situations.

Navigating Session Content

Session Content: Closing Exercise

In the same way that we open the sessions intentionally, we want to make sure we are closing them intentionally.

The final component to your session will be a closing exercise, also typically featuring a video from our Power of Pause content. This will be the final part of your session content.

However, sometimes the closing exercise will be a quick circle discussion, supported with slides for you. This would live within your "Post-Video Practice" slides, so you will not be required to return to your previous tab for access.

The screenshot shows a lesson content interface. At the top, it says 'Courses > Late Elementary Tier 2 > Session 8: Resolving Conflict'. Below this is 'Lesson Content 8'. On the right, there's a 'Relationship Skills' tag and a 'Mark as complete' button. The main content area features a video player with a rooster icon and the text 'WEATHER VANE'. To the right of the video player is a table of contents titled 'IN THIS LESSON' with a '13 min' duration. The table lists five items: 1. Bird Is the Word (03:12, Video), 2. Pre-Video Practice (10 pages, PDF), 3. Emoger #9 Meet in the Middle (05:56, Video), 4. Post-Video Practice (8 pages, PDF), and 5. Weather Vane (04:14, Video). The fifth item, 'Weather Vane', is circled in red. At the bottom, there's an 'ESTIMATED TIME' of '35 MINUTES' and an 'OBJECTIVE' to 'Learn new strategies we can use to resolve a conflict and how to use them in different situations.'

IN THIS LESSON		13 min
1. Bird Is the Word	03:12	▶ Video
2. Pre-Video Practice	10 pages	📄 PDF
3. Emoger #9 Meet in the Middle	05:56	▶ Video
4. Post-Video Practice	8 pages	📄 PDF
5. Weather Vane	04:14	▶ Video

Navigating Session Content

Step 5: Complete a session with students!

When you are ready to complete a session with students simply follow along with the content.

We recommend having a copy of your facilitator guide printed though so you can reference our recommended responses and practices!



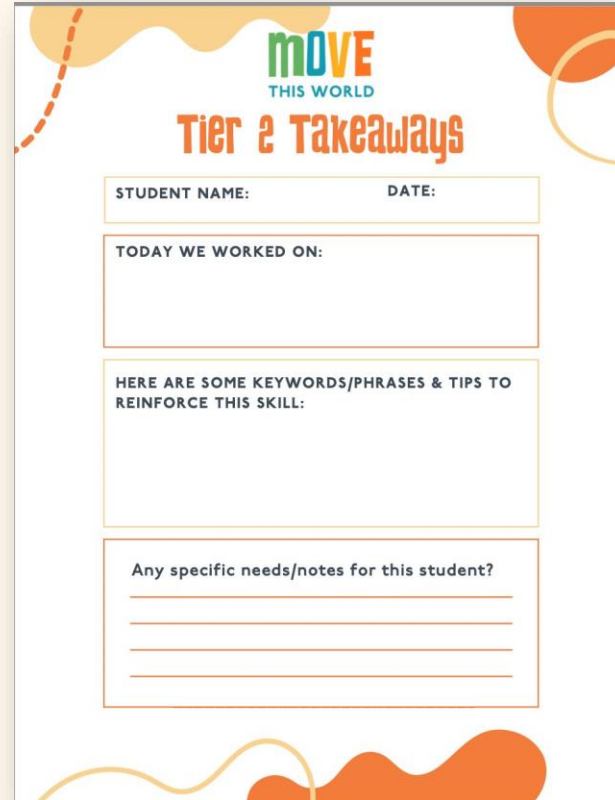
Integrating Support

Utilize our "Tier 2 Takeaways" template to track and share student progress.

We encourage completing this for each student at the end of every session. Elementary school facilitators are encouraged to share these with respective classroom teachers to keep them informed of their student's needs/growth.

You will also find recommended tips for integrating supports in your facilitator guides.

This can be found in your "Getting Started" unit at the top of your course!

The image shows a template titled "Tier 2 Takeaways" with the "move THIS WORLD" logo. It features four main sections for tracking student progress: a header for student name and date, a section for today's work, a section for keywords and tips, and a section for specific needs or notes. The template is decorated with orange and yellow wavy borders and circles.

move
THIS WORLD

Tier 2 Takeaways

STUDENT NAME: _____ DATE: _____

TODAY WE WORKED ON:

HERE ARE SOME KEYWORDS/PHRASES & TIPS TO REINFORCE THIS SKILL:

Any specific needs/notes for this student?

Questions?

**Reach out to our team at
support@movethisworld.com**