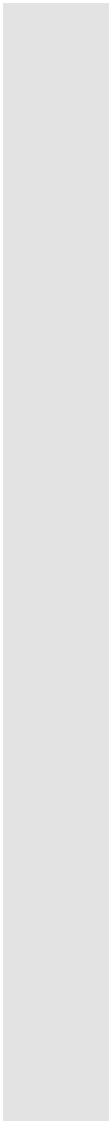


Practical Ideas to Promote Mental/Emotional Health through Physical Activity

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Childhood is a
journey and
not a race.

~ Unknown



Key Definitions



Physical Activity – any bodily movement produced by skeletal muscles that requires energy expenditure.



– ability to move with competence and confidence in a wide variety of **physical** activities in multiple environments that benefit the healthy development of the whole person.




Social and Emotional Learning (SEL) – a broad range of social, emotional, and behavioral skills for children. Examples: managing emotions, getting along with others, feel and show empathy to others.

Movement and Mental Health in Research



PA + SEL = Active & Nurturing Climates that Promote Well-being

- PA settings provide opportunities for children to:
 - Demonstrate personal and social behaviors that are respectful (self, to others, equipment & supplies)
 - Value PA for enjoyment, self-expression, and social interaction
- PA for ALL! Adults can participate to model positive behaviors for children.
- SEL – CASEL (2017) describes 5 competencies:
 - *Self-awareness* – ability to identify one's emotions
 - *Self-management* – ability to self-regulate in a variety of situations
 - *Social-awareness* – ability to empathize with others
 - *Relationship skills* – ability to be a good listener, cooperate with others
 - *Responsible decision making* – being able to make constructive choices about behavior



Activity Ideas to Promote Physical Literacy & SEL

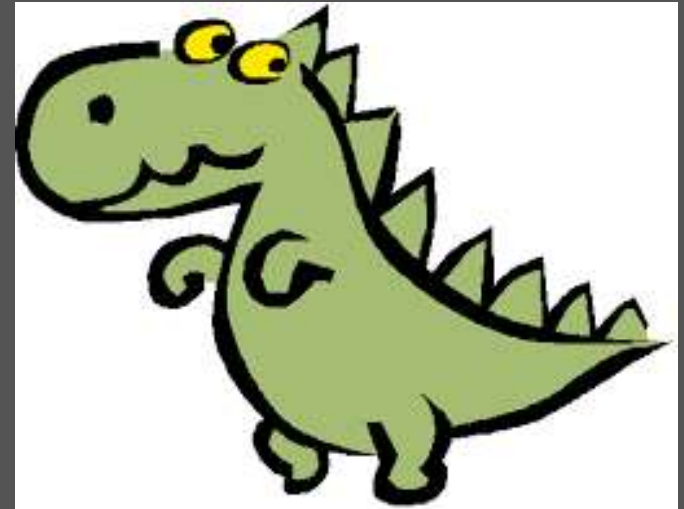
Movement to Music!

- Baby Shark
- Walking in the Jungle



Integrating Literacy

- [We Are The Dinosaurs](#)
- How Do Dinosaurs Say I'm Mad?
By Jane Yolen
- Incorporating Balancing on
Different Body Parts with
Dinosaurs



The Kindness Curriculum

by Judith Anne Rice

- Friendship – “Shake, Shake, Shake”
- Respect - “Recycling Sort”





Thank you for
attending our session!

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