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.

**Physical Literacy** – 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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