

# Move This World & SELweb Alignments



Below you will find a map that outlines how the MTW curriculum aligns with the competencies that SELweb is designed to assess. Please use this to inform your approach to reinforcing both your student's areas of strengths, as well as opportunities for growth. If, for example, fall assessment results suggest that students need to work on a particular skill area, during Teacher and Student Choice lessons, you can select the specific exercises indicated below that focus on that skill! This may also be used as a map for counselors, admin, and even families, looking to use MTW to support the SEL growth of your students. Get in touch with your school's MTW program team if you have any questions!

## FEATURED COMPETENCIES

- Emotion Recognition
- Perspective-Taking
- Problem Solving
- Self Control
- Understanding Others
- Self Awareness
- Self- Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making






# Pre-Kindergarten & Kindergarten











## SELweb Competence











Lesson	Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Emotional Building Blocks	✓			✓
Overview	✓			✓
A to I	✓			✓
J to R	✓			✓
S to Z	✓			✓
Deep Freeze	✓			✓
Frozen	✓✓			
10 Emogers			✓	✓✓
Emoger #1: Tighten and Release				✓✓
Emoger #2: Count to 10				✓✓
Emoger #3: Breathe 5 Times				✓✓
The Oooh Aaah Song				✓✓
Freeze Please				✓
Emogometer	✓			✓
The Meltdown				✓✓
The Name Circle	✓	✓✓		
Circle of Friends	✓	✓	✓	✓
Welcome to Krypton	✓	✓✓		
Mindful Morning	✓	✓	✓✓	
The Icebox	✓✓			
Let's Do the Statuesque	✓✓			
What's the Diff?	✓	✓✓		
Anything's Possible				✓
Check My Impulse				✓✓
The Do As I Dooz				✓✓
Emoger #8: Active Listening	✓	✓	✓	✓✓
The Groove Train	✓	✓✓	✓	
Give Me The Ball	✓	✓	✓	✓
The Wavy Gravy		✓✓		
Emoger #7 Look For Help			✓✓	
The Help Line	✓✓		✓	
Tradition Training		✓✓		
Go To Your Corner	✓✓	✓✓		
The Clap Trap				✓
Kids' Parade	✓✓			
The Peace Sign			✓✓	
Mirror Mirror	✓	✓	✓	✓✓
Miles of Smiles	✓	✓	✓	✓✓
Wooly Bully			✓✓	
The Coordinator				✓✓
Crossing Guard				✓✓
A Me Memo			✓	✓





First Grade				
	SELweb Competence			
	 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Lesson				
Emotional Building Blocks	✓			✓
Overview	✓			✓
A to I	✓			✓
J to R	✓			✓
S to Z	✓			✓
Deep Freeze	✓			✓
Frozen	✓✓			✓
10 Emogers				✓✓
Emoger #1: Tighten and Release				✓✓
Emoger #2: Count to Ten				✓✓
Emoger #3 Breathe Five Times			✓	✓✓
Emoger #4: Walk Away Quietly			✓	✓✓
Emoger #5: Smile, Give A Hug, or A Fistbump				✓✓
Emogometer				✓✓
The Meltdown				✓✓
The Name Circle	✓	✓✓		
HELLO Song	✓✓			
Circle of Friends	✓	✓	✓	✓
The Icebox	✓✓			
Mindful Morning	✓	✓	✓	
We're Emoging			✓	✓✓
Check My Impulse				✓✓
The Do as I Dooz				✓✓
The Feel Wheel	✓✓	✓✓		
The Like List		✓		
Move The Needle		✓		
Emoger #8: Active Listening		✓✓	✓	✓
The Groove Train		✓✓	✓	✓
Give Me The Ball		✓✓	✓	
The Wavy Gravy	✓✓			
The Coordinator				✓✓
Crossing Guard				✓✓
Welcome to Kryptom	✓			✓
GOOOOOAL				✓✓
What's the Diff?		✓✓		
The Emo Show	✓✓			
Put Yourself in Someone Else's Shoes	✓	✓✓		
Tradition Trading		✓✓		
The Clap Trap				✓
Face Off	✓✓			
The Help Line	✓	✓✓	✓	
Playdar			✓✓	
Miles of Smiles		✓✓	✓	
Circle of Trust	✓✓	✓		
Can-flict			✓✓	
Wooly Bully			✓✓	
Putting Down Roots			✓✓	
The Discombobulate				✓✓
Class Clown		✓	✓	✓

Second Grade				
	SELweb Competence			
	 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Lesson				
Emotional Building Blocks	✓			✓
Overview	✓			✓
A to I	✓			✓
J to R	✓			✓
S to Z	✓			✓
Deep Freeze	✓			✓
Frozen	✓✓			✓
10 Emogers				✓✓
Emoger #1: Tighten and Release				✓✓
Emoger #2: Count to Ten				✓✓
Emoger #3: Breathe Five Times				✓✓
Emoger #4: Walk Away Quietly			✓	✓✓
Emoger #5: Smile, Give A Hug, or A Fistbump			✓	✓✓
Emoger #6: Drink a Glass of Water				✓✓
Emoger #7 Look for Help			✓	✓✓
The Oooh Aaah Song				✓✓
The Feel Wheel	✓✓	✓✓		
The Name Circle	✓	✓✓		
Classtopia	✓	✓	✓	✓
Emogometer				✓✓
The Meltdown				✓✓
The Icebox	✓✓			
Let's Do the Statuesque	✓✓			
Mindful Morning	✓	✓	✓	
We're Emoging			✓	✓✓
Check My Impulse				✓✓
The Do as I Dooz				✓✓
Nicely Nicely	✓	✓✓	✓	
R-E-S-P-E-C-T	✓	✓✓	✓	
The Like List		✓		
What's Your Thing?		✓✓		
The Help Line		✓	✓✓	
The Rock Paper Scissors Bowl		✓	✓✓	
The Groove Train		✓✓	✓	✓
The Wavy Gravy	✓✓			
Love Letters				✓
GOOOOOOAL				✓✓
The Clap Trap				✓✓
The Sculpture Garden		✓		✓
Welcome to Kryptom	✓			✓
The Self Safari				✓✓
What's the Diff?		✓✓		
Day At The Museum		✓✓		
The Culture Club		✓✓		
The Coordinator				✓✓
Crossing Guard				✓✓
Face Off	✓✓			
Trading Faces	✓✓			
The Help Line	✓	✓✓	✓	
The Name Circle	✓	✓✓		
Circle of Trust	✓✓	✓		
Emoger#9: Meet In The Middle			✓✓	
Can-flit			✓✓	
Playdar			✓✓	
Miles of Smiles		✓✓	✓	
Give Me The Ball		✓✓	✓	
The Discombobulate				✓✓
Mistake Erase				✓✓
Live and Learn		✓	✓	


Third Grade				
	SELweb Competence			
	 Emotion Recognition	 Perspective-Taking	 Problem-Solving	 Self-Control
Lesson				
Emotional Building Blocks	✓			✓
Overview	✓			✓
A to H	✓			✓
I to P	✓			✓
Q to Z	✓			✓
Deep Freeze	✓			✓
The Name Circle	✓✓			
Frozen	✓✓			✓
10 Emogers				✓✓
Emoger #1: Tighten and Release				✓✓
Emoger #2: Count to 10				✓✓
Emoger #3: Breathe 5 Times				✓✓
Emoger #4: Walk Away Quietly			✓	✓✓
Emoger #5: Smile, Give A Hug, or A Fistbump			✓	✓✓
Emoger #6: Drink a Glass of Water			✓	✓✓
Emoger #7: Look for Help			✓	✓✓
Emoger #8: Active Listening		✓	✓	✓✓
Emoger #9: Meet in the Middle			✓✓	✓
Emoger #10: Put Yourself in Someone Else's Shoes		✓✓	✓	✓
The Me List				✓
Classtopia		✓	✓	
The Feel Wheel	✓✓	✓✓		
The Emo Show	✓✓			
R-E-S-P-E-C-T	✓	✓✓	✓	
Nicely Nicely	✓	✓✓	✓	
Unity in the Community		✓	✓	
The Like List				
What's Your Thing?				
Expressway	✓	✓		
What's the 5-7-5	✓	✓		✓
The Hero Sandwich	✓✓	✓✓		
My Ku	✓	✓		✓
The Win Win	✓	✓	✓	
My Compliments	✓	✓	✓	
Circle Up			✓	✓✓
The Friend Ship			✓✓	
Kudos		✓✓	✓✓	
The Rock Paper Scissors Bowl		✓✓		
We're Emoging			✓	✓✓
GOOOOOAL				✓✓
Love Letters				✓✓
The Name Circle	✓✓			
Circle of Trust	✓✓	✓		
The Beatbox				✓✓
Take Your Impulse				✓✓
The Trust Bus	✓✓			✓
The Pat on the Backs		✓✓	✓	
Letter from Krypton				✓✓
In Us We Trust			✓	✓✓
Body Language				✓
Hot Potato		✓✓		
Go to Your Corner	✓✓	✓✓		
The Culture Club		✓✓		
Walk This Way		✓✓		
Zombie Zoo			✓✓	
Pass the Mime		✓✓	✓	
Movement GPS			✓✓	
Group Ku			✓✓	
Haiku This World			✓✓	✓
We're Hoodies		✓✓		
A Me Memo			✓	✓
Beatbox Take Your Impulse				✓✓
Mistake Erase				✓✓
Live and Learn			✓✓	


Fourth Grade			
	SELweb Competence		
	 Understanding Others	 Problem-Solving	 Self-Control
Lesson			
Emotional Building Blocks	✓		✓
Overview	✓		✓
A to H	✓		✓
I to P	✓		✓
Q to Z	✓		✓
Deep Freeze	✓		✓
Frozen	✓✓		✓
Re-Emoging 1			✓✓
Re-Emoging 2			✓✓
Re-Emoging 3			✓✓
Re-Emoging 4			✓✓
Re-Emoging 5			✓✓
New Kids on the Block	✓	✓✓	
The Name Circle	✓✓		
The Emo Show	✓✓		
The Trust Bus	✓✓		✓
R-E-S-P-E-C-T	✓✓	✓	
Kudos	✓✓	✓✓	
Expressway	✓		
What's the 5-7-5	✓		✓
The Hero Sandwich	✓✓		
My Ku	✓		✓
Day At The Museum	✓✓		
The Fill-Ins	✓✓		
Circle Up	✓	✓	✓
The Hero Sandwich	✓✓		
DIY		✓✓	✓
DIY		✓✓	✓
Bio Pic	✓		
The Like List	✓✓		
The Win Win	✓✓		
My Compliments	✓✓		
The Friend Ship	✓	✓✓	✓
Kudos	✓✓	✓✓	
Welcome to Krypton			✓✓
GOOOOOOAL			✓✓
Love Letters			✓✓
Name Circle	✓✓		
Circle of Trust	✓✓		
The Pat on the Backs	✓✓	✓	
Spy Kid		✓	✓
Take Your Impulse			✓✓
The Beatbox			✓✓
Letter from Krypton			✓✓
Sculpture Garden		✓	✓✓
In Us We Trust	✓✓		✓✓
Hot Potato	✓	✓	✓✓
Go to Your Corner	✓✓		
Sloganeering			✓✓
Eyeball to Eyeball		✓✓	
Zombie Zoo		✓✓	
Pass the Mime	✓	✓✓	
The Culture Club	✓		
Walk This Way	✓✓		
Bye Bye Bully		✓✓	
Haiku This World	✓	✓	✓
Movement GPS	✓	✓	✓
Pass the Failure			✓✓
Live and Learn		✓✓	✓


Fifth Grade			
	SELweb Competence		
	 Understanding Others	 Problem-Solving	 Self-Control
Lesson			
10 Emogers			✓✓
Re-Emoging			✓✓
Emogometer			✓✓
Shake Off			✓✓
We're Emoging	✓		✓✓
Tap Out	✓		✓✓
The Me List	✓	✓	✓✓
New Kids on the Block	✓	✓✓	✓
Count Me Down	✓		✓✓
Showbot	✓✓		
The Third Degree	✓✓	✓	✓
The Answer Ants	✓✓		✓✓
What's Your Jigsaw?	✓✓		✓
The Fill-Ins	✓✓		
Take Your Impulse			✓✓
The Zip Drive			✓✓
The Zip Drive (20 Megs)	✓✓	✓	✓
R-E-S-P-E-C-T	✓✓	✓	
DIY		✓✓	✓
DIY		✓✓	✓
Movement GPS	✓	✓	✓
Welcome to Hope Town	✓	✓	✓
The Way to Go's	✓✓	✓	
On Location	✓✓		
Match Maker	✓✓	✓	
Bio Pic	✓		
Haiku Bye Ku	✓✓		
Haiku-Circle	✓✓		
The Buzz	✓✓	✓	
Odds and Ends	✓	✓✓	✓
The Rank and File			✓✓
The Scoreboard		✓✓	✓
Haikuul	✓✓		
Just Gestures	✓✓		
At Your Service	✓	✓	✓
Unity in the Community	✓	✓	✓
Welcome to Krypton			✓✓
Circle of Trust	✓✓		
Stretch it Out	✓✓		✓✓
Bully Be Gone		✓✓	
The Rumble		✓✓	
The Arctic Circle		✓✓	✓✓
Changelings	✓✓	✓✓	
Kid's Court		✓✓	
Map Making	✓		
Your Number's Up	✓		
Spy Kid		✓	✓
Da Posit	✓✓	✓	
The Pat on the Backs	✓✓	✓	
Moving to Curious City	✓		
Sloganeering			✓✓
Knot Me		✓	✓
Pass the Failure			✓✓
Body Lingo	✓✓		✓
Ango Tango	✓	✓	✓
Putting Us In a Corner	✓✓	✓	✓


Sixth Grade			
	SELweb Competence		
	 Understanding Others	 Problem-Solving	 Self-Control
Lesson			
Emotions3	✓		✓✓
10 Emogers	✓	✓	✓✓
Emogometer			✓✓
The Rollercoaster		✓	✓
Shake Off			✓✓
We're Emoging			✓✓
The Me List	✓	✓	✓✓
The Third Degree	✓✓	✓	✓
Count Me Down	✓		✓✓
Showbot	✓		
The Answer Ants	✓✓		✓✓
Da Posit	✓✓	✓	
What's Your Jigsaw?	✓✓		✓
The Fill-Ins	✓✓		
Take Your Impulse			✓✓
The Zip Drive			✓✓
DIY	✓✓	✓	✓
The Hero Sandwich	✓✓		
The Way to Go's	✓✓	✓	
On Location	✓✓	✓	
Match Maker	✓✓	✓	
Bio Pic	✓		
Haiku Bye Ku			
The Live Feed	✓	✓	✓
Odds and Ends	✓	✓✓	✓
Stretch it Out	✓✓		
Skillshare		✓	✓
The Buzz	✓✓	✓	
Tap Out	✓		✓✓
My Entourage		✓	✓✓
Count Me In	✓✓		✓
The Rank and File			✓✓
The Scoreboard			✓
Haikuul	✓✓		
Just Gestures	✓✓		
At Your Service	✓	✓	✓
Unity In The Community	✓	✓	✓
Circle of Trust	✓		
Moving to Curious City	✓		
Jinx!		✓	✓
Throwing Things Out	✓	✓	✓
Masterminds	✓	✓	✓
The Zip Drive (20 Megs)	✓✓	✓	✓
The Rumble		✓✓	
The Arctic Circle		✓✓	✓✓
Freeze Frame	✓✓		
Changelings	✓✓	✓	✓
Your Number's Up	✓✓		
Hanging out on the Corner	✓✓	✓	
On Location	✓✓	✓	
Kid's Court		✓✓	
Welcome to Hope Town	✓✓	✓✓	
Putting Us In a Corner	✓✓	✓	✓
Body Lingo	✓✓		✓
Ango Tango		✓	✓
Sloganeering			✓✓
Pass the Failure			✓✓
Knot Me		✓	✓
Unfamiliar Territory	✓	✓✓	✓



Seventh Grade					
 Lesson	SELweb Competence				
	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
10 Emogers		✓			
Re-Emoging		✓			
Emotions3	✓				
The Pendulum	✓	✓			
Woke Up		✓			
Shake Off		✓			
We're Emoging		✓	✓		
The Answer Ants			✓		
The Third Degree		✓		✓	
Count Me Down	✓				
The Showbot			✓		
A Few of My Favorite Things	✓				
The Fill Ins			✓		
Refrigerator Magnets	✓	✓			
Address the Stress	✓	✓		✓	✓
Miniclass	✓	✓		✓	
What Chapter Are You On?	✓				
DIY			✓	✓	✓
Wind Takes Away			✓		
The Live Feed				✓	✓
Down Pat			✓	✓	
The Move This			✓	✓	
Sync Up					✓
Odds and Ends			✓	✓	
On Location		✓		✓	
Da Posit	✓	✓			
The Association Station			✓		
Freeze Frame			✓		
Circle of Trust	✓		✓		
My Entourage	✓	✓			✓
At Your Service			✓		✓
Rank and File					✓
The Scoreboard		✓			✓
Social Working			✓		✓
Hanging out in the corner			✓		
A Feel Freeze 1			✓		✓
Out the Doubts 1	✓	✓			
Out the Doubts 2			✓		
The Positronic		✓			
Moving to Curious City	✓				
Masterminds					✓
The Arctic Circle				✓	
Body Lingo			✓	✓	
Your Number's Up	✓		✓		
What's My Brand?	✓		✓		
A Feel Freeze 2			✓		✓
Cross Words				✓	
Putting Us in a Corner				✓	
My PowerPoints					✓
Tap Out		✓			
Lane Changing					✓
The Happy Place				✓	
Letter Writing	✓				
Taking Out the Garage		✓			
A Feel Freeze 3	✓		✓		
Time Traveler					✓
The Suppose Pose			✓		
Make it Count		✓			✓
Pass the Failure	✓	✓			
The Launch Pad	✓				✓
Unfamiliar Territory		✓			✓

Eighth Grade					
 Lesson	SELweb Competence				
	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
Emotions3	✓				
10 Emogers		✓			
Re-Emoging		✓			
The Pendulum	✓	✓			
Woke Up		✓			
Shake Off		✓			
We're Emoging		✓	✓		
The Answer Ants			✓		
The Third Degree		✓		✓	
Count Me Down	✓	✓			
The Showbot			✓		
A Few of My Favorite Things	✓				
The Fill-Ins			✓		
Refrigerator Magnets	✓	✓			
Address the Stress	✓	✓		✓	✓
On Location		✓		✓	
Da Posit	✓	✓			
Sync Up					✓
Odds and Ends			✓	✓	
The Live Feed			✓	✓	
The Move This			✓	✓	
DIY			✓	✓	✓
Masterminds					✓
Social Working			✓		✓
My Entourage		✓			✓
At Your Service			✓		✓
The Association Station			✓		
Freeze Frame			✓		
Circle of Trust	✓		✓		
Wind Takes Away			✓		
The Why Photo	✓				
Rank and File					✓
The Scoreboard		✓			✓
Hanging Out in the Corner			✓		
Down Pat				✓	✓
Body Lingo			✓	✓	
A Feel Freeze 1			✓		✓
What Chapter Are You On	✓				
Moving to Curious City	✓				
Out the Doubts 1	✓	✓			
Out the Doubts 2			✓		
The Positronic		✓			
Caped Crusaders		✓			
The Arctic Circle				✓	
Tap Out		✓			
Your Number's Up	✓		✓		
What's My Brand?	✓		✓		
A Feel Freeze 2			✓		✓
Release the Pressure				✓	
The Move This			✓	✓	
Lane Changing					✓
The Happy Place				✓	
Make it Count					✓
Pass the Failure	✓	✓			
A Feel Freeze 3	✓		✓		
Taking Out the Garbage		✓			
Time Traveler					✓
The Suppose Pose	✓	✓			
Change Agent	✓	✓			✓
The Launch Pad	✓				✓

Ninth & Tenth Grade					
 Lesson	SELweb Competence				
	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
Positive Pivot	✓	✓			
What's Your Problem		✓			
Woke Up		✓			
Shake Off		✓			
Prove Your Pivot	✓	✓			
The Answer Ants			✓		
The Third Degree		✓		✓	
The Fill-Ins			✓		
Movemento			✓		
At Your Service			✓		✓
The De-Stress Express	✓	✓			
Pants on Fire	✓	✓			
Mojoy			✓	✓	
Plenty in Twenty			✓	✓	
Think Link			✓	✓	
Team Players				✓	
Refrigerator Magnets	✓	✓			
Address the Stress	✓	✓		✓	✓
Obstacle Course	✓	✓			✓
Pick Six	✓				✓
Abnormal			✓		✓
Cliff Hanger			✓	✓	
DIY			✓	✓	✓
Pass the Testimony					✓
The Flip It	✓	✓			
The Team Machine		✓			
Speak Easy	✓	✓			
The Post Office				✓	✓
The Association Station			✓	✓	
Team Webwork				✓	
Team Practice	✓				✓
Your Pivot Posse				✓	✓
Disappear the Fear		✓			
Dream Circle		✓			✓
Wizard of Poz	✓	✓			
Through The Looking Glass	✓	✓			
The Peace Train				✓	
De-Fuse				✓	
Out the Doubts 1	✓	✓			
Out the Doubts 2			✓		
Circle of Trust	✓		✓		
Solvation Station			✓	✓	✓
The 360 Pivot				✓	
Lane Changing					✓
Team Drills		✓			
Not so Odd Couple			✓		
Walk This Way			✓		
To Whom it May Concern			✓		
Don't Worry Be Sad	✓		✓		
Team Portraits	✓			✓	
Newsies		✓	✓		
Word Core	✓				✓
Passionista	✓				
Team Dreams					✓
The Cause Machine					✓
Failure Fest		✓			✓
The Up Rant				✓	
What's Your Dealio?				✓	✓
What's Your Big Dealio?					✓
Pass the Failure	✓	✓			
Time Machine					✓
Power Outage					✓
Write On					✓

Eleventh & Twelfth Grade					
 Lesson	SELweb Competence				
	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
Positive Pivot	✓	✓			
What's Your Problem		✓			
Woke Up		✓			
Shake Off		✓			
Prove Your Pivot	✓	✓			
The Answer Ants			✓		
The Third Degree		✓		✓	
The Fill Ins			✓		
Movemento			✓		
At Your Service			✓		✓
The De-Stress Express	✓	✓			
Pants on Fire	✓	✓			
Mojoy			✓	✓	
Plenty in Twenty			✓	✓	
Think Link			✓	✓	
Team Players				✓	
Refrigerator Magnets	✓	✓			
Address the Stress	✓	✓		✓	✓
Obstacle Course	✓	✓			✓
Pick Six	✓				✓
Abnormal			✓		✓
Cliff Hanger			✓	✓	
DIY			✓	✓	✓
Pass the Testimony					✓
The Flip It	✓	✓			
The Team Machine		✓			
Speak Easy	✓	✓			
The Post Office				✓	✓
The Association Station			✓		
Control Freaks			✓		
The Press Conference			✓	✓	
Your Pivot Posse				✓	✓
Team Practice	✓				✓
Disappear the Fear		✓			
Dream Circle		✓			✓
Team Portraits	✓				
Through The Looking Glass	✓	✓			
The Peace Train				✓	
De-Fuse				✓	
Out the Doubts 1	✓	✓			
Out the Doubts 2			✓		
Circle of Trust	✓		✓		
Re-Tweeting				✓	
Solvation Station			✓	✓	✓
The 360 Pivot				✓	
Lane Changing					✓
Team Drills		✓			
Not so Odd Couple			✓		
Walk This Way			✓		
To Whom it May Concern			✓		
Don't Worry Be Sad	✓		✓		
Newsies	✓			✓	
Power Outage					✓
Word Core	✓				✓
Passionista	✓				
Team Dreams					✓
The Cause Machine					✓
Failure Fest		✓			✓
The Up Rant				✓	
What's Your Dealio				✓	✓
What's Your Big Dealio?					✓
Pass the Failure	✓	✓			
Time Machine					✓
Write On					✓