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FOURTH GRADE

The integrations below are meant to facilitate efficient MMH™ and InPACT coordination. This joint effort aims to increase healthy behaviors among children and families. These additions are not intended to change the MMH™ curriculum, which is a standalone, evidence-based program; they are enhancements. Time spent using InPACT at Home videos counts towards your InPACT at School daily physical activity goal. The InPACT at Home resources accompanying each lesson are meant to be used with the class to model and promote use at home! If you want to use more InPACT resources in class, we encourage you to visit the [InPACT at Home website](#).

If you are implementing InPACT at School, you will find overarching suggestions at the beginning of each topic area to reinforce physical activity and its relation to that topic (e.g., physical activity and social emotional health). We encourage you to visit the [InPACT at School website](#) for more information.

SEL Anchor

Individual physical activity allows us to practice Self-Awareness, and Self-Management. When we engage in physical activity with others, such as games or sports, we also practice Social Awareness, Relationship Skills, and Responsible Decision-Making ([see the five CASEL SEL Competencies for definitions and indicators.](#))



PERSONAL HEALTH AND WELLNESS

4

While there are no Personal Health and Wellness lessons at this grade level, you can still use the following Integrations that are based on what is taught in this unit at other grades.



InPACT at School Integrations

When implementing InPACT at School, using short bouts of physical activity throughout the day, you can make any of these connections to **Personal Health and Wellness** each time:

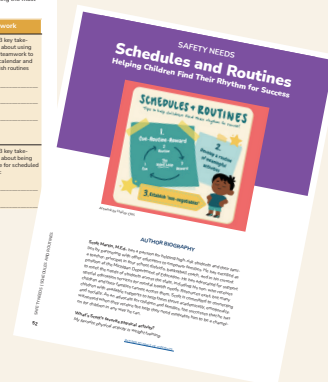
- ✓ Being physically active is one way we keep our bodies healthy and well, along with washing our hands, brushing our teeth, eating nutritious food, and getting enough sleep.
- ✓ It is important to keep our bodies clean, especially after being physically active.



InPACT at Home Integrations

As an additional Family Resource, share the **Schedules and Routines Family Module and 20-day Challenge**. Schedules and Routines can promote students' personal health and wellness along with their success in school and at home.

SAFETY NEEDS: SCHEDULES AND ROUTINES					
20-day InPACT Schedules and Routines Challenge					
The 20-day challenge aims to enhance your family's skills in developing schedules and routines. Studies suggest that it takes 21 days to form a habit and over 90 days to establish a lasting lifestyle change. Our hope is that by completing the 20-day Schedules and Routines challenge, your family will continue practicing the most effective activities until they become a lasting and positive habit.					
Day 1	Day 2	Day 3	Day 4	Day 5	Teamwork
Week 1 Research to find a calendar that works best for your family. Challenge each week with help to maintain schedules and routines. This week use family teamwork to find a calendar to establish routines.	Research to find a calendar that works best for your family. Challenge each week with help to maintain schedules and routines. This week use family teamwork to find a calendar to establish routines.	Choose 2-3 activities to do each day. Talk about them, and choose the first one you will use as a family for scheduling.	Decide where in your home you will do each activity. Make a list of activities that you will do each day for the first one you will use as a family for scheduling.	Make a list of activities that you will do each day for the first one you will use as a family for scheduling.	Write 3 key takeaways about using family teamwork to find a calendar and establish routines.
Week 2 Practice each of the agreed-upon routines. Practice routine + work on flexibility in the routine for events. Keep being active as a family!	Practice each of the agreed-upon routines. Practice routine + work on flexibility in the routine for events. Keep being active as a family!	Write the routine on a calendar as a family. Practice the routine every week. Share the routine with family. Practice the routine every week. Share the routine with family.	Make a list of activities that you will do each day for the first one you will use as a family for scheduling.	Decide where in your home you will do each activity. Make a list of activities that you will do each day for the first one you will use as a family for scheduling.	Write 3 key takeaways about using family teamwork to find a calendar and establish routines.





Funding for this document was provided in part by the Michigan Health Endowment fund, which supports the implementation and dissemination of the InPACT programs. More information at: mihealthfund.org.

Funding for this document was provided in part by the MDHHS Adolescent School Health Grant, which supports the implementation of the Michigan Model for Health Curriculum, Michigan's tier 1, evidence-based curriculum, for preK-12 schools. More information at: www.michiganmodelforhealth.org.