

# 5

# FIFTH 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 ([inpactathome.umich.edu](http://inpactathome.umich.edu)).

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 ([inpact.kines.umich.edu](http://inpact.kines.umich.edu)) 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.](#))



## 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 **Social Emotional Health** each time:

- ✓ Physical activity is an important way to help us feel good, calm down, navigate strong feelings, manage stress, and regain focus. Ask students how they feel before and after completing an activity.
- ✓ The calming effects of physical activity can help us make good decisions.
- ✓ Doing physical activity with others, such as playing a game, can help us practice being respectful.
- ✓ Finding physical activities that we enjoy can help us discover some of our own special talents.
- ✓ Physical activity wakes up the brain and primes it for learning.
- ✓ We can set physical activity goals for ourselves to be healthier and stronger.



## InPACT at Home Integrations

Explain to students how physical activity and mindfulness are important to staying healthy in body, mind, and heart. To learn more, watch the short video [“Science of Physical Activity.”](#)

You will be doing a “Movement Moment” or a “Mindful Moment” before each lesson using an InPACT at Home video. Some lessons also include an Activity Card to model activities students and families can do at home. Be sure your [classroom floorplan](#) is activity friendly. If you are curious about classroom management during physical activity, check out this [classroom management video](#).

Students’ parents/caregivers can sign up on the [InPACT at Home website](#) to access resources used with each lesson for children to enjoy at home, including the Family Engagement Modules. Be sure to review the InPACT at Home Connections!

Please note: the “MMH™ Lesson Procedure” illustrates InPACT at Home integrations with an actual MMH™ lesson. It follows the structure of the MMH™ lesson procedure (Introduction, Teacher Input, Application, and Closure) and can be useful when following MMH™ Lessons. If there are integrations to consider, they will be noted; otherwise, the integration step will say “none.”

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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 1 Using Self-Control to Manage Strong Feelings

InPACT at Home Components with the MMH™

#### Mindful Moment

Before this lesson, watch the InPACT at Home video “All About the Breath.” This video will help students learn to use their breath to calm the body and mind. Ask students how they feel after doing this exercise. How does their body feel?



(Length: 8:18. Click on video.)

#### MMH™ Lesson Procedure

**Introduction:** Consider asking students how breathing exercises, like those in the “All About the Breath” video, can help them feel calmer.

**Teacher Input:** None

**Application:** None

**Closure:** Consider adding [Mindfulness Play Cards](#), “Ballerina Breaths.” You may wish to remind students, “Sometimes when we need to make a big decision, such as telling an adult when something is destructive, dangerous, or disturbing, breathing exercises can help us to keep our minds calm.”





As an added Family Resource for this unit, suggest the [Resilience Family Module](#) to use at home. It discusses that we can bend but not break and ways to keep ourselves in the “OK” Zone; see the Resources section of the InPACT at Home website.



Also share the [Resilience Family 20-Day Challenge!](#) Each InPACT at Home module has a 20-Day Challenge for families to practice the healthy behaviors covered in the module.



Be sure to invite caregivers to create an account on the [InPACT at Home website](#) to access all resources.



Ensure families know that InPACT at Home videos, like the one featured in this lesson, also air on [PBS's Michigan Learning Channel](#). Visit the site and look under the Schedule tab to see local times and stations.

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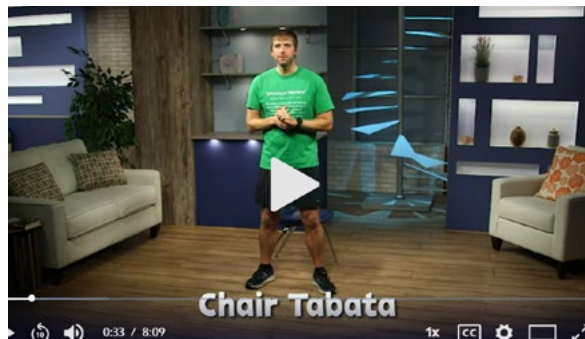
## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 2 Telling Others What Bothers Us

#### InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Chair Tabata.” Exercise can help us feel better and think more clearly. Exercising and getting energy out can be useful when we need to share with people what is bothering us, especially when we are having strong feelings.



(Length: 8:09. Click on video.)



Continue reminding students and caregivers to visit the [InPACT at Home website](#)

#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* When brainstorming effective ways to handle upsetting feelings, consider asking students about how exercise or physical activity can help. You may wish to ask if the activities they did in the “Chair Tabata” video might help.

*Application:* None

*Closure:* Consider using the InPACT at Home [Buddy Play Cards](#) “Shoulder Circle Timeouts.” Once you have completed the exercise, have students give each other a high five for a job well done.



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## SOCIAL EMOTIONAL HEALTH

# MMH™ LESSON 3 Healthy Ways to Handle Harassment and Bullying

InPACT at Home Components with the MMH™

### Mindful Moment

Before this lesson, watch the InPACT at Home video “Get Stronger Through Movement and Stillness.” Have students pay attention to how they feel after moving and when staying still.

Consider asking students to think about when they feel calmer: when moving or when being still. Some people feel calmer while doing breathing and mindfulness exercises, whereas others feel calmer when they are active and releasing energy.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 8:04. Click on video.)

### MMH™ Lesson Procedure

No Integrations



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 4 Practicing Positive Ways to End Bullying

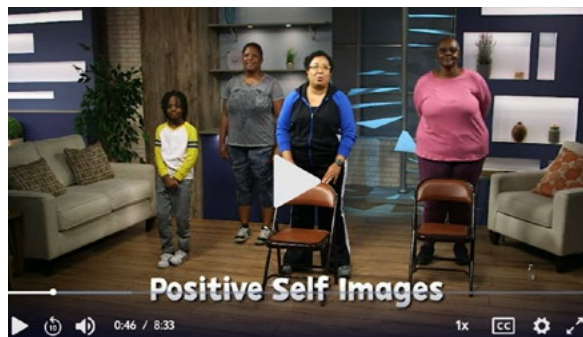
#### InPACT at Home Components with the MMH™

#### Mindful Moment

Before this lesson, watch the InPACT at Home video “Positive Self Images.” This video models a family practicing positive self-talk while exercising together. Positive self-talk can be a helpful buffer when experiencing bullying or harassment.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 8:33. Click on video.)

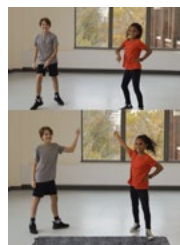
#### MMH™ Lesson Procedure

**Introduction:** When reviewing ways to develop courage, consider asking students, “In what ways might positive self-talk, like we saw in the video, help us build courage?”

**Teacher Input:** None

**Application:** None

**Closure:** Consider doing the [With a Buddy Play Cards](#) “Disco Party.” Once the activity is complete, encourage students to compliment their buddy on a job well done.



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 5 Speaking with Respect for Self and Others

InPACT at Home Components with the MMH™

#### Mindful Moment

Before this lesson, watch the InPACT at Home video “Checking in with Ourselves.” This video models ways to help calm ourselves. It is especially important to “check in” with ourselves before making big decisions.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 8:18. Click on video.)

#### MMH™ Lesson Procedure

No Integrations



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 6 Listening with Respect

#### InPACT at Home Components with the MMH™

#### Mindful Moment

Before this lesson, watch the InPACT at Home video “Building Strength through Mindful Movements.” These movements revolve around building strength and holding poses like animals. Holding poses is helpful because it requires us to focus on what we are trying to do, especially when the task is challenging! Listening also requires us to pay attention. Sometimes listening respectfully is difficult and calls for practice.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 8:22. Click on video.)

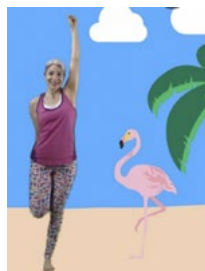
#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* To close the lesson, consider adding the “Flamingo Stretch” [Flexibility Play Card](#). When listening with respect, we need to focus on our actions and be flexible in order to respond thoughtfully.



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## MMH™ LESSON 7 Making WISE Decisions to Avoid Trouble

InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the InPACT at Home video “Sports Theme.” We must make many decisions and follow certain steps when playing sports. We can also use steps such as the WISE strategy to make decisions.



(Length: 7:27. Click on video.)

### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider using the [Mindfulness Play Cards](#) “Crazy Eights.” This activity can be challenging, just as making WISE decisions can be hard. In terms of both this activity and decision making, the more we practice, the more skilled we become.



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 8 Practicing the WISE Way to Avoid Trouble

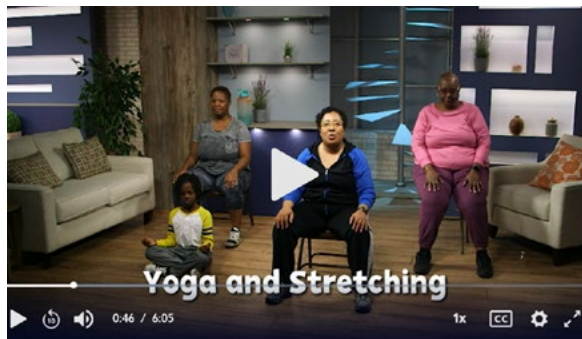
InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Yoga and Stretching.” Just as we need to practice physical activities to get better at them, we also need to practice decision-making skills. Students will practice yoga and stretching in this video.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 6:05. Click on video.)

#### MMH™ Lesson Procedure

No Integrations

# 5

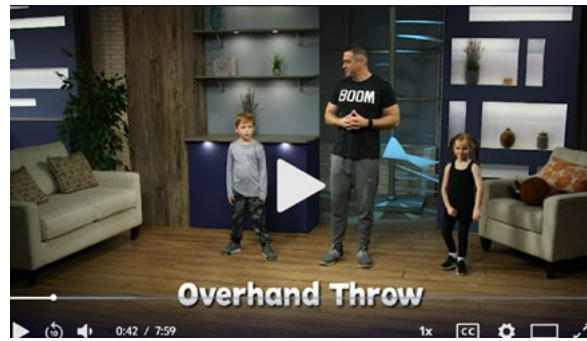
## MMH™ LESSON 9 Getting Help from Adults for People in Danger

InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the InPACT at Home video “Overhand Throw.” Students can use a soft ball, a crumpled-up piece of paper, or simply pretend they are holding a ball to practice. This video is a great way to get kids moving and ready to learn!

Remind students that, when playing a game or doing other physical activities (e.g., riding bikes, skateboarding, using playground equipment), it is important to get an adult’s help right away if someone gets hurt.



(Length: 7:59. Click on video.)



### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider using the [With a Buddy Play Cards](#) “Buddy Pick Ups.” You may wish to explain to students that it is important to help one another—and sometimes, that means getting help when someone you know may be in danger. Just as students won’t let their partner fall in this physical activity, kids can do their part to keep others safe from danger by getting help from an adult when needed.

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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 10 Working Things Out

InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Squats.” Squats can be challenging, much like conflict resolution. But it’s possible to get better with practice!



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 1:10. Click on video.)

#### MMH™ Lesson Procedure

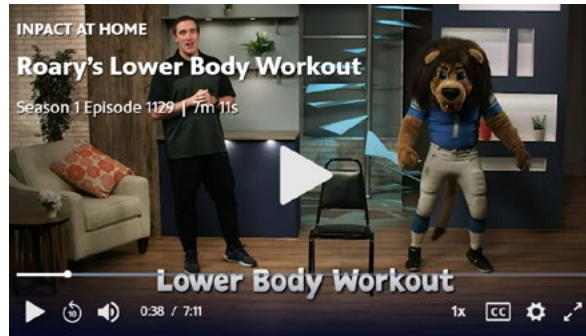
No Integrations

## MMH™ LESSON 11 Finding Healthy Solutions to Conflicts

InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the InPACT at Home video “Lower Body Workout,” featuring the Detroit Lions’ mascot, Roary! Just as we need to practice sports skills to get better, we also need to practice our conflict resolution skills.



(Length: 7:11. Click on video.)



Continue reminding students and caregivers to visit the [InPACT at Home website](#)

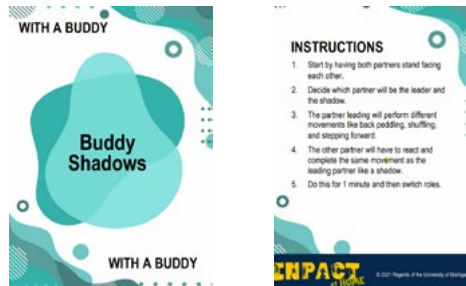
### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider using the [With a Buddy Play Cards](#) “Buddy Shadows.” You may wish to explain that conflict resolution requires working together: there is a time to lead (talk) and a time to follow (listen) when coming to a resolution.





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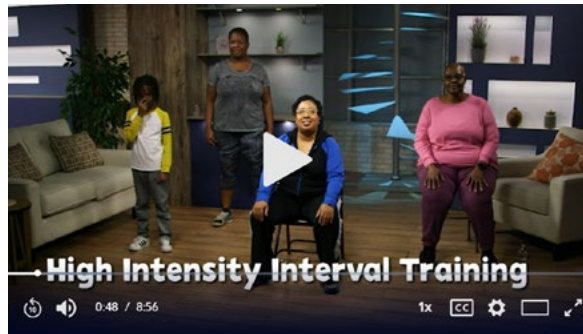
## SOCIAL EMOTIONAL HEALTH

# MMH™ LESSON 12 Practicing Our Conflict Resolution Skills

InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the InPACT at Home video “HIIT.” Just as we must practice being more physically fit, we also need to practice our conflict resolution skills.



(Length: 8:56. Click on video.)

### MMH™ Lesson Procedure

No Integrations



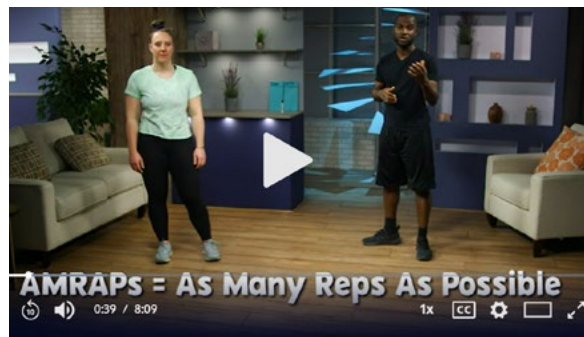
Continue reminding students and caregivers to visit the [InPACT at Home website](#)

## MMH™ LESSON 13 Setting Positive Goals for Health and Happiness

InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the InPACT at Home video “AMRAPs = As Many Reps as Possible.” In this video, Lexie and Tiwa set a goal to do as many repetitions of three exercises as possible. They set this goal to get healthier!




(Length: 8:09. Click on video.)

### MMH™ Lesson Procedure


**Integrations:** Consider encouraging students to set a physical activity goal as they work through the lesson.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



As an added Family Resource for this unit, suggest the [Personal Best Family Module](#) to use at home. This module discusses doing our personal best, including goal setting, and the importance of effort over outcome; see the Resources section of the InPACT at Home website.



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 14 Making Our School a Caring and Respectful Place

InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Total Body HIIT Workout.” This video will get students moving and ready to learn. Students can advocate for their school community to be more physically active.



(Length: 7:57. Click on a video.)

#### MMH™ Lesson Procedure

No Integrations



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



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