



KINDERGARTEN

The integrations below are meant to facilitate efficient MMHT™ and InPACT coordination. This joint effort aims to increase healthy behaviors among children and families. These additions are not intended to change the MMHT™ 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](#).)



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.
- ✓ Physical activity with others is a fun way to practice friendship skills. Ask what kinds of physical activity would help students practice a friendship skill.
- ✓ Physical activity wakes up the brain and primes it for learning.



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 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.”



MMH™ LESSON 1

Learning to Show Respect and Caring

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, watch this InPACT at Home video “Stuck in My Seat” on mindfulness to help students become centered. They can also do this activity at home, and their caregiver can access this video and others on the [InPACT at Home website](#) or on the [Michigan Learning Channel](#).

Ask them how they feel after doing this exercise. How does their body feel?



(Length: 8:17. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: Consider adding the Extension Activity provided in your MMH™ lesson.

...”have students pretend they are fish
swimming in a little pond...”

Closure: None



As an additional Family Resource, suggest to parents the [Lifelong Skills Family Module](#). This module covers ways to manage challenging emotions and stress, and it aligns to CASEL SEL Competencies and Zones of Regulation. (This module can also be found on the InPACT at Home website under Resources.)



20-day InPACT Lifelong Skills Activity Challenge

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections
Week 2: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections
Week 3: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections
Week 4: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections	Parental Practice: Family Connections



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.



MMH™ LESSON 2 Making Friends

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the energizing video “Shipwreck.” This video models an activity students can also do at home.



Be sure to invite caregivers to create an account on the InPACT at Home website to access all resources.
inpactathome.umich.edu



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

You can play this game in class anytime, with students taking turns being the captain and generating other moves for the game.

MMH™ Lesson Procedure

Introduction: You could ask students how they use respect and care with others while playing the “Shipwreck” game. (Answers may include listening, being careful not to bump into each other, or working together to stop a shipwreck.)

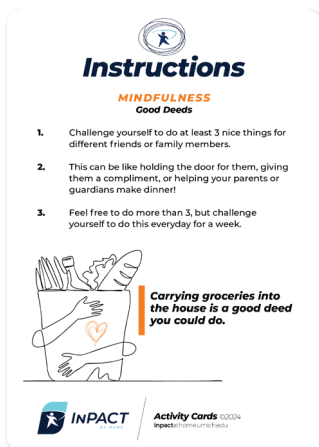
Teacher Input: None

Application: None

Closure: Consider using the Mindfulness Play Card, “[Good Deeds](#)”.

A great way to make and nurture friendships is through acts of kindness.

Challenge students to do three “Good Deeds” each day for a week. Check in with them to see how it is going each day.





MMH™ LESSON 3 Caring Touch

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the short video with a game called “The Big Cheese.” Ask students to practice using their “listening ears” and playing fair. This video models an activity they can also do at home.



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inpactathome.umich.edu



(Length: 8:14. Click on video.)

You can play this game in class anytime, with students taking turns being the captain and generating other moves for the game.

MMH™ Lesson Procedure

Introduction: When reviewing the last lesson, you could ask this question about the “Big Cheese” video: “How do using your listening ears and playing fair help you be a friend?”

Teacher Input: None

Application: Consider adding the Extension Activity in your MMH™ lesson, reading the book *I Like Me*. After reading, you could have students do three “I’m Awesomes” as modeled in the “Big Cheese” video.

Closure: None



MMH™ LESSON 4

So Many Different Feelings

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, watch the short video “Flexible in Mind and Body in an Uncertain World.” This video gives students mindfulness tools to help them navigate their feelings—especially when they are experiencing big feelings, confusing feelings, or many feelings all at once.

You can play this game in class anytime, with students taking turns being the captain and generating other moves for the game.



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



(Length: 8:23. [Click on video.](#))

MMH™ Lesson Procedure

No Integrations



MMH™ LESSON 5 What to Do with Strong Feelings

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “All About the Breath” with your class. Students will learn to use their breath to calm the body and mind or to energize them. Breathing this way can help them work through strong feelings.



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



(Length: 8:23. Click on video.)

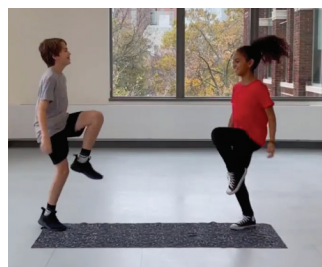
MMH™ Lesson Procedure

Introduction: In the introduction, you will explain the feeling “calm.” Consider asking students how the “All About the Breath” video with Ms. Heather taught them ways to feel calm.

Teacher Input: None

Application: None

Closure: Consider using the Cardio Activity Card, “[Alternating Knee Drives](#)”. Remind students that movement and physical activity, when appropriate, is a great way to manage strong feelings. If you would like to see this activity modeled, [click here](#).





MMH™ LESSON 6 Sharing Our Feelings

InPACT at Home Components with the MMH™

Movement Moment

Before you begin the lesson, use the InPACT at Home video “Beans on Toast”. This models an activity they can also do at home.



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



(Length: 8:07. Click on video.)

MMH™ Lesson Procedure

Introduction: When reviewing the four feelings of happy, sad, surprised, and calm, consider this idea to add more movement: you could assign movements to the four feelings, much like the movements attributed to the four types of beans in the video. You could call out a feeling and have students do the movement. Examples could be “Happy” — smile and twirl; “Sad” — frown and dangle our arms towards our toes; “Surprised” — jump up with our hands in the air; and “Calm” — sit crisscross applesauce with our hands on our knees.

Teacher Input: None

Application: None



Closure: Consider using the Mindfulness Activity Card, [“Self-Hug”](#).

Remind students that movement and physical activity, when appropriate, is a great way to manage strong feelings. If you would like to see this activity modeled, [click here](#).



MMH™ LESSON 7 Compliments and Appreciation

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, watch the InPACT at Home video “Building Strength through Mindful Movements.”



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



(Length: 8:25. Click on video.)

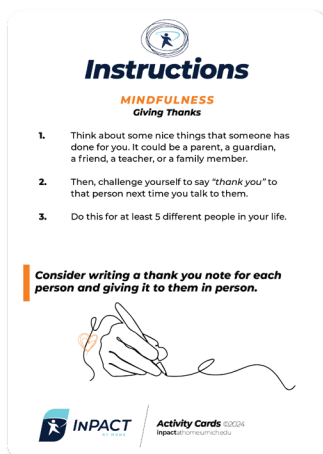
MMH™ Lesson Procedure

Introduction: When starting the lesson introduction, consider telling students, “Now that we’ve practiced animal poses, let’s play a different game. I am going to see if you can guess my feelings by how I hold my body.”

Teacher Input: None

Application: None

Closure: Consider adding Mindfulness Play Cards [“Giving Thanks”](#). This activity is a great way for students to practice compliments and showing appreciation.





MMH™ LESSON 8

Being Responsible at Home and At School

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Pumpkin Face, Raisin Face.” Remind students to be careful not to bump into each other and to be mindful of space in the classroom.



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



(Length: 7:56. Click on video.)

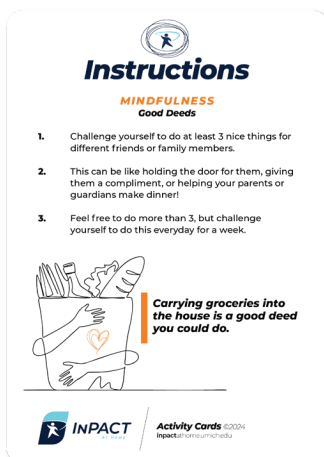
MMH™ Lesson Procedure

Introduction: Consider asking students how they can be safe and responsible when playing the “Pumpkin Face, Raisin Face” game at school and at home (e.g., making sure not to knock anyone or anything over; being mindful of their space).

Teacher Input: None

Application: None

Closure: This MMH™ lesson includes “Family Helper Coupons.” Consider using these coupons, and remind students about the activity card **“Good Deeds”** from Lesson 2.





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