

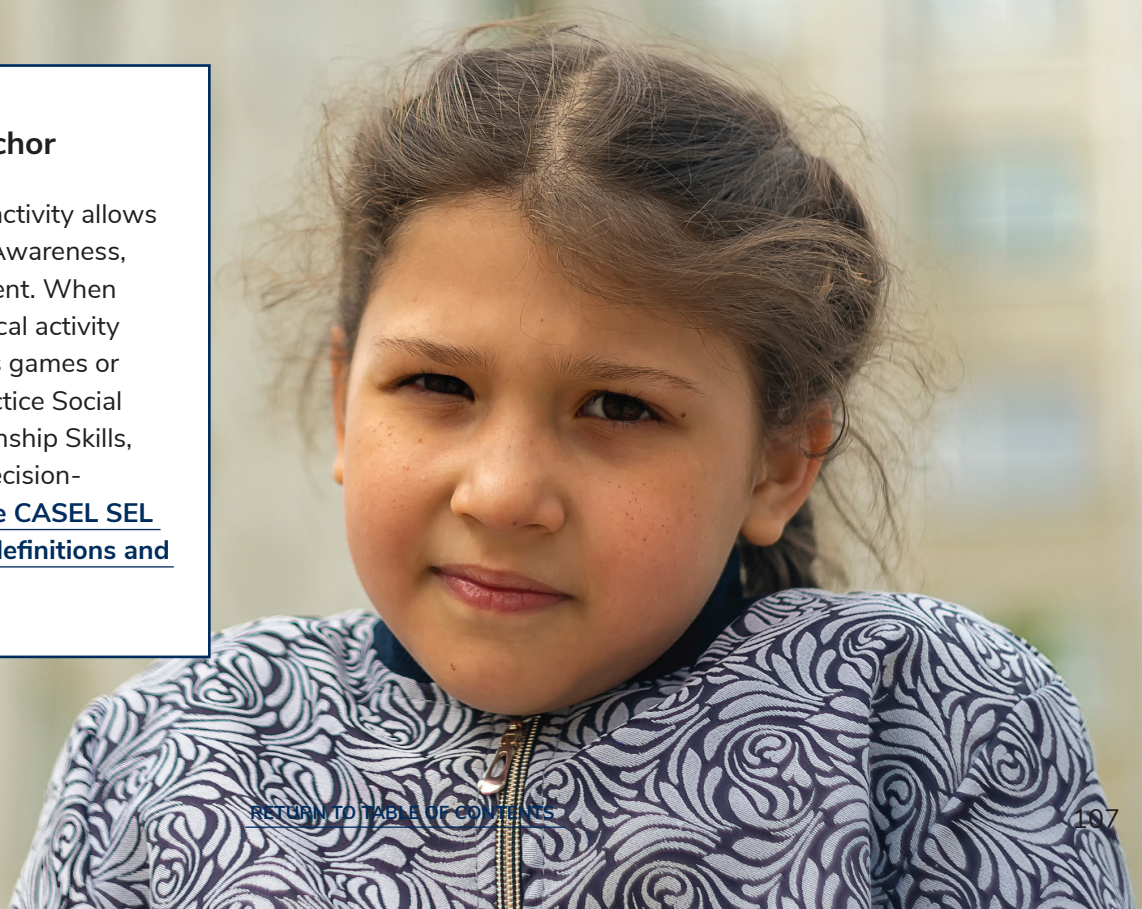
3 THIRD GRADE

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](http://inpactathome.umich.edu) (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](http://inpact.kines.umich.edu) (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 the **Alcohol, Tobacco, and Other Drugs** unit each time:

- ✓ Explain to students that when we are active, such as when playing a game or riding a bike, we might get hurt. Sometimes we might even need medicine for an injury. Remind them to only take medicine from a parent/caregiver, doctor, or other trusted adult.
- ✓ Remind students that inhaling cigarette smoke and e-cigarette aerosol (even secondhand) can hurt the lungs and heart. We might then find it harder to engage in physical activity that keeps us healthy and strong.

- ✓ Remind students that using alcohol and other drugs like marijuana can make it difficult and unsafe to be physically active.
- ✓ The use of alcohol and other drugs affects our performance when physically active, such as when playing sports. For instance, alcohol can weaken hand-eye coordination and reduce reaction time.
- ✓ Using alcohol or other drugs causes our bodies to feel tired, so we may not be able to perform our best when being active.

Teacher Note: Research indicates that physical activity helps to protect against the development of substance abuse, including tobacco and alcohol use disorders.



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” 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.”

MMH™ LESSON 1 Being Safe with Medicines and Poisons

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Mountain Climbers.” The lesson introduction gives the example of caffeine. Physical activity is a natural way to get a burst of energy.



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

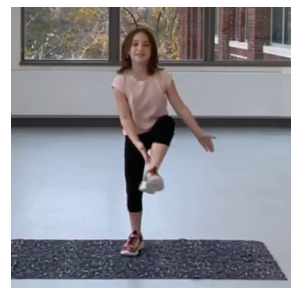
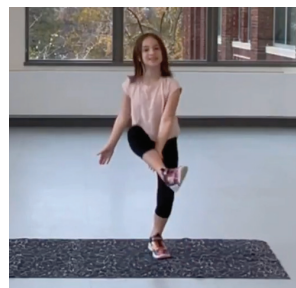
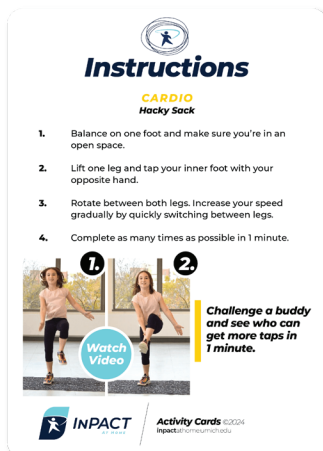
MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

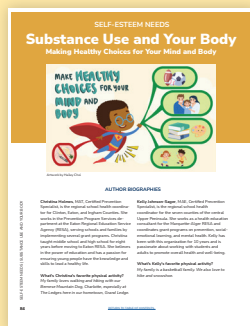
Application: None

Closure: Consider using the Cardio Play Card “[Hacky Sack](#)” to model a natural way to get an energy boost. If you would like to see this activity modeled, [click here](#).





As an added Family Resource for this unit, suggest families use the **Substance Use and Your Body Module and 20-Day Challenge** module. This module outlines how parents and caregivers can be prevention superheroes for their children.



SELF-ESTEEM NEEDS: SUBSTANCE USE AND YOUR BODY						
20-day InPACT Substance Use and Your Body Activity Challenge						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Week 1	Read the introduction and learn about the importance of making healthy choices for your mind and body.	Watch the video about the effects of substances on the brain and body.	Listen to the podcast about the importance of making healthy choices for your mind and body.	Read the article about the importance of making healthy choices for your mind and body.	Watch the video about the effects of substances on the brain and body.	Listen to the podcast about the importance of making healthy choices for your mind and body.
Week 2	Read the introduction and learn about the importance of making healthy choices for your mind and body.	Watch the video about the effects of substances on the brain and body.	Listen to the podcast about the importance of making healthy choices for your mind and body.	Read the article about the importance of making healthy choices for your mind and body.	Watch the video about the effects of substances on the brain and body.	Listen to the podcast about the importance of making healthy choices for your mind and body.
Week 3	Read the introduction and learn about the importance of making healthy choices for your mind and body.	Watch the video about the effects of substances on the brain and body.	Listen to the podcast about the importance of making healthy choices for your mind and body.	Read the article about the importance of making healthy choices for your mind and body.	Watch the video about the effects of substances on the brain and body.	Listen to the podcast about the importance of making healthy choices for your mind and body.
Week 4	Read the introduction and learn about the importance of making healthy choices for your mind and body.	Watch the video about the effects of substances on the brain and body.	Listen to the podcast about the importance of making healthy choices for your mind and body.	Read the article about the importance of making healthy choices for your mind and body.	Watch the video about the effects of substances on the brain and body.	Listen to the podcast about the importance of making healthy choices for your mind and body.



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



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

MMH™ LESSON 2

The Negative Effects of Tobacco Use

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Lower Body Cardio Circuit” to get kids moving and ready to learn. Have students pay attention to their breathing before, during, and after the activity.



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



(Length: 7:43. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: When discussing the effects of tobacco smoke and aerosol on the lungs, consider having students remember how hard their lungs and heart had to work during the “Lower Body Cardio Circuit” video.

Application: None

Closure: None

MMH™ LESSON 3

Tobacco and the Media

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Out, Out, In, In.” When we inhale tobacco smoke or aerosol, our lungs may not work as well as usual. The smoke can also harm our heart, which can make it harder to engage in physical activity that keeps us healthy and strong.



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



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

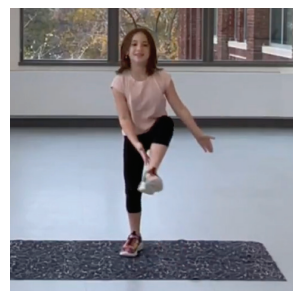
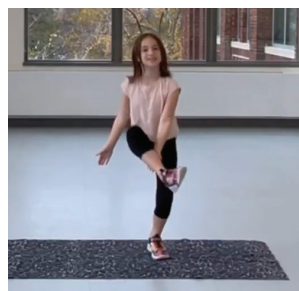
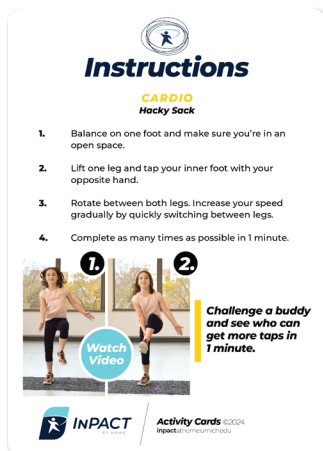
MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the Cardio Play Card “[Hacky Sack](#)”. Remind students that tobacco products can hurt the lungs and heart and make it hard to participate in physical activities like this. If you would like to see this activity modeled, [click here](#).



MMH™ LESSON 4

Alcohol and Alcohol Use Disorder

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Cardiovascular Health & Exercise.” Using alcohol, drugs, and tobacco hurts our cardiovascular system and makes it hard to be active and healthy. Substance use also affects coordination and concentration, which are needed when engaging in physical activities such as sports.



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



(Length: 8:08. Click on video.)

MMH™ Lesson Procedure

No Integrations

3

ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 5 Marijuana

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Fitness Memory Game.” Using marijuana and alcohol can make it difficult to remember information. These substances can also lead people to become easily confused. Playing this memory game would be quite difficult while using marijuana.



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



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

MMH™ Lesson Procedure

No Integrations

MMH™ LESSON 6 Avoiding Drugs with The Help of Positive Influences

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Fit Dice Game.” This video models a fun game students can do at home with only dice. Research shows that physical activity helps to protect against the development of substance abuse disorders.



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



(Length: 8:16. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: When talking about influences, consider mentioning playing physical activity games such as that featured in the video. Another example could be playing sports with friends, which serves as a positive influence to be healthy.

Application: None

Closure: Consider leading the class using the Buddy Play Activity Card "[High-Five Planks](#)." This fun and simple partner activity encourages movement and teamwork. As students participate, remind them that “Being active and playing together helps us make healthy choices, like staying away from tobacco, alcohol, and marijuana. When we play together, we support each other and become positive influences for our friends”. If you would like to see this activity modeled, [click here](#).



3

ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 7 Practicing Saying “No” to Drugs

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Grapevine.” You can remind students that using alcohol and drugs affects concentration and coordination. Imagine how hard this exercise would be if you were under the influence of alcohol or drugs.



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

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: During the Practicing Refusal Skills section, when students suggest another activity, consider asking them if they can recommend an activity such as playing a game, riding bikes, or even doing some InPACT at Home videos.

Closure: None



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.