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FIRST GRADE

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

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](#) (inpactathome.umich.edu) 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 Predicting How People Feel

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Checking in with Myself” to help students get centered. Checking in with ourselves can help us better understand how others may be feeling. Ask students how they feel after doing this exercise. How does their body feel?



(Length: 8:19. Click on video.)

MMH™ Lesson Procedure

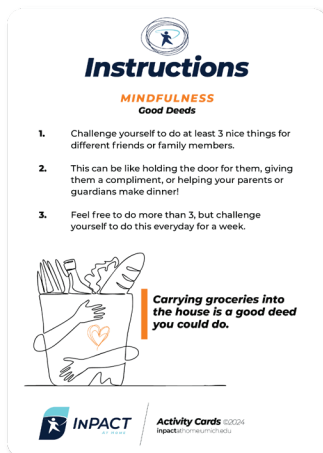
Introduction: To integrate the above video, you might add, “Now that we have checked in with our own feelings, we are going to learn about how other people might feel.”

Teacher Input: None

Application: None

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

Challenge students to do three Good Deeds a day for a week. Check in with them to see how it is going each day. Also ask them to observe how their Good Deeds might make other people feel.





As an additional Family Resource, suggest to parents the [Lifelong Skills Module and 20-Day Challenge](#). The module covers managing challenging emotions and stress, and it aligns to CASEL SEL Competencies and Zones of Regulation; see the Resources section of the InPACT at Home website.



20-day InPACT Lifelong Skills Activity Challenge				
Week 1	Week 2	Week 3	Week 4	Week 5
Day 1	Day 1	Day 1	Day 1	Day 1
Day 2	Day 2	Day 2	Day 2	Day 2
Day 3	Day 3	Day 3	Day 3	Day 3
Day 4	Day 4	Day 4	Day 4	Day 4
Day 5	Day 5	Day 5	Day 5	Day 5
Day 6	Day 6	Day 6	Day 6	Day 6
Day 7	Day 7	Day 7	Day 7	Day 7
Day 8	Day 8	Day 8	Day 8	Day 8
Day 9	Day 9	Day 9	Day 9	Day 9
Day 10	Day 10	Day 10	Day 10	Day 10
Day 11	Day 11	Day 11	Day 11	Day 11
Day 12	Day 12	Day 12	Day 12	Day 12
Day 13	Day 13	Day 13	Day 13	Day 13
Day 14	Day 14	Day 14	Day 14	Day 14
Day 15	Day 15	Day 15	Day 15	Day 15
Day 16	Day 16	Day 16	Day 16	Day 16
Day 17	Day 17	Day 17	Day 17	Day 17
Day 18	Day 18	Day 18	Day 18	Day 18
Day 19	Day 19	Day 19	Day 19	Day 19
Day 20	Day 20	Day 20	Day 20	Day 20



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](#) and look under the Schedule tab to see local times and stations.



MMH™ LESSON 2

Asking Others How They Feel

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the energizing video “Shipwreck.” Remind students that it’s important to pay attention to how others might be feeling when working together.



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

MMH™ Lesson Procedure

Introduction: Consider having students ask the student next to them how they felt playing the game “Shipwreck.” This way, students can practice asking others how they are feeling.

Teacher Input: None

Application: None

Closure: Consider using the Buddy Activity Card, “[High-Five Crunches](#)”. Have students ask their buddy how they feel after the activity. If you would like to see this activity modeled, [click here](#).



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SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 3 Showing Courtesy to Others

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..



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



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

MMH™ Lesson Procedure

Introduction: When reviewing the last lesson, you could add this question about “The Big Cheese”: “In what ways did you show courtesy to others while playing this game?”

Teacher Input: None

Application: None

Closure: None

MMH™ LESSON 4

Appreciating Other People

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, watch the video “Flexible in Mind and Body in an Uncertain World.” It can be easier to appreciate others when we are more mentally flexible. When we are flexible in both our bodies and minds, we can better handle the stress around us and remember to be courteous..



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

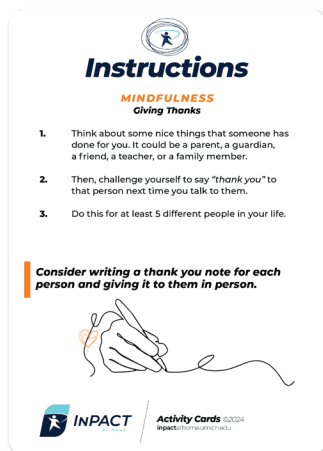
MMH™ Lesson Procedure

Introduction: None.

Teacher Input: None

Application: None

Closure: Consider using the Mindfulness Play Card, “[Giving Thanks](#),” as a way to show appreciation to other people.



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SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 5 Helping Our Friends and Family

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “All About the Breath.” Students will learn to use their breath to calm the body and mind or to energize them.



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



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

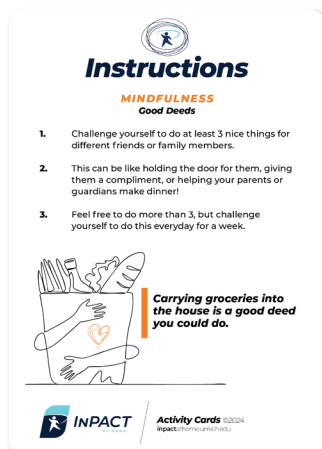
MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider checking in with students who are doing the Mindfulness Play Card, “[Good Deeds](#),” used in Lesson 2. How are Good Deeds helpful to friends and family?



MMH™ LESSON 6 Building Friendships by Listening

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, watch the video “Coach Says.” This video illustrates the need to be a good listener. Being a good listener is helpful for developing friendships.



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

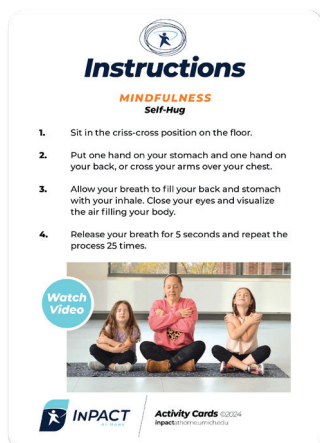
MMH™ Lesson Procedure

Introduction: Consider asking the question, “In what ways was listening important in the ‘Coach Says’ game?”

Teacher Input: None

Application: None

Closure: Consider using the Flexibility Activity Card, “[Self-Hug](#),” and compliment students on doing a great job learning to listen. If you would like to see this activity modeled, [click here](#).



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SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 7 Three Steps for Solving Problems and Making Decisions

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Pumpkin Face, Raisin Face.” Make sure students use their listening skills!



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



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

MMH™ Lesson Procedure

Introduction: When reviewing the last lesson, consider asking how “Pumpkin Face, Raisin Face” requires listening skills.

Teacher Input: None

Application: None

Closure: Consider using the Mindfulness Activity Card, “[Stress Press](#).” You might explain to students, “Sometimes making big decisions can be stressful. It can be helpful to first relax our bodies and clear our minds. Let’s try this activity!” If you would like to see this activity modeled, [click here](#).



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SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 8 Praticing the WIN Steps

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, watch the InPACT at Home video “Energizing Mindful Movement.” When we sit for a long time, we can feel tired, sluggish, and even grumpy. We need to move our bodies to become energized. Doing so can help us think better when making important decisions. Checking in with our bodies and feelings can help us when making decisions, too.

Ask students how they feel after doing this exercise. Do they feel calmer and more relaxed or more energized? (There is no right answer.)



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: Consider adding the Mindfulness Activity Card, “[Be A Seed](#).” You may want to explain to students, “Sometimes when we need to make a big decision, it can be helpful to first relax our bodies and clear our minds.”





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