

4

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.](#))





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.



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.”

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: 8:23. Click on video.)

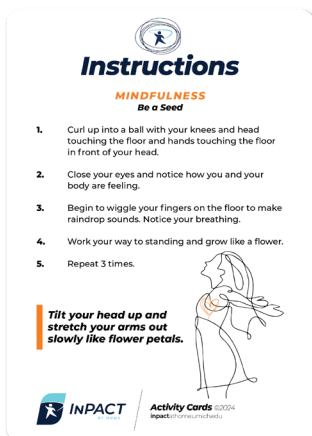
MMH™ Lesson Procedure

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

Teacher Input: None

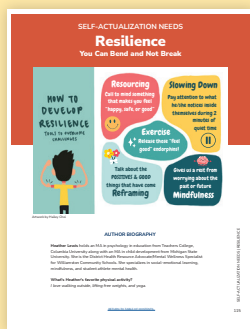
Application: None

Closure: Consider using the Mindfulness Activity Card, “[Be a Seed](#).” You might say, “Sometimes when something someone says or does upsets us or makes us angry we can use self control and calm down so that we can acknowledge those feelings. This will make it easier to use I-messages and stay calm when we tell the other person what is bothering us. Let’s practice an activity that can help us feel calm.”





As an added Family Resource for this unit, suggest the [Resilience Module and 20-Day Challenge](#) 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.



20-day InPACT Resilience Challenge				
The 20-day challenge is designed to help you build resilience skills. You can complete it in 20 days or over a longer period of time. The challenge is designed to help you build resilience skills. You can complete it in 20 days or over a longer period of time.				
Week 1	Week 2	Week 3	Week 4	Week 5
Day 1 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 2 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 3 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 4 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 5 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.
Day 6 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 7 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 8 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 9 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 10 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.
Day 11 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 12 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 13 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 14 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 15 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.
Day 16 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 17 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 18 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 19 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.	Day 20 Mindful Breathing Practice mindful breathing for 5 minutes. Focus on your breath and how it feels. If your mind wanders, gently bring it back to your breath.



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

Feeling Better Through Positive Self-Talk

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Positive Self-Messages.” This video shows family members modeling positive self-talk while being active together.



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



(Length: 8:34. Click on video.)

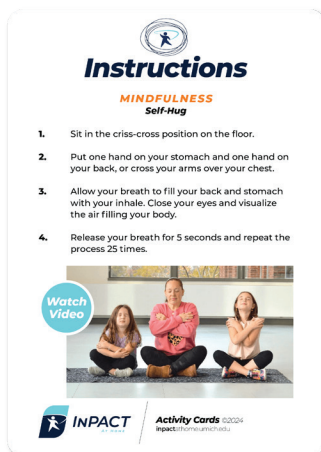
MMH™ Lesson Procedure

Introduction: None

Teacher Input: Consider using the video “Positive Self-Messages” as an example of positive self-talk.

Application: None

Closure: Consider using the Mindfulness Activity Card “[Self-Hug](#).” Encourage students to practice positive self-talk as they do the exercise. If you would like to see this activity modeled, [click here](#).



4

SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 3 Bullying Hurts Everyone, But No One Is Helpless

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Dynamic Stretching.” Have students pay attention to Mr. Mair’s shirt that says “BOOM.” BOOM stands for **B**rilliant **O**riginal **O**ptimistic **M**e. Remembering this acronym can be helpful when using positive self-talk.



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



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

MMH™ Lesson Procedure

Introduction: Consider asking students how they feel when they use positive self-talk, as discussed in the “Dynamic Stretching” video.

Teacher Input: None

Application: None

Closure: None

4

SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 4

Practicing Ways to Protect Self and Others from 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.” This video practices going from movement to stillness to understand the effects both have on the body. It is helpful for modeling activities students can do to self-regulate in times of stress.

Consider asking students, “During the video, in what ways did you need to be respectful of our classroom space and other people around you?”



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



(Length: 8:05. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider doing the Buddy Activity Card “[Disco Party](#).” When the activity is complete, consider encouraging students to compliment their buddy on a job well done. If you would like to see this activity modeled, [click here](#).



Instructions

WITH A BUDDY
Disco Party

- Jump with your feet together to the right, and then jump to the left 10 times.
- Point with your right arm to the upper right corner, then the bottom left corner, 5 times while bouncing in place.
- Point with your left arm to the upper left corner, then the bottom right corner.
- Repeat for the duration of 1 “disco boogie” song of your choice.

It's boogie time! Shake it, don't break it!

Watch Video

Activity Cards ©2024
inpecthorneurich.edu

4

SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 5 Making WISE Decisions

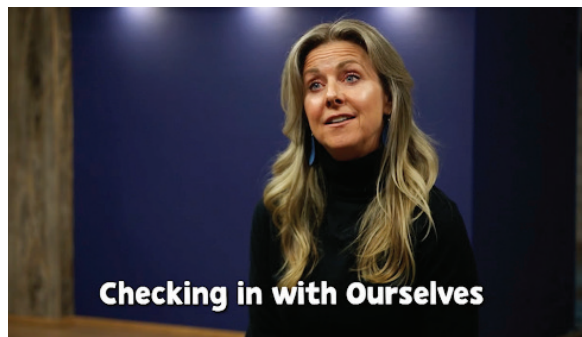
InPACT at Home Components with the MMH™

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: 8:19. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: Consider asking students how checking in with themselves could help them make a WISE decision.

You may also want to use exercises from the video during the “Check It Out” part of Step 2.

Application: None

Closure: None

MMH™ LESSON 6

Practicing the WISE Steps for Decision-Making

InPACT at Home Components with the MMH™

Mindful Movement

Before this lesson, watch the video “Flexible in Mind and Body in an Uncertain World.” Making decisions can come with uncertainty. It is important to be flexible in body and mind to remain grounded; doing so can help us make good decisions.



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



MMH™ Lesson Procedure

Introduction: When you introduce the purpose of this lesson, consider asking, “How might using flexibility to feel calmer, like in the video, help us when we need help making decisions?”

Teacher Input: None

Application: None

Closure: When closing the lesson, consider adding the Flexibility Activity Card “[Touch the Sky](#)”. This is another way we can be flexible in mind and body to help us make good choices. If you would like to see this activity modeled, [click here](#).



Instructions

FLEXIBILITY
Touch the Sky

1. Start by standing straight or sitting straight with your entire body relaxed.
2. Bring your head backward like you are trying to look up into the sky. Reach your arm up and touch the sky.
3. Bring it back until you feel a stretch in your neck and hold for 10 seconds.
4. Relax and then repeat 2-3 more times.






Activity Cards 60024
inpad@home.com/schools

4

SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 7 More Practice Making Decisions the WISE Way

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Sports Theme.” We need to make many decisions and follow certain steps when playing sports.



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



(Length: 7:33. Click on video.)

MMH™ Lesson Procedure

No Integrations

MMH™ LESSON 8

What to Do When You Disagree

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Yoga and Stretching.”

It presents an example of how we can help ourselves feel calmer when we are annoyed.



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



(Length: 6:06. Click on video.)

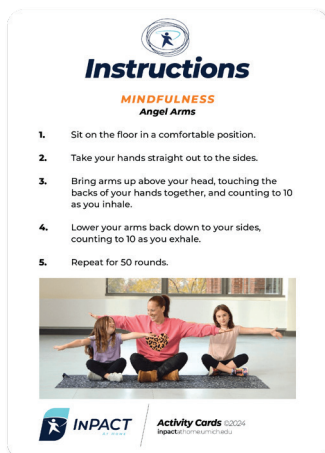
MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the Mindfulness Activity Card “[Angel Arms](#)”. This is another way to help ourselves feel calm when we may feel annoyed.



4

SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 9 Practicing Ways to Resolve Conflicts

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. One of the worksheets in the Application portion of your lesson uses a baseball scenario.



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



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

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: When introducing the “Who’s Going to Pitch” worksheet, consider reminding students of the overhand throw video they watched at the beginning of the lesson.

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.