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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).

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) 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.](#))

HIV AND PUBERTY

If your school is using the MMH™ HIV Lesson and/or teaching a puberty curriculum, consider using the module **Family Discussions** and the **Family Discussions Challenge** as an added family resource. This module and accompanying challenge guide families in having meaningful discussions with their children, which is imperative when talking about challenging or uncomfortable topics.

Family Discussions
Move together, think together, be together!

Why are meaningful discussions important?
Creating meaningful and engaging discussions can seem impossible! If you or your kids are anxious, overwhelmed, stressed, hungry, it's almost impossible to get more than a one-word response.

But what happens when something like puberty with the family? Let's say a lot of a good one, moving, financial hardships, or divorce. Having the dynamics in (MMH) to have longer conversations will always be our first step. The more we can engage in meaningful discussions, the more we will build a healthy, happy, and resilient family.

Collective commitments
If we want to feel open to discussions, everyone must first take **SAFE PACTS** to watch a video that will help you come up with 3-5 collective commitments that you will make together as a family. This is where we give our kids an even playing field, so they feel open to talking to us, setting our expectations, and guiding each discussion.

Family Discussion Activity Calendar

Week	Day	Day	Day	Day	Day
Week 1	1	2	3	4	5
<p>Welcome to the Family Discussion Challenge!</p> <p>Each day there is a workout for your family to complete. During or after exercise, use the daily prompt to start a family discussion.</p>	<p>Friendship</p> <p>Start strong with this Family HUG video and encourage each other as friends!</p> <p>Prompt: How would a friend describe you?</p>	<p>Strengths</p> <p>Embrace your inner superhero with this Power Posing video!</p> <p>Prompt: If you could have any superpower, what would it be?</p>	<p>Travel</p> <p>Travel around your space with this Compassion Hat Skills video.</p> <p>Prompt: If you could go anywhere, where would you go?</p>	<p>Friendship</p> <p>Support each other with this Empathetic Listening video.</p> <p>Prompt: What are 3 traits you look for in a friend?</p>	<p>Feelings</p> <p>Get active and have fun with this Emotions video.</p> <p>Prompt: What color describes how you are feeling?</p>
Week 2	1	2	3	4	5
	<p>Feelings</p> <p>Have fun with this Emotions video.</p> <p>Prompt: Share something that makes you happy!</p>	<p>Strengths</p> <p>Focus on your strengths with this Empowerment video.</p> <p>Prompt: What is something that you are good at?</p>	<p>Feelings</p> <p>Work hard through this Empowerment video.</p> <p>Prompt: Describe how you feel about a topic of your choice using weather terms (e.g. sunny with clear skies).</p>	<p>The Future</p> <p>Relax today with this Time and Planning video.</p> <p>Prompt: What is something that you are looking forward to?</p>	<p>Feelings</p> <p>Challenge yourself with this Emotions video.</p> <p>Prompt: What is something that scares you?</p>
Week 3	1	2	3	4	5
	<p>Friendship</p> <p>Get stronger together with this Lower Body and Ab HIIT routine.</p> <p>Prompt: Talk about a time when a friend hurt you and how you handled it.</p>	<p>The Future</p> <p>Try something new and complete the Wagon Skills, Fitness, and Fun!</p> <p>Prompt: What do you want to be when you grow up?</p>	<p>Feelings</p> <p>Complete this Stretching and Relaxation video.</p> <p>Prompt: What makes you feel loved?</p>	<p>Favorites</p> <p>Work on your balance skills with this Compassion Hat Skills video.</p> <p>Prompt: What is your favorite candy? (Did a special memory while eating it?)</p>	<p>Favorites</p> <p>Complete this basketball Ball Handling workout perfect for summer.</p> <p>Prompt: What's your favorite season?</p>
Week 4	1	2	3	4	5
	<p>Memories</p> <p>Have fun with this Compassion Hat Skills and Cardio video.</p> <p>Prompt: What was the best part of your day today?</p>	<p>Favorites</p> <p>Complete this Stretching and Relaxation workout!</p> <p>Prompt: Describe your favorite character from a book.</p>	<p>Strengths</p> <p>Work on your physical strength with this Push-ups and Sit-ups workout.</p> <p>Prompt: What's your star power?</p>	<p>Favorites</p> <p>Keep it simple with this Lower Body, Cardio and Strength workout.</p> <p>Prompt: What sport do you have never tried and would you like to try?</p>	<p>The Future</p> <p>Test out your sports skills with this Lower Body and Cardio workout.</p> <p>Prompt: What sport do you have never tried and would you like to try?</p>





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