

2 SECOND 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 **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.
- ✓ 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](#) (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 “MMHT™ Lesson Procedure” illustrates InPACT at Home integrations with an actual MMHT™ lesson. It follows the structure of the MMHT™ lesson procedure (Introduction, Teacher Input, Application, and Closure) and can be useful when following MMHT™ Lessons. If there are integrations to consider, they will be noted; otherwise, the integration step will say “none.”

MMH™ LESSON 1

Tending Our Garden of Feelings

InPACT at Home Components with the MMH™

Mindful 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: None

Teacher Input: None

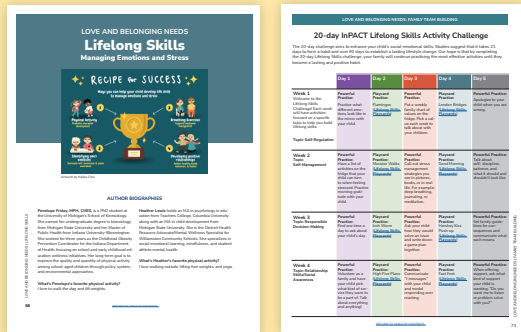
Application: None

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](#).





As an additional Family Resource, suggest to parents the **Lifelong Skills Module and 20-Day Challenge Family Module**. 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.



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.

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SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 2 Handling Mixed Feelings

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 may have mixed feelings. Sometimes we need to move our bodies to deal with these feelings.



(Length: 8:22. Click on video.)



MMH™ Lesson Procedure

Introduction: Consider asking about the movement in the video: “How did you feel before doing the exercise in the video?”; “How did you feel after doing the exercise in the video?”; “Do you feel more calm/happy/upset/surprised?”.

Teacher Input: None

Application: None

Closure: Consider using the Cardio Activity Card, “[Mario Jumps](#).” Sometimes we can use breathing and stretching to handle mixed emotions. Being more active, as in this activity, can also help. If you would like to see this activity modeled, [click here](#).

Instructions

CARDIO
Mario Jump

- Stand upright with your feet together. Begin the “power-pounce” by stomping your right foot and bending your knees into a squat. Your right hand should be in a fist near your ear, while your left hand can rest on your hip or at your side.
- As you stomp, bring your right knee up to your chest and extend your right arm straight above your head, like Mario hitting a block.
- Repeat this movement 25 times on each side.

Increase your speed and race to 100 with a family member.

Watch Video

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SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 3 Expressing Feelings Respectfully

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, watch the video “Flexible in Mind and Body in an Uncertain World.” When we are mentally flexible, we can more easily express our feelings respectfully—even when the feelings are strong. When we are flexible in body and mind, we can handle the stress around us better and remember to be respectful.



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



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

MMH™ Lesson Procedure

Introduction: When you introduce the purpose of this lesson, consider asking students, “How might moving ourselves to feel calmer and more flexible, like in the video with Ms. Heather, help us to be respectful, especially when we have big feelings?”

Teacher Input: None

Application: None

Closure: None

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SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 4 Listening to Others with Respect

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the video “Coach Says.” This video models the importance of listening carefully.

**Students will need something soft and small to toss in the air (e.g., a crumpled-up piece of paper, a beanbag, a small stress ball) and a slightly larger ball-like object if possible (e.g., a large ball of crumpled-up paper, a larger stress ball or beanbag).*



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



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

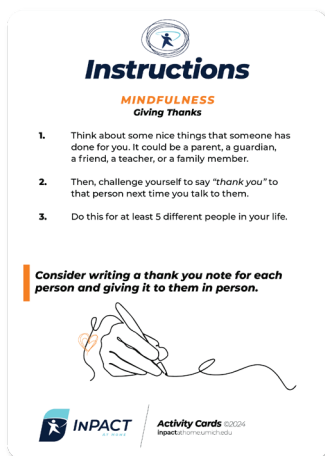
MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the Mindfulness Play Card, “[Giving Thanks](#),” as a way for students to show respect and appreciation to others.



MMH™ LESSON 5

Everyone Deserves Respect

InPACT at Home Components with the MMH™

Mindful 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 or energize body and mind.



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

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the Buddy Activity Card, “[High-Five Planks](#).” Have students congratulate each other when they are done with a high-five and a “Good job!” If you would like to see this activity modeled, [click here](#).



MMH™ LESSON 6

Showing Respect to Other People

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the video “Dynamic Warm-Up Exercises” featuring the Detroit Lions’ mascot, Roary! This video illustrates the need to be respectful and safe in the space around us. It will also get kids up and moving!



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

MMH™ Lesson Procedure

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

Teacher Input: None

Application: None

Closure: Consider using the Flexibility Activity Card, “[Self-Hug.](#)” As students do the activity, compliment them on their learning during this lesson. If you would like to see this activity modeled, [click here.](#)



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SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 7

Managing Anger and Other Strong Feelings

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, watch the InPACT at Home video “Tense and Relax for Our Bodies and Minds”



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



(Length: 8:20. Click on video.)

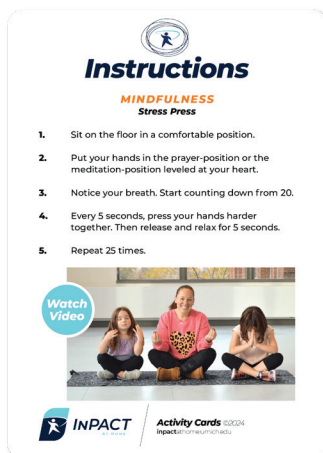
MMH™ Lesson Procedure

Introduction: None

Teacher Input: Consider asking students, “How could the exercises we did in the video help us calm down when we have strong feelings?”

Application: None

Closure: Consider using the Mindfulness Activity Card, “[Stress Press](#).” You might say to students, “Sometimes we can feel upset or angry and need to find ways to calm our minds. That can help us make good decisions. Let’s try an activity that can help.” If you would like to see this activity modeled, [click here](#).



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SOCIAL EMOTIONAL HEALTH

MMH™ LESSON 8 Making Good Decisions



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

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, watch the InPACT at Home video “Energizing Mindful Movement.” Sometimes energy in our bodies can get stuck, especially when we sit for too long. We need to move our bodies to get energized. This movement can help us think more clearly so we can make good decisions.

Ask students how they feel after doing this exercise. For example, do they feel more calm, relaxed, or energized?



(Length: 8:22. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: When discussing the WIN steps, consider asking students how exercises like those in the video can aid in decision making.

Application: None

Closure: Consider adding Mindfulness Activity Card, “[Be a Seed.](#)” Consider reminding students, “Sometimes when we need to make a big decision, it can be helpful to first relax our bodies and calm our minds.” This way, students can better use the WIN steps.

Instructions

MINDFULNESS
Be a Seed

1. Curl up into a ball with your knees and head touching the floor and hands touching the floor in front of your head.
2. Close your eyes and notice how you and your body are feeling.
3. Begin to wiggle your fingers on the floor to make raindrop sounds. Notice your breathing.
4. Work your way to standing and grow like a flower.
5. Repeat 3 times.

Tilt your head up and stretch your arms out slowly like flower petals.



Activity Cards 102024
InPACT at Home



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.