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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 **Safety** each time:

- ✓ Discuss ways to be safe when being physically active indoors (e.g., maintaining personal space, keeping a clear area, and not being destructive).
- ✓ Discuss ways to be safe when being physically active outdoors (e.g., pedestrian safety, bike helmets, being safe around unknown people, and not going places a parent/caregiver does not allow).
- ✓ Remind students that where they play (e.g., outside, at a friend's house) should be well lit and free of unsafe objects or people acting in unsafe ways nearby. Students should also always inform a trusted adult of their whereabouts.
- ✓ Remind students that if someone is injured while being physically active, a trusted adult must be notified right away.
- ✓ 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.
- ✓ When being active outside, the sun can damage our skin, including causing sunburns. To stay safe, we should use sunscreen and wear a hat and long-sleeved shirt when possible.



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.”



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SAFETY

MMH™ LESSON 1 Preventing Fires and Burns

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Foot Dribble” to get students energized and ready to learn. Soccer is usually played outside. When outdoors, we need to practice sun safety to help prevent sunburns.

If students cannot make a sock or hoodie ball in class, try using a crumpled-up ball of paper from the recycling bin.



(Length: 8:18. [Click on video.](#))

MMH™ Lesson Procedure

Introduction: None

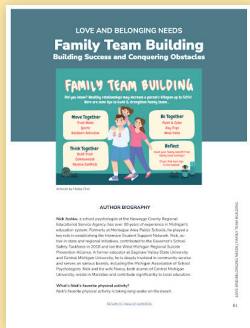
Teacher Input: When displaying the “Slip, Slap, Slop” poster for sun safety, consider asking students about the physical activities they do outdoors. Remind them of the importance of sun safety, regardless of the weather or time of year.

Application: None

Closure: None



As an added Family Resource for this unit, suggest the **Family Team Building Module and 20-Day Challenge** for use at home. This module covers how to be successful and to conquer obstacles as a team. Building a strong family team is a positive factor in keeping students safe; see the Resources section of the InPACT at Home website.



LOVE AND BELONGING NEEDS FAMILY TEAM BUILDING

20-day InPACT Family Team Building Activity Challenge

The 20-day challenge aims to enhance your family's team building skills. You'll support that by using 20 days from the InPACT at Home website to build a strong team. You'll be able to complete all 20 days of the challenge, and your family will continue practicing the most effective activities until they become a strong team.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Week 1	Day 1: Family Meeting	Day 2: Family Meeting	Day 3: Family Meeting	Day 4: Family Meeting	Day 5: Family Meeting	Day 6: Family Meeting
Week 2	Day 7: Family Meeting	Day 8: Family Meeting	Day 9: Family Meeting	Day 10: Family Meeting	Day 11: Family Meeting	Day 12: Family Meeting
Week 3	Day 13: Family Meeting	Day 14: Family Meeting	Day 15: Family Meeting	Day 16: Family Meeting	Day 17: Family Meeting	Day 18: Family Meeting
Week 4	Day 19: Family Meeting	Day 20: Family Meeting	Day 21: Family Meeting	Day 22: Family Meeting	Day 23: Family Meeting	Day 24: Family Meeting



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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SAFETY

MMH™ LESSON 2 Escaping Fires at Home

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Jump Roping.” This video will get students energized and ready to learn.



(Length: 1:10. [Click on video.](#))

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider closing out the lesson with some physical activity by using the “[Frog Hops](#)” Cardio Activity Card. If you would like to see this activity modeled, [click here.](#)

Instructions

CARDIO
Frog Hops

1. Start with your feet shoulder-width apart.
2. Squat down and then jump up and forward as far as you can.
3. When you land, go directly into another squat and get ready to jump again.
4. Do 10 jumps in a row and then relax. Complete this for 3 rounds.

Get your lily pads ready for these frog hops! Don't forget to "ribbit" like a frog with each jump!

Watch Video

INPACT Activity Cards 12/2025
inpact@homeinmichigan.edu

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SAFETY

MMH™ LESSON 3 Don't Take Risks with Medicines

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Dicey.” Dicey is a game students can play at home. The word “dicey” can also mean unpredictable, possibly dangerous, or risky. Medicines can be dicey if not used correctly. Students should only take medicines a parent, doctor, or other trusted adult gives them.



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



(Length: 8:06. Click on video.)

MMH™ Lesson Procedure

No Integrations

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SAFETY

MMH™ LESSON 4 Preventing Injuries at Home

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Out, Out, In, In.” This energizing video can get kids moving and ready to learn.



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



(Length: 1:10. [Click on video.](#))

MMH™ Lesson Procedure

Introduction: When reviewing ways to stay safe from injuries at home, consider asking students what hazards they should check for before doing a physical activity (e.g., cords, toys, or other items on the floor they could trip on; not throwing objects in the house because items can break, including sharp glass).

Teacher Input: None

Application: None

Closure: When closing the lesson, consider doing the quick Cardio Activity Card “[Cactus](#).” If you would like to see this activity modeled, [click here](#).

Instructions

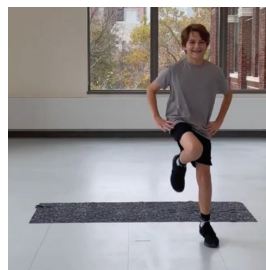
CARDIO
Cactus

1. Start in the standing position with hands on hips.
2. Switching from one foot to the other, jump up and over the cacti while keeping the other knee in front of your body.
3. Hop with your right foot and your left knee up and aligned with your hip. Then switch and hop with your left foot and your right knee up and aligned with your hip.
4. Repeat 50 times.

[Watch Video](#)

Pretend you are in the desert with cacti everywhere. Don't get poked!

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SAFETY

MMH™ LESSON 5 Staying Safe When Home Alone

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Jumping Jacks.” This energizing activity requires adequate space. When doing physical activities at home, students need to be careful to avoid hazardous objects. They must also be aware of their surroundings so they do not accidentally get hurt or hurt someone else.



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



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

MMH™ Lesson Procedure

Introduction: When reviewing ways to stay safe from injuries at home, consider asking what hazards students should check for before doing a physical activity (e.g., cords, toys, or other items on the floor they could trip on; not throwing objects in the house because items can break, including sharp glass).

Teacher Input: None

Application: None

Closure: None

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SAFETY

MMH™ LESSON 6 Dangerous Objects and Weapons

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Dynamic Warm-Up Exercises,” featuring the Detroit Lions’ mascot, Roary! This video will get students energized and ready to learn.



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: When discussing situations where a friend wants to do something dangerous, consider offering to play a game instead (e.g., “Let’s go toss the football around.”).

Application: None

Closure: Consider closing with the Cardio Activity Card “[Mario Jump.](#)” Of note, the option to increase your speed and race to 100 can be a fun game to play with friends. 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.

2. 3.



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SAFETY

MMH™ LESSON 7 Using the Internet Safely

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Screen Time.” This video reviews the need to limit screen time while exercising.



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



(Length: 9:01 minutes. [Click on video.](#))

MMH™ Lesson Procedure

No Integrations

4

SAFETY

MMH™ LESSON 8 Learning About Personal Safety

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “All About the Breath.” Because the lesson addresses personal safety, a calming video can be helpful.



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 closing with the Mindfulness Play Card “[Body Scan](#)”. The topic of personal safety may make some students anxious. This activity can help them feel calm.


Instructions
MINDFULNESS
Body Scan

1. Begin by bringing your attention to your body. Close your eyes and sit in a comfortable position in a chair or on the floor.
2. Feel the weight of how you are seated or laying, and take a deep breath.
3. Notice the sensations of your feet touching the floor, the pressure, heaviness, lightness, or the pulsing of your legs.
4. Notice your hands, arms, and softness in your shoulders. Let your face and facial muscles be soft. Notice your whole body and your breath.
5. Hold this position for at least 4 minutes.



 **InPACT** | Activity Cards ©2024
inpacctm.com/activities





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