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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.

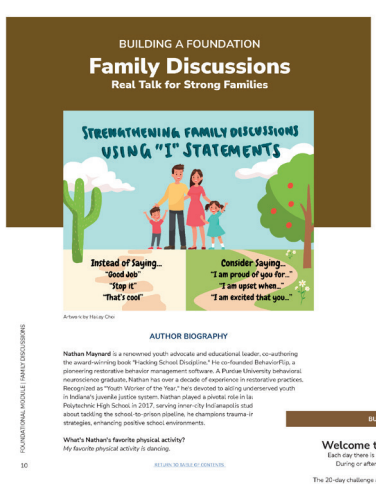
SEL Anchor

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.](#))



HIV AND PUBERTY

If your school is using the MMHT™ HIV Lesson and/or teaching a puberty curriculum, consider using the **Family Discussions Module and 20-Day Challenge** as an added family resource. This module is meant to guide families through having meaningful discussions with their children. This can be a helpful skill when talking about challenging or uncomfortable topics.



BUILDING A FOUNDATION: FAMILY DISCUSSIONS					
Welcome to the Family Discussions Challenge!					
Each day there is a worksheet for your family to complete. This helps with negotiation. During or after being active, use the daily prompt to start a family discussion.					
The 20-day challenge aims to enhance your family's conversational skills. Studies suggest that it takes 21 days to form a habit and over 30 days to establish a lasting lifestyle change. Our hope is that by completing the 20-day Family Discussions challenge, your family will continue practicing the most effective activities until they become a lasting and positive habit.					
	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	FRIENDSHIP Start strong with this Family 101 video and answer age each other as friends! Prompt: How would a friend describe you?	STRENGTH Endure your own experience with this Family 101 video! Prompt: If you could have any superpower, what would it be?	TRAVEL Travel around your town with this Family 101 video! Prompt: If you could go anywhere, where would you go?	PERSONALITY Watch each other through this video! Prompt: What are traits you look for in a friend?	FEELINGS Get active and have fun with this Family 101 video! Prompt: What color describes how you are feeling?
Week 2	FEELINGS Have fun with this Emotional Skills video! Prompt: Share something that makes you happy!	STRENGTH Focus on your strength with this Positive Self Message worksheet! Prompt: What is something that you are good at?	FEELINGS Work hard through this Family 101 video! Prompt: Describe how you feel about a place or your choice using weather terms and sunny with clear skies!	THE FUTURE Relax today with this Family 101 video! Prompt: What is something that you are looking forward to?	FEELINGS Challenge yourself with this Emotional Skills video! Prompt: What is something that scares you?
Week 3	FRIENDSHIP Get stronger together on this Family 101 video! Prompt: Talk about a friend who is hard to turn you and how you handled it.	THE FUTURE Try something new and complete the Future Skills video! Prompt: What are your goals for the future?	FEELINGS Complete this Family 101 video! Prompt: What makes you feel good?	FAVORITES Watch on your favorite Family 101 video! Prompt: What is your favorite movie?	FAVORITES Complete this Family 101 video! Prompt: What is your favorite food?
Week 4	INDOORS Have fun with this Family 101 video! Prompt: What was the best part of your day today?	FAVORITES Complete this Family 101 video! Prompt: Describe your favorite book.	INDOORS Work on your Family 101 video! Prompt: What is your star power?	FAVORITES Keep it simple with this Family 101 video! Prompt: What would be the best pet and why?	THE FUTURE Test out your skills with this Family 101 video! Prompt: What sport do you like to play?



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