

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.](#))

PERSONAL HEALTH AND WELLNESS

There are no MMH™ lessons in this unit for 2nd grade. You can still take time with your class to review topics such as washing hands, stopping the spread of germs, brushing teeth, sleeping, eating healthy, and doing physical activity. Below are some integration ideas.



InPACT at School Integrations

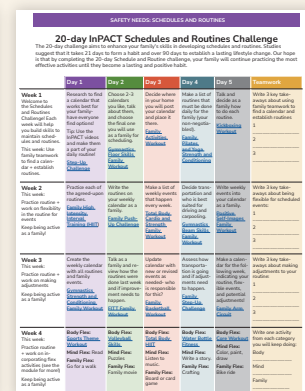
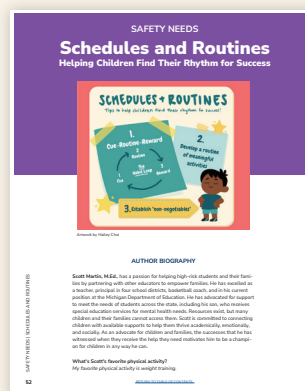
When implementing InPACT at School, using short bouts of physical activity throughout the day, you can make any of these connections to **Personal Health and Wellness** each time:

- ✓ Being physically active is one way we keep our bodies healthy and well, along with washing our hands, brushing our teeth, eating nutritious food, and getting enough sleep.



InPACT at Home Integrations

Schedules are essential to students' personal health and wellness as well as to their success in school and at home. Consider sharing the [Schedules and Routines Module and 20-Day Challenge](#) with families.



2

SAFETY

MMH™ LESSON 5 Practicing Ways to Stay Personally Safe

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.](#)” Personal Safety is a topic that may make some kids anxious. This activity can help students 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.



Activity Cards 10024
inpat.at/home/lesson5



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