



# KINDERGARTEN

The integrations below are meant to facilitate efficient MMHT™ and InPACT coordination. This joint effort aims to increase healthy behaviors among children and families. These additions are not intended to change the MMHT™ 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).
- ✓ Emphasize the importance of drinking plenty of water, especially when being active.
- ✓ Remind students that if someone is injured while being physically active, a trusted adult must be notified right away.
- ✓ 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.](#)"



## SAFETY (CONTINUED)



### InPACT at Home Integrations

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](#) 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.”





## SAFETY

# MMH™ LESSON 1 Helping Ourselves Stay Safe

## InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the InPACT at Home video “Checking in with Myself.” Checking in with ourselves can help us determine if an action is potentially dangerous or destructive.



(Length: 8:19. Click on video.)

## MMH™ Lesson Procedure

**Introduction:** After introducing the focus of the lesson, consider asking students how “checking in with ourselves,” as in the video, can help us decide when to speak with an adult.

**Teacher Input:** None

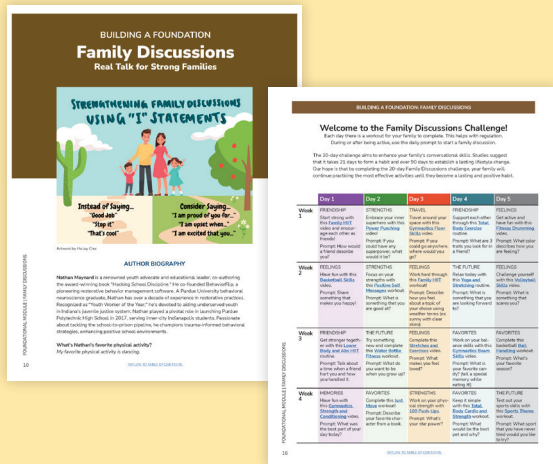
**Application:** None

**Closure:** Consider using the Mindfulness Play Card, “[Body Scan](#)”. Students can learn to recognize if something might be dangerous, destructive, or disturbing by paying attention to how their body is feeling.





As an added Family Resource for this unit, suggest the **Family Discussions Module** and **20-Day Challenge** Module for use at home. This module covers how to have meaningful discussions about important topics; 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.



Ensure families know that InPACT at Home videos, like the one featured in this lesson, also air on PBS's [Michigan Learning Channel](#). Look under the Schedule tab to see local times and stations.





## SAFETY

# MMH™ LESSON 2 Moving Around Safely

## InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Jump Roping.”

This video shows a lot of movement. Remind students to be safe when jumping around each other.



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



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

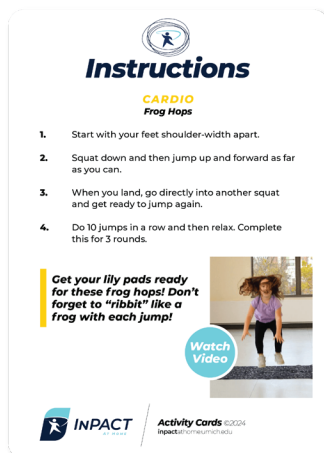
### MMH™ Lesson Procedure

**Introduction:** When listing ways to be physically active, you can tie in the video by giving jump roping as an example.

**Teacher Input:** None

**Application:** None

**Closure:** Consider closing the lesson with the Cardio Activity Card “[Frog Hops](#).” You can remind students of being safe while hopping near each other and being aware of what is on the floor around them. If you would like to see this activity modeled, [click here](#).





## MMH™ LESSON 3

# Staying Safe Around Dangerous Objects

InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Fast Feet.” While not directly linked to this lesson, it will get kids ready to learn.



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

### MMH™ Lesson Procedure

No Integrations



## SAFETY

# MMH™ LESSON 4 When and How to Phone 911

## InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Out, Out, In, In.”

While not directly linked to this lesson, it’s a quick way to get kids moving and to prime the brain for learning!



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

### MMH™ Lesson Procedure

No Integrations



## SAFETY

# MMH™ LESSON 5 Staying Personally Safe

## InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, repeat the InPACT at Home video “Checking in with Myself.” A calming video can be helpful because the lesson addresses personal safety.



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



(Length: 8:19. Click on video.)

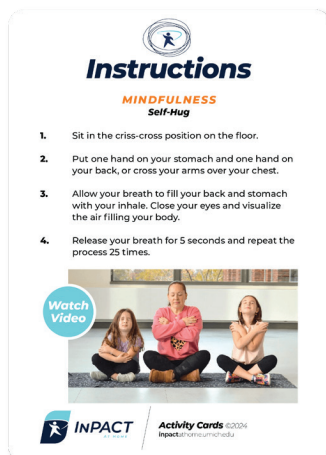
## MMH™ Lesson Procedure

**Introduction:** After introducing the focus of the lesson, consider asking how “checking in with ourselves,” as in the video, can help us decide when to speak with an adult.

**Teacher Input:** None

**Application:** None

**Closure:** Consider adding the Mindfulness Activity Card, “[Self-Hug](#).” Remind students that they have learned ways to keep themselves safe today. If you would like to see this activity modeled, [click here](#).





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