

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 **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 if someone is injured while being physically active, a trusted adult must be notified right away.



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**](http://inpactathome.umich.edu) (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 “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 Wheeled Recreation Equals Physical Activity

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Jump Shots” to get students energized. This physical activity is not wheeled; however, you can ask students if they use a bike, skateboard, or scooter to go play basketball or other games.



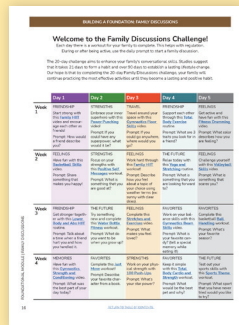
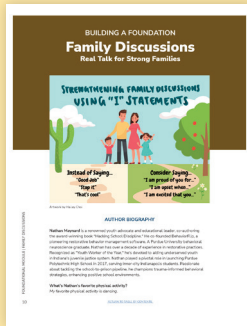
(Length: 1:10. Click on video.)

MMH™ Lesson Procedure

No Integrations



As an added Family Resource for this unit, suggest the **Family Discussions Module and 20-Day Challenge** 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 (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.

MMH™ LESSON 2 Water Safety

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Jump Roping.” Jump rope is a physical activity. Swimming is also a physical activity, and we need to be safe around the water.



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



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

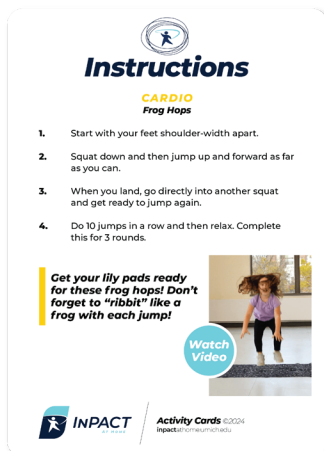
MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

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



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SAFETY

MMH™ LESSON 3 Surfing Safely on the Internet

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Screen Time.”
Students will do physical activity while reviewing screen time guidance.



(Length: 9:01 minutes. Click on video.)

MMH™ Lesson Procedure

No Integrations

MMH™ LESSON 4

Staying Personally Safe

InPACT at Home Components with the MMH™

Mindful Moment

Before this lesson, repeat this InPACT at Home video “Checking in with Myself.” The lesson addresses personal safety. By reminding students to check in with themselves, they can learn to better listen to themselves and their feelings. Doing so will help them identify potentially risky situations to avoid and know when to talk to a trusted adult.



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



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

MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider closing with some physical activity by completing the Strength Activity Card, “[Blast-Off Lunge](#).” Talking about fire emergencies might make some students worry. Doing a physical activity can help them get rid of this anxious energy. If you would like to see this activity modeled, [click here](#).

Instructions

STRENGTH
Blast-Off Lunge

- Get into a lunge position with your left leg forward, hips underneath you, and your right leg behind your right hip.
- Slowly sink into a lunge, trying to get your knee to touch the floor.
- Immediately “blast-off” by hopping upwards and into the next lunge position with your right leg forward and your left leg behind.
- Complete as many rounds as you can for 1 minute.

As an alternative, try jumping with your feet together and then bounce into the next lunge.

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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.



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