



KINDERGARTEN

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 the **Alcohol, Tobacco, and Other Drugs** unit each time:

- ✓ 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.



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” 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](#) (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.”



MMH™ LESSON 1 Being Safe with Medicines



As an additional resource, suggest the [Feeling Good Family Module](#). This module covers healthy ways families can help themselves feel good and develop a sense of well-being; see the Resources section of the InPACT at Home website.



Share the [Feeling Good 20-day Challenge](#). Each InPACT at Home module has a monthly challenge. This is one of them!

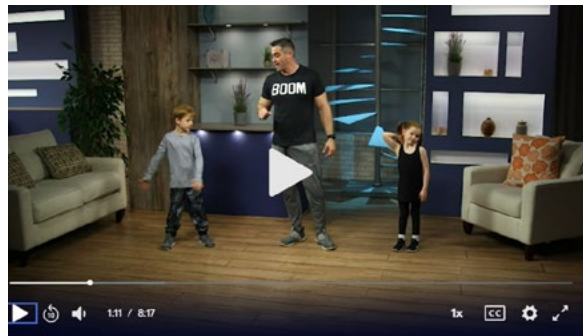


Be sure to invite caregivers to create an account on the [InPACT at Home website](#) to access all resources

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Dynamic Stretching” to get students moving and ready to learn.



(Length: 8:17. [Click on video](#))

MMH™ Lesson Procedure

Introduction: Consider mentioning that when we are physically active, such as when playing a game or riding a bike, we might get hurt. Sometimes we might even need medicine. We should only take medicine given by a parent/caregiver, doctor, or trusted adult.

Teacher Input: None

Application: None

Closure: None

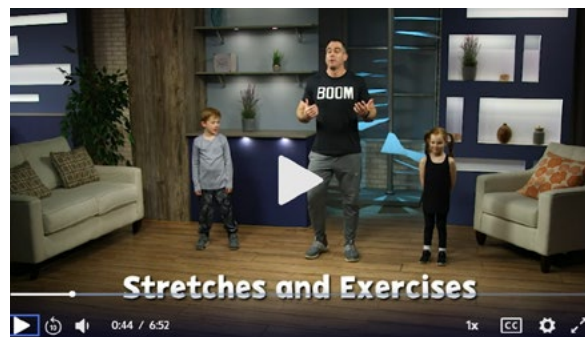


MMH™ LESSON 2 Poison Safety

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Stretches and Exercise.” While not directly linked to this lesson, it’s a great way to get kids moving and ready to learn.



(Length: 6:52. Click on video)

MMH™ Lesson Procedure

No Integrations