



# 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 **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

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](#) 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 Germ Buster

### InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Out, Out, In, In.” This video shows a physical activity that can help keep us healthy, just like staying clear of germs can keep us from making ourselves and others sick.



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

#### MMH™ Lesson Procedure

No Integrations





As an added Family Resource for this unit, suggest the [Sleep Module and 20-Day Challenge](#) for use at home. This module covers the importance of sleep as part of overall health and wellness. It also provides families strategies to ensure their children are getting good sleep; 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

**PHYSIOLOGICAL NEEDS Sleep**  
The Bookends of a Healthy Day

**Did you know? MOVEMENT enhances SLEEP QUALITY**  
Sleep and movement are linked.

**How long you sleep**  
The amount of time you spend in deep sleep

**How quickly you fall asleep**  
The number of times you wake up at night

**AUTHOR BIOGRAPHY**  
Nancy Hoffman, MEd, EdS, is a school psychologist at Roselle Park Schools. She completed her Master's at Central Michigan University, where she and her husband, Nicholas Hoffman, conducted research on school sleep disorders. Nancy is a coach for her own children and also acts as a coach for the Sleep Challenge in her own life. She also works with her local school community by providing professional resources to parents, teachers, and students, and providing a safe space for students to discuss their sleep challenges.

**What's Nancy's favorite physical activity?**  
Nancy's favorite physical activity is taking long walks on the beach.

**Welcome to the 20-Day InPACT Sleep Challenge!**  
Each day of the week, there will be new activity to help you improve your sleep. The 20-day challenge aims to enhance your family's sleeping behaviors. We hope that it makes it easier for you to sleep and wake up on time. We encourage you to share your progress with your family and friends. We hope that by completing the 20-day sleep challenge, your family will continue practicing the most effective strategies until they become a habit and practice daily.

| Day    | Day 1                                                  | Day 2                                                  | Day 3                                                  | Day 4                                                  | Day 5                                                  | Day 6                                                  | Day 7                                                  |
|--------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|
| Week 1 | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. |
| Week 2 | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. | Waking up on time<br>Try to wake up on time every day. |



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.



## MMH™ LESSON 2 Taking Care of Teeth

### InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Ski Jumps.” This video will get kids ready to learn. Being physically active is an important way to keep our bodies healthy, as are washing our hands, brushing our teeth, eating nutritious food, and getting enough sleep.



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



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

#### MMH™ Lesson Procedure

No Integrations



## MMH™ LESSON 3

### Helping Others Remember to Wash and Brush

InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Fast Feet.”

Being physically active is an important way to keep our bodies healthy, as are washing our hands, brushing our teeth, eating nutritious food, and getting enough sleep.



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



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

#### MMH™ Lesson Procedure

No Integrations





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