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# FOURTH 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](#).

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 **Social Emotional Health** each time:

- ✓ Physical activity is an important way to help us feel good, calm down, navigate strong feelings, manage stress, and regain focus. Ask students how they feel before and after completing an activity.
- ✓ The calming effects of physical activity can help us make good decisions.
- ✓ Doing physical activity with others, such as playing a game, can help us practice being respectful.
- ✓ Finding physical activities that we enjoy can help us discover some of our own special talents.
- ✓ Physical activity wakes up the brain and primes it for learning.



## 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."

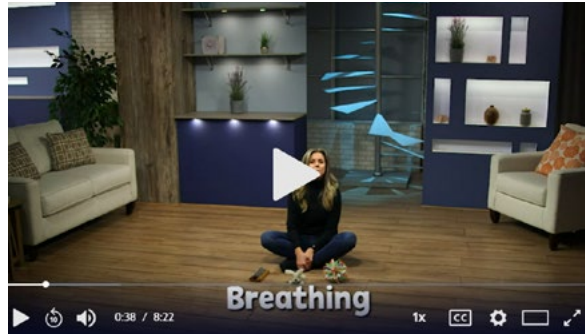
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## MMH™ LESSON 1 Using Self-Control to Manage Strong Feelings

InPACT at Home Components with the MMH™

### Mindful Moment

Before this lesson, watch the InPACT at Home video “All About the Breath.” This video will help students learn to use their breath to calm the body and mind. Ask students how they feel after doing this exercise. How does their body feel?



(Length: 8:18. Click on video.)

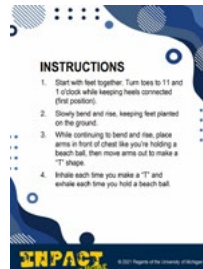
### MMH™ Lesson Procedure

**Introduction:** Consider asking students how breathing exercises, like those in the “All About the Breath” video, can help them feel calmer.

**Teacher Input:** None

**Application:** None

**Closure:** Consider adding [Mindfulness Play Cards](#), “Ballerina Breaths.” You may wish to remind students, “Sometimes when we need to make a big decision, such as telling an adult when something is destructive, dangerous, or disturbing, breathing exercises can help us to keep our minds calm.”





As an added Family Resource for this unit, suggest the [Resilience Family Module](#) to use at home. It discusses that we can bend but not break and ways to keep ourselves in the “OK” Zone; see the Resources section of the InPACT at Home website.



Also share the [Resilience Family 20-Day Challenge!](#) Each InPACT at Home module has a 20-Day Challenge for families to practice the healthy behaviors covered in the module.



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](#). Visit the site and look under the Schedule tab to see local times and stations.

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## SOCIAL EMOTIONAL HEALTH

# MMH™ LESSON 2 Feeling Better Through Positive Self-Talk

### InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Positive Self-Messages.” This video shows family members modeling positive self-talk while being active together.



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



(Length: 8:33. Click on video.)

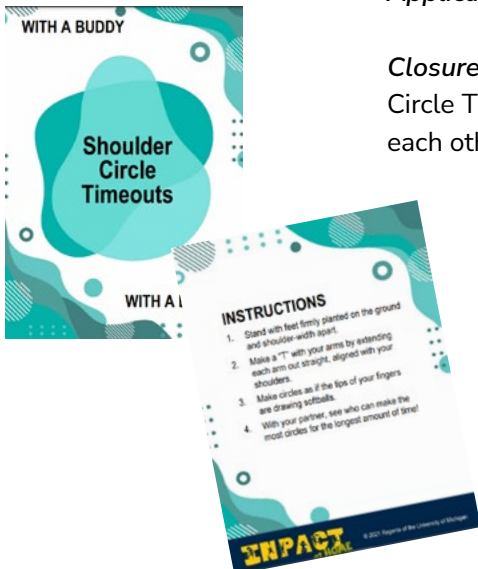
#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* Consider using the video “Positive Self-Messages” as an example of positive self-talk.

*Application:* None

*Closure:* Consider using the InPACT at Home [Buddy Play Cards](#) “Shoulder Circle Timeouts.” Once you have completed the exercise, have students give each other a high five for a job well done.



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 3 Bullying Hurts Everyone, But No One Is Helpless

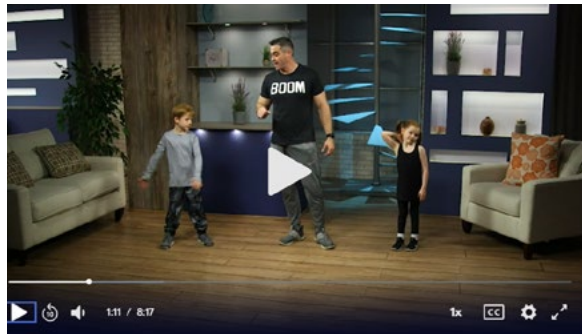
InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Dynamic Stretching.” Have students pay attention to Mr. Mair’s shirt that says “BOOM.” BOOM stands for **B**rilliant **O**riginal **O**ptimistic **M**e. Remembering this acronym can be helpful when using positive self-talk.



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



(Length: 8:17. Click on video.)

#### MMH™ Lesson Procedure

**Introduction:** Consider asking students how they feel when they use positive self-talk, as discussed in the “Dynamic Stretching” video.

**Teacher Input:** None

**Application:** None

**Closure:** None

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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 4

# Practicing Ways to Protect Self and Others from Bullying

## InPACT at Home Components with the MMH™

### Mindful Moment

Before this lesson, watch the InPACT at Home video “Getting Stronger Through Movement and Stillness.” This video practices going from movement to stillness to understand the effects both have on the body. It is helpful for modeling activities students can do to self-regulate in times of stress.

Consider asking students, “During the video, in what ways did you need to be respectful of our classroom space and other people around you?”



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



(Length: 8:04. Click on video.)

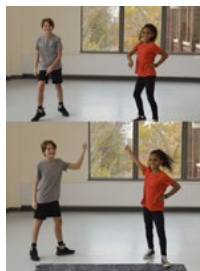
## MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider doing the With a [Buddy Play Card](#) “Disco Party.” When the activity is complete, consider encouraging students to compliment their buddy on a job well done.



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 5 Making WISE Decisions

#### InPACT at Home Components with the MMH™

#### Mindful Moment

Before this lesson, watch the InPACT at Home video “Checking in with Ourselves.” This video models ways to help calm ourselves. It is especially important to “check in” with ourselves before making big decisions.



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



(Length: 8:18. Click on video.)

#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* Consider asking students how checking in with themselves could help them make a WISE decision.

You may also want to use exercises from the video during the “Check It Out” part of Step 2.

*Application:* None

*Closure:* None



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 6 Practicing the WISE Steps for Decision-Making

InPACT at Home Components with the MMH™

#### Mindful Movement

Before this lesson, watch the video “Flexible in Mind and Body in an Uncertain World.” Making decisions can come with uncertainty. It is important to be flexible in body and mind to remain grounded; doing so can help us make good decisions.



(Length: 8:22. Click on video.)

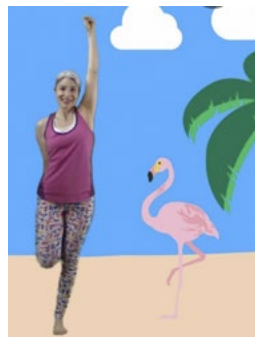
#### MMH™ Lesson Procedure

**Introduction:** When you introduce the purpose of this lesson, consider asking, “How might using flexibility to feel calmer, like in the video, help us when we need help making decisions?”

**Teacher Input:** None

**Application:** None

**Closure:** When closing the lesson, consider adding the “Flamingo Stretch” [Flexibility Play Card](#).



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 7 More Practice Making Decisions the WISE Way

InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Sports Theme.” We need to make many decisions and follow certain steps when playing sports.



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



(Length: 7:27. Click on video.)

#### MMH™ Lesson Procedure

No Integrations

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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 8 What to Do When You Disagree

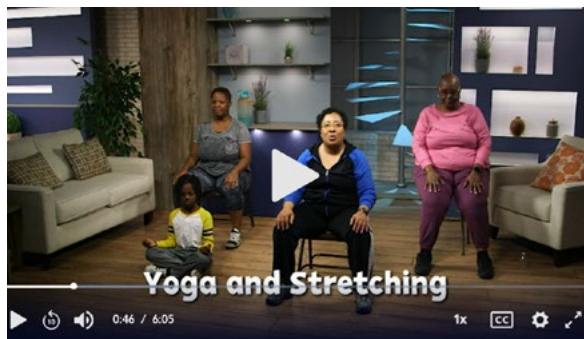
#### InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Yoga and Stretching.” It presents an example of how we can help ourselves feel calmer when we are annoyed.



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



(Length: 6:05. Click on video.)

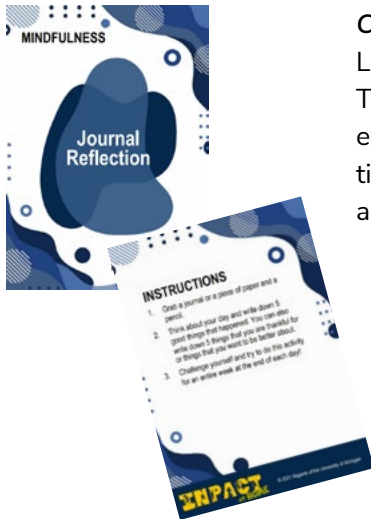
#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider using the [Mindfulness Play Cards](#) “Journal Reflection”. Listing things that we are thankful for can help us handle frustrating situations. This activity could also be fun to incorporate into your classroom’s beginning-or end-of-day routine. Research shows that practicing gratitude has great emotional benefits. Remember, things we are thankful for today can be small, big, or anywhere in between.



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## SOCIAL EMOTIONAL HEALTH

### MMH™ LESSON 9 Practicing Ways to Resolve Conflicts

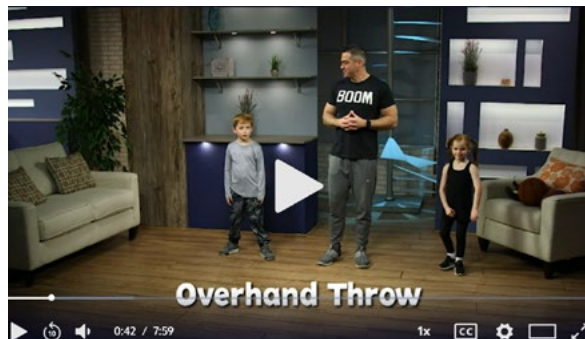
#### InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Overhand Throw.” Students can use a soft ball, a crumpled-up piece of paper, or simply pretend they are holding a ball to practice. One of the worksheets in the Application portion of your lesson uses a baseball scenario.



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



(Length: 7:59. Click on video.)

#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* When introducing the “Who’s Going to Pitch” worksheet, consider reminding students of the overhand throw video they watched at the beginning of the lesson.

*Closure:* None



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