

# 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](#) ([inpactathome.umich.edu](http://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.”

# 2

## 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 “Shooting Hoops” 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** 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.



Encourage families to use the **Family Discussions 20-day Challenge!**



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** and look under the Schedule tab to see local times and stations.

# 2

## SAFETY

### MMH™ LESSON 2 Water Safety

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



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

#### 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.



(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 [Cardio Play Cards](#), “Side Hops.”



# 2

## SAFETY

# MMH™ LESSON 3 Surfing Safely on the Internet



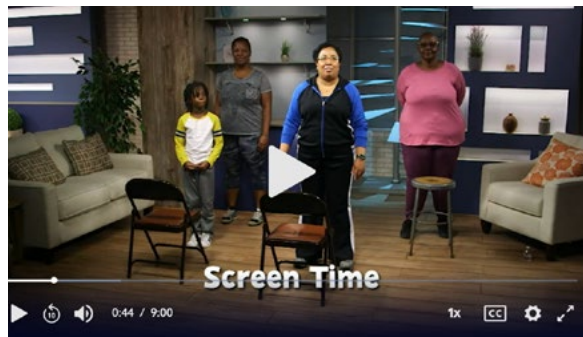
As another resource, consider adding the [Focus Family Toolkit](#). This toolkit covers the dangers and effects of too much screen time and ways to limit it.



### 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 minutes. Click on video.)

## MMH™ Lesson Procedure

No Integrations

# 2

## SAFETY

### MMH™ LESSON 4 Staying Personally Safe

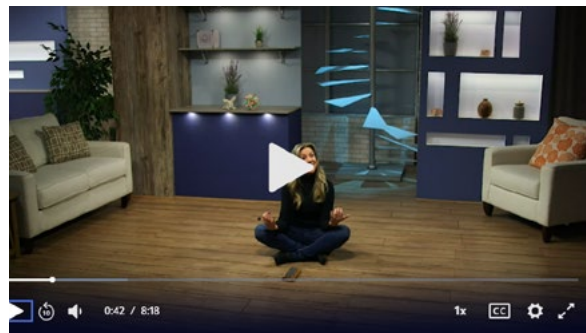
#### InPACT at Home Components with the MMH™



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

#### 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.



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

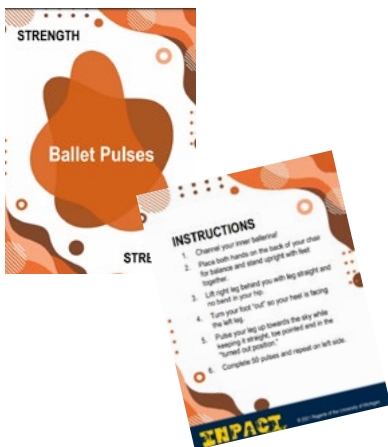
#### MMH™ Lesson Procedure

*Introduction:* None

*Teacher Input:* None

*Application:* None

*Closure:* Consider closing with some physical activity by completing [Strength Play Cards](#), “Ballet Pulses.” Talking about fire emergencies might make some students worry. Doing a physical activity can help them get rid of this anxious energy.



# 2

## 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.



Length: 8:22. Click on video.)



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

### 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.

