

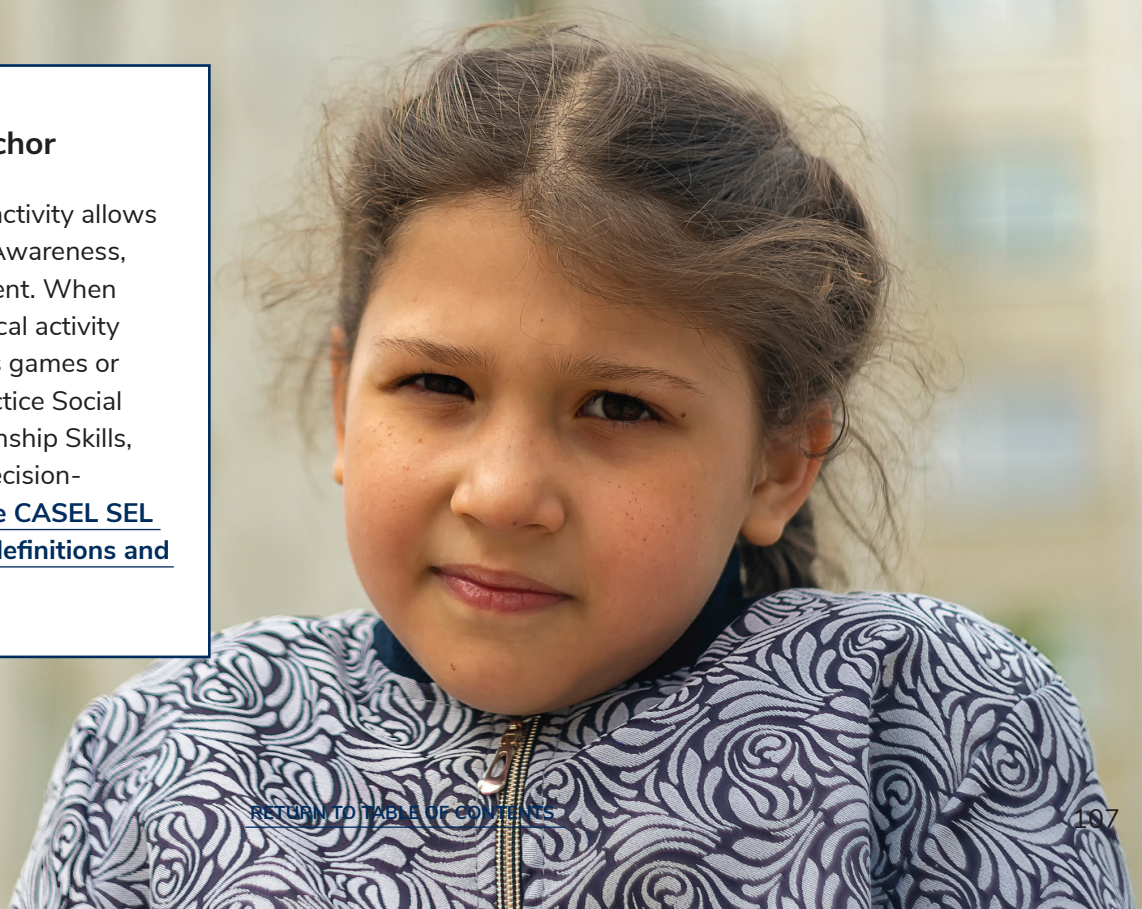
3 THIRD GRADE

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 where they play (e.g., outside, at a friend's house) should be well lit and free of unsafe objects or people acting in unsafe ways nearby. Students should also always inform a trusted adult of their whereabouts.
- ✓ 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](#) 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

Three Keys to Passenger Safety: Safety Belts, Booster Seat, Back Seat

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Jump Shots” to prime the brain for learning.



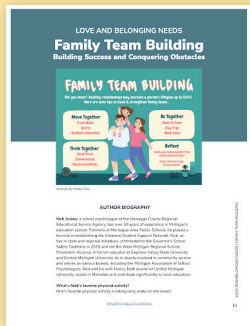
(Length: 1:10. Click on video.)

MMH™ Lesson Procedure

No Integrations



As an added Family Resource for this unit, suggest the **Family Team Building Module and 20-Day Challenge** Module for use at home. This module covers how to be successful and to conquer obstacles as a team. Building a strong family team is a positive factor in keeping students safe; see the Resources section of the InPACT at Home website.



	Day 1	Day 2	Day 3	Day 4	Day 5	Challenge
Week 1	Read the book 'The Family Team Building' by the author. Discuss the story and the challenges the family faces.	Watch the video 'Family Team Building' and discuss the challenges the family faces.	Write a letter to the family members and discuss the challenges the family faces.	Draw a picture of the family and discuss the challenges the family faces.	Play a game of 'Family Team Building' and discuss the challenges the family faces.	Share the story with the family and discuss the challenges the family faces.
Week 2	Read the book 'The Family Team Building' by the author. Discuss the story and the challenges the family faces.	Watch the video 'Family Team Building' and discuss the challenges the family faces.	Write a letter to the family members and discuss the challenges the family faces.	Draw a picture of the family and discuss the challenges the family faces.	Play a game of 'Family Team Building' and discuss the challenges the family faces.	Share the story with the family and discuss the challenges the family faces.
Week 3	Read the book 'The Family Team Building' by the author. Discuss the story and the challenges the family faces.	Watch the video 'Family Team Building' and discuss the challenges the family faces.	Write a letter to the family members and discuss the challenges the family faces.	Draw a picture of the family and discuss the challenges the family faces.	Play a game of 'Family Team Building' and discuss the challenges the family faces.	Share the story with the family and discuss the challenges the family faces.
Week 4	Read the book 'The Family Team Building' by the author. Discuss the story and the challenges the family faces.	Watch the video 'Family Team Building' and discuss the challenges the family faces.	Write a letter to the family members and discuss the challenges the family faces.	Draw a picture of the family and discuss the challenges the family faces.	Play a game of 'Family Team Building' and discuss the challenges the family faces.	Share the story with the family and discuss the challenges the family faces.



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.

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SAFETY

MMH™ LESSON 2 Safety Belt Smarts

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Jump Roping.” This activity will get students energized.



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

Instructions

CARDIO
Frog Hops

1. Start with your feet shoulder-width apart.
2. Squat down and then jump up and forward as far as you can.
3. When you land, go directly into another squat and get ready to jump again.
4. Do 10 jumps in a row and then relax. Complete this for 3 rounds.

Get your *illy* pads ready for these frog hops! Don't forget to “ribbit” like a frog with each jump!

Watch Video

Activity Cards 10/20/24
InPACT at Home



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SAFETY

MMH™ LESSON 3 Safety First

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Dicey.” Students can also play this game with friends. Sometimes kids might go to a park, a neighbor’s house, or somewhere else to play. They should always make sure the area is well lit, that there are no unsafe objects or people acting in unsafe ways around them, and that a trusted adult knows where they are. You can even play on the word “dicey” and tell children that they are going to learn ways to avoid dicey situations. “Dicey” can mean unpredictable, possibly dangerous, or risky.



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



(Length: 8:06. [Click on video.](#))

MMH™ Lesson Procedure

No Integrations

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SAFETY

MMH™ LESSON 4 Staying as Safe as Possible

InPACT at Home Components with the MMH™

Mindful Moment:

Before this lesson, watch the 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 out with the Mindfulness Play Cards “[Body Scan](#).” The topic of personal safety might cause some students to feel nervous. This activity can help calm them down.

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.



INPACT Activity Cards 02024
inpat.at/home/mindfulness





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