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FIRST GRADE

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.](#))



ALCOHOL, TOBACCO, AND OTHER DRUGS



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:

- ✓ Remind students that sometimes when we are active, such as playing a game or riding our bikes, we might get hurt. Sometimes we might even need medicine

for an injury. Remind them to only take medicine that your parent/caregiver, doctor, or school nurse give you.

- ✓ Remind students that when we inhale cigarette smoke from the air into our lungs it can make our lungs not work as well. This can make it harder to do physical activity that keeps us healthy and strong.



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](http://inpactathome.umich.edu) (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.”

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ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 1 Being Safe with Medicines

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Dynamic Stretching” to get kids moving and ready to learn. We can remind students during the lesson that sometimes when we are active, such as when playing a game or riding a bike, we might get hurt. Sometimes we’ll need medicine. We should only take medicine that a parent/caregiver, doctor, or other trusted adult gives us.



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

MMH™ Lesson Procedure

No Integrations



As an added Family Resource for this unit, suggest the **Feeling Good Module and 20-Day Challenge**. 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.



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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ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 2 Poison Safety

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Dynamic Stretching” to get kids moving and ready to learn. We can remind students during the lesson that sometimes when we are active, such as when playing a game or riding a bike, we might get hurt. Sometimes we’ll need medicine. We should only take medicine that a parent/caregiver, doctor, or other trusted adult gives us.



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



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

MMH™ Lesson Procedure

No Integrations

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ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 3 Terrible Tobacco

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Out, Out, In, In.” When we inhale cigarette smoke from the air, our lungs might not work as well as usual. It can then become harder to do physical activity that keeps us healthy and strong. Consider having students pay attention to their breathing before and after this activity.



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

MMH™ Lesson Procedure

Introduction: You may wish to explain to students that it can be harder to complete physical activities, like the one in the video, when we breathe in smoke from cigarettes.

Teacher Input: None

Application: None

Closure: Consider using the Cardio Activity Card “[Cross Jacks](#).” Have students notice how their lungs and heart are working during this activity (e.g., breathing harder, heart beating faster). You might remind them that, when we inhale cigarette smoke from the air, the smoke can hurt the lungs and heart and make it hard to be active. If you would like to see this activity modeled, [click here](#).



Instructions

CARDIO
Cross Jacks

- Start with your feet shoulder-width apart. Extend your arms out to either side with your palms facing down.
- Jump and cross your right arm over your left, and your right foot over your left. Then jump back into the starting position.
- Repeat the process on the opposite side.
- Repeat as many times as possible in 1 minute. Repeat for 3 rounds.

Pair with an upbeat song like “Try Everything” by Shakira.

Watch Video

Activity Cards 5/2024
inpect.com/resources



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