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# FIRST 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 **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. You can also tie in the “Three Ds” after you teach that lesson.



## 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.”

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## SAFETY

# MMH™ LESSON 1 Safety on Wheels

InPACT at Home Components with the MMH™

## Movement Moment

Before this lesson, watch the InPACT at Home video “Jump Shots.” While shooting hoops is not directly related to wheeled activities, this activity will get students energized so they are ready to learn.



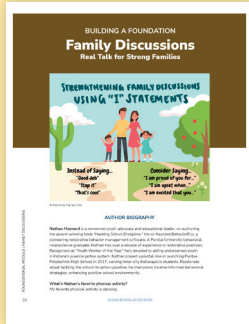
(Length: 1:10. [Click on video.](#))

## MMH™ Lesson Procedure

No Integrations



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



Day	Activity
Day 1	Read the introduction and complete the Family Discussion Challenge pledge.
Day 2	Read the introduction and complete the Family Discussion Challenge pledge.
Day 3	Read the introduction and complete the Family Discussion Challenge pledge.
Day 4	Read the introduction and complete the Family Discussion Challenge pledge.
Day 5	Read the introduction and complete the Family Discussion Challenge pledge.
Day 6	Read the introduction and complete the Family Discussion Challenge pledge.
Day 7	Read the introduction and complete the Family Discussion Challenge pledge.
Day 8	Read the introduction and complete the Family Discussion Challenge pledge.
Day 9	Read the introduction and complete the Family Discussion Challenge pledge.
Day 10	Read the introduction and complete the Family Discussion Challenge pledge.
Day 11	Read the introduction and complete the Family Discussion Challenge pledge.
Day 12	Read the introduction and complete the Family Discussion Challenge pledge.
Day 13	Read the introduction and complete the Family Discussion Challenge pledge.
Day 14	Read the introduction and complete the Family Discussion Challenge pledge.
Day 15	Read the introduction and complete the Family Discussion Challenge pledge.
Day 16	Read the introduction and complete the Family Discussion Challenge pledge.
Day 17	Read the introduction and complete the Family Discussion Challenge pledge.
Day 18	Read the introduction and complete the Family Discussion Challenge pledge.
Day 19	Read the introduction and complete the Family Discussion Challenge pledge.
Day 20	Read the introduction and complete the Family Discussion Challenge pledge.



Be sure to invite caregivers to create an account on the **InPACT at Home website** to access all resources ([inpactathome.umich.edu](http://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 The Dangers of Fire

### InPACT at Home Components with the MMH™

### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Jump Roping.” While this activity is not directly linked to this lesson, it is a great way to get students energized and to prime the brain for learning.



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

### MMH™ Lesson Procedure

**Introduction:** None

**Teacher Input:** None

**Application:** None

**Closure:** Consider closing with some physical activity by using the Cardio Activity Card, “**Jumping Jack Touchdowns.**” Talking about the dangers of fire might cause some children to worry. A quick physical activity can help them expel anxious energy. If you would like to see this activity modeled, [click here.](#)



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## SAFETY

### MMH™ LESSON 3 Applying What We Learned to Prevent Fires and Burns

InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the quick InPACT at Home video “Fast Feet.” This activity is not directly related to the lesson but will get kids moving and prime the brain for learning.



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



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

#### MMH™ Lesson Procedure

No Integrations

# 1

## SAFETY

# MMH™ LESSON 4 Staying Safe in A Fire Emergency

InPACT at Home Components with the MMH™

## Movement Moment

Before this lesson, watch the quick InPACT at Home video “Out, Out, In, In” to get students energized and ready to learn.



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

## MMH™ Lesson Procedure

**Introduction:** None

**Teacher Input:** None

**Application:** None

**Closure:** Consider closing with some physical activity by completing the Strength Activity Card, “[Blast-Off Lunge](#).” Talking about fire emergencies might make some students worry. Doing a physical activity can help them get rid of this anxious energy. If you would like to see this activity modeled, [click here](#).

**Instructions**

**STRENGTH**  
**Blast-Off Lunge**

1. Get into a lunge position with your left leg forward, hips underneath you, and your right leg behind your right hip.
2. Slowly sink into a lunge, trying to get your knee to touch the floor.
3. Immediately “blast-off” by hopping upwards and into the next lunge position with your right leg forward and your left leg behind.
4. Complete as many rounds as you can for 1 minute.

**As an alternative, try jumping with your feet together and then bounce into the next lunge.**

[Watch Video](#)

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## SAFETY

### MMH™ LESSON 5 The Three D's for Telling

InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Curl-ups” to energize your students.



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



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

#### MMH™ Lesson Procedure

No Integrations



# 1

## SAFETY

### MMH™ LESSON 6 Calling 911

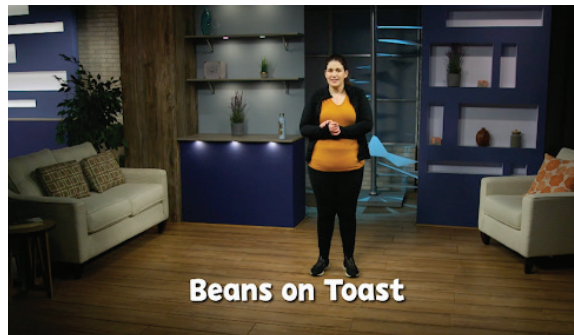
InPACT at Home Components with the MMH™

#### Movement Moment

Before this lesson, watch the InPACT at Home video “Beans on Toast,” which offers a fun way to get kids ready to learn.



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



(Length: 8:07. [Click on video.](#))

#### MMH™ Lesson Procedure No Integrations

# 1

## SAFETY

### MMH™ LESSON 7 Staying Personally Safe

InPACT at Home Components with the MMH™

#### Movement Moment

Repeat the InPACT at Home video “Checking in with Myself.” This lesson addresses personal safety, and a calming video can be helpful.



(Length: 8:19. Click on video.)

#### MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

**Application:** When talking about speaking with a trusted adult, consider asking students how checking in with themselves (as in the video) can help them decide when to notify an adult.

**Closure:** Consider doing the Mindfulness Play Card “**Body Scan**.” Personal Safety lessons might make some students feel uneasy; a grounding activity can be helpful for quieting the body and mind.



**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.



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