



SCHOOL OF KINESIOLOGY
UNIVERSITY OF MICHIGAN



**CHALLENGE
THE IDLE STATE**
WITH DR. REBECCA HASSON

You're invited to the inaugural event
in our Challenge the Idle State series

**Facilitating Student Learning, Resilience, and
Recovery Through Movement**

**Wednesday, November 17
3:30-4:30pm
Via Zoom**

PRESENTERS



Rebecca Hasson, PhD
Associate Professor, Movement Science
Director, ESSI Active Schools & Communities Core Unit
University of Michigan



Amy Wassmann, MSW
Director, Whole Child Programs
Saginaw Intermediate School District



Lisa Jo Gagliardi, MPA, EQAC
Consultant-Coach-Facilitator,
Whole Child, Adult, & Youth
Social Emotional Health

RSVP and submit a question at myumi.ch/dOjx5

Abstract: Physical activity is fundamental to children’s growth, development, and social emotional health. School closures during the COVID-19 pandemic, however, eliminated many opportunities for youth to engage in structured exercise as many children lacked spaces to exercise or play sports in their neighborhoods. Children’s limited interactions with peers and lack of school support services to help them cope with the pandemic also lead to significant increases in child stress and anxiety levels.

In response to the growing demand to develop new interventions that were responsive to the immediate needs of children and youth, the University of Michigan developed and disseminated the Interrupting Prolonged sitting with ACTivity (InPACT) at Home program. InPACT at Home is an evidence-informed, physical activity program that targets mental health and wellness by encouraging children and families to “move together, think together, and be together.” The program includes a Family Engagement Toolkit that connects physical activity to the following topics: resilience, feeling good, focus, nutrition, sleep, family team building, and family discussion. The toolkit complements exercise videos that are developmentally appropriate and are currently being broadcast statewide on the recently launched Michigan Learning Channel. The InPACT at Home program was also featured in Governor Whitmer’s MI Blueprint for Comprehensive Student Recovery.

Come hear from the program director and community partners about how you can support the health and development of children across the state of Michigan.

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