



*fit*CLUB

Mood Activity Cards

fit

©2020 Sanford Health. All rights reserved. fit.sanfordhealth.org

CALM

I Will!

Calm is when you feel free from excitement or anger. Take this time to stretch and practice deep breathing.



HAPPY

I Will!

Happy is when you feel joy or pleasure. Celebrate this feeling by getting active with family or friends.



CONFIDENT

I Will!

Confident? Don't grab a screen. Turn up the music and dance instead!



EXCITED

I Will!

Excited is when you feel great enthusiasm and interest. Head outdoors for a nature walk and play eye spy to discover new things around you!



RELAXED

I Will!

Relaxed is when you feel loose or less tense. This is a great time to unplug and try a mindfulness activity or breathing technique.



ENERGETIC

I Will!

Energetic is when you feel full of energy and active. Instead of sitting and logging screen time, practice a new yoga flow.



EMBARRASSED

I Won't!

Embarrassed is when you feel discomfort and are uncomfortable. Rather than grabbing a sugary snack, put on some music and dance your worries away.



ANXIOUS

I Won't!

Anxious is when you feel worried, nervous, or afraid about something. Talk with a trusted adult about your worries.



CONFUSED

I Won't!

Confused is when you feel uncertain about what to do or unable to understand something clearly. Break for a bike ride outdoors to calm your mind.



MAD

I Won't!

Mad is when you feel or show anger. Don't let this feeling control your choices. Jump off the couch and choose an activity to boost your body and brain.



ANGRY

I Won't!

Angry is when you feel very annoyed or irritated. Take a few deep breaths and move your body!



SAD

I Won't!

Sad is when you feel unhappy or do not feel joy. Try stretching while taking a few deep breaths!



NERVOUS

I Won't!

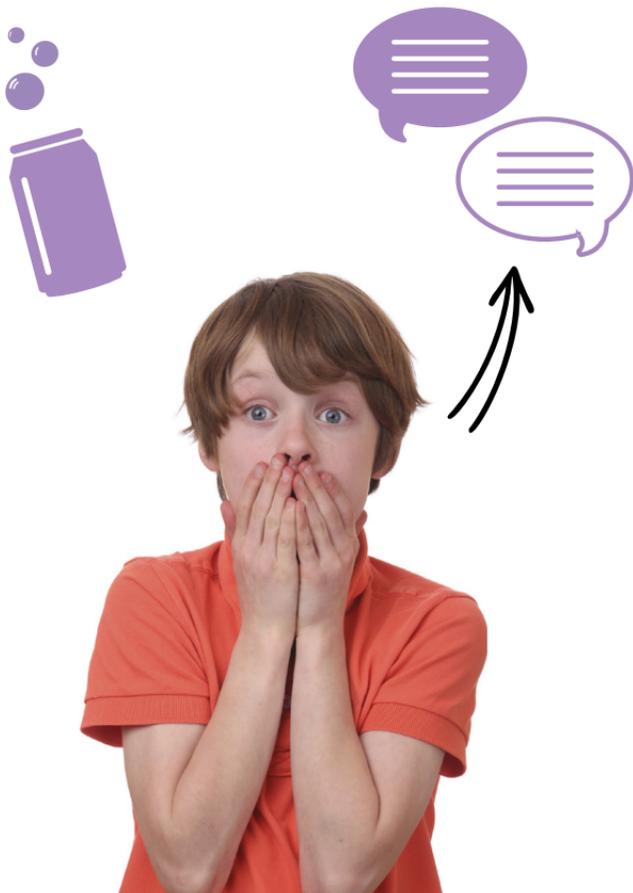
Nervous is when you feel worried or anxious about something. Don't let this feeling control your choice. Go for the healthy choice and listen to some music!



FEARFUL

I Won't!

Fearful is when you feel scared of danger or of something bad that might happen. Find a trusted adult and talk through why you feel fearful.



BORED

I Won't!

Bored is when you feel tired or restless while doing something that is not interesting. Get your body moving! Pretend to dribble a ball and shoot some hoops.



LONELY

I Won't!

Lonely is when you feel unhappy while you are alone. Stretch while taking a few deep breaths. Think about what you are thankful for!



WORRIED

I Won't!

Worried is when you feel anxious about something that might happen. Instead of reaching for a snack when you aren't really hungry, get your body moving by doing your favorite activity!



TIRED

I Won't!

Tired is when you feel like you need to rest or relax. Get some energy by listening to your favorite music!



OVERWHELMED

I Won't!

Overwhelmed is when you feel like your bucket is too full and there is nothing you can do about it. Find a trusted adult and talk to them about how you are feeling.



FRUSTRATED

I Won't!

Frustrated is when you feel upset or angry because you are having a hard time doing something. Take a few deep breaths and enjoy a dancing break!

