

# Motivate A Mood



William and Jami love swimming, so they decided to try out for the swim team.

They worked really hard and were hopeful of making the team.

However, when the roster was posted, William and Jami did not see their names on the list.





William was so upset! He said, "Swimming is stupid," then pouted for the rest of the afternoon.

Later, William still felt down, so he grabbed some leftover pizza and a soda and plopped in front of the TV.

Jami was also disappointed, but she decided to calm down by taking some deep breaths.

Later, Jami found William in front of the TV and said, “I don’t think swimming is stupid. Do you want to practice with me and we can try again at the next try outs?”



# Motivate Your Mood

Feelings put you in a mood. Your mood influences you to say “I won’t” make a *fit* choice or “I will” make a *fit* choice.



# Motivate Your Mood



An “I won’t” mood can lead to unhealthy food and move choices.



But an “I will” mood can help you get the fuel and activity you need!



# Motivate Your Mood

Have a *fit* mindset! Stop and think about your mood.

If it is “I won’t,” motivate your mood and talk yourself into a *fit* choice!



HOW DO YOU MOTIVATE AN “I WON’T” MOOD?

# Check Your Mood

Tell about a time when you felt disappointed.

Then, share a *fit* choice you can make when you feel this way. If you can't think of a *fit* choice, who is an adult you can ask for help?





*fit*<sup>TM</sup>  
SANFORD®