



Motivate A Mood

One day after school, Tyler and Zuri decided to play on the playground while waiting for their ride.

Tyler and Zuri were still in line for the monkey bars when their ride showed up. They needed to leave the playground and did not get a turn on the monkey bars.





Tyler was so upset he did not get a turn on the monkey bars! He kicked a ball as hard as he could and pouted while walking to the vehicle.

Later, Tyler still felt down, so he ate three pieces of cake and had a sugar crash.

Zuri was also disappointed, but she decided to calm down by taking some deep breaths. Afterward, Zuri felt much better and decided to snack on some fruit.



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?





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