Making Choices

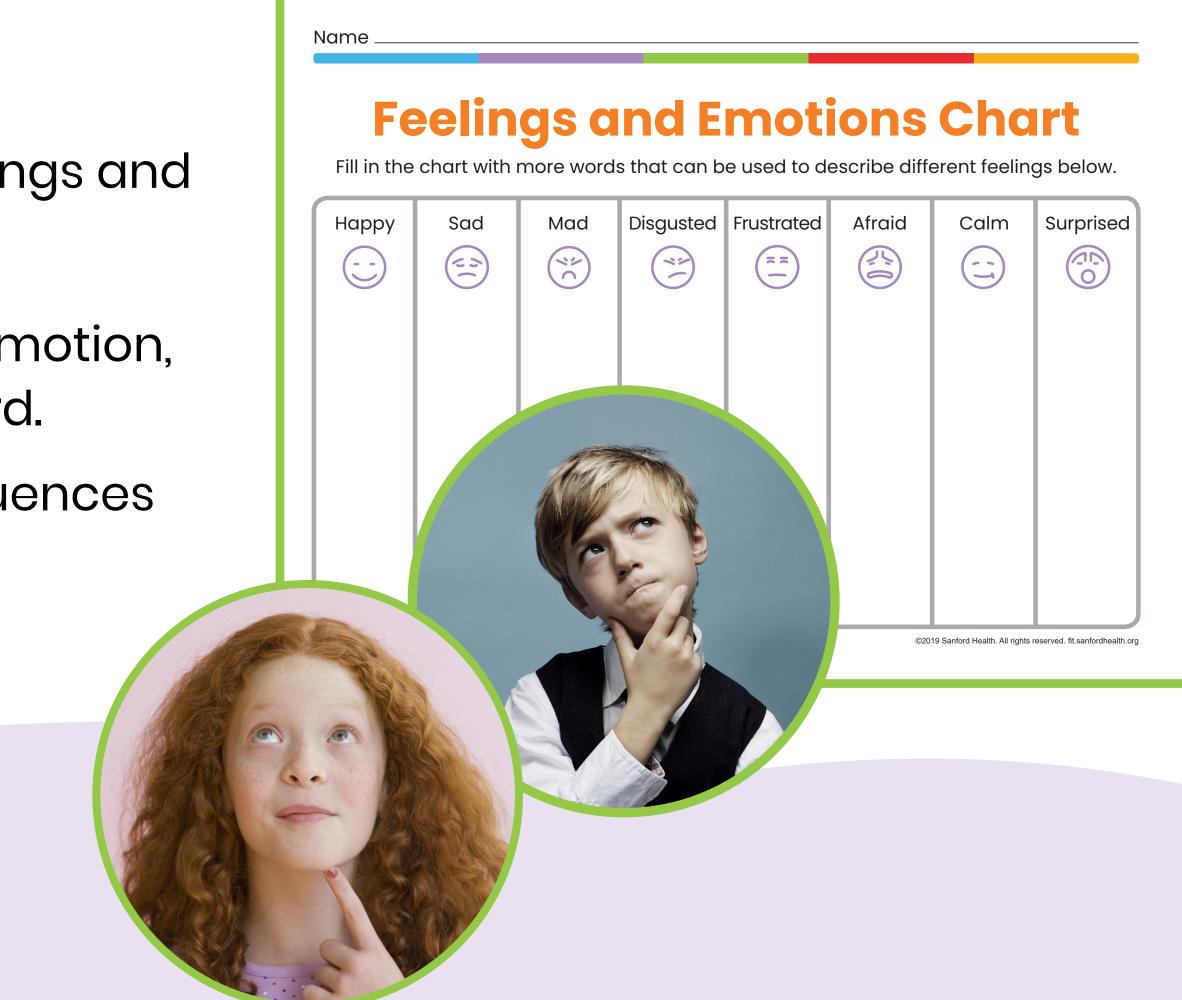




Let's play Mood Charades!

Find a partner.

- Choose a word from your class' Feelings and 2. **Emotions Chart.**
- One partner acts out the feeling or emotion, 3.
- while the other tries to guess the word.
- As a pair, decide how the feeling influences 4 you. Do you think
 - "I will make a healthy choice."
 - "I won't make a healthy choice.
- Switch roles and play again.





Your feelings and emotions put you in a mood. So your feelings and emotions might make you think "I won't make a fit choice" or "I will make a fit choice."



If your friend does not want to come over to play, you might feel sad and tell yourself "I won't play anything right now."

Or, you can decide to motivate your mood and say, "I will call another friend or find a game I can play by myself."





WHAT IS THE DIFFERENCE BETWEEN AN "I WON'T" AND AN "I WILL" MOOD?







"If you stay up too late and feel tired the next day, you might think, "I don't want to do anything but play video games." However, you can decide to motivate your mood and say, "I will make a fit choice and recharge my energy by relaxing without a screen."

Teach others about feelings and emotions. Play the Mood Charades game at home!

- Act out a feeling or emotion.
- Choose a word from your class' Feelings and
 Emotions Chart.
- 3 Tell them if the feeling or emotion leads to
 an "I will" or an "I won't" mood.
- Take turns and have fun!



