

A young girl with dark, curly hair and a light blue shirt is looking down at a bright green apple she is holding in her hands. She is in a grocery store, with a shopping cart and a person in a blue shirt visible in the background. The scene is brightly lit, and the colors are vibrant. The text "Making Choices" is overlaid on the left side of the image in a large, white, sans-serif font.

# Making Choices











# Let's play Mood Charades!

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

Name \_\_\_\_\_

## Feelings and Emotions Chart

Fill in the chart with more words that can be used to describe different feelings below.

Happy	Sad	Mad	Disgusted	Frustrated	Afraid	Calm	Surprised
							

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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.”







“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.”



**WHAT IS THE DIFFERENCE BETWEEN AN “I WON’T” AND AN “I WILL” MOOD?**



# Teach others about feelings and emotions.









## Play the Mood Charades game at home!

1. Act out a feeling or emotion.
2. 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.
4. Take turns and have fun!

Name \_\_\_\_\_

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