



Recognize Your Mood

How does Alexander feel?

Is his mood “I will” or “I won’t”?

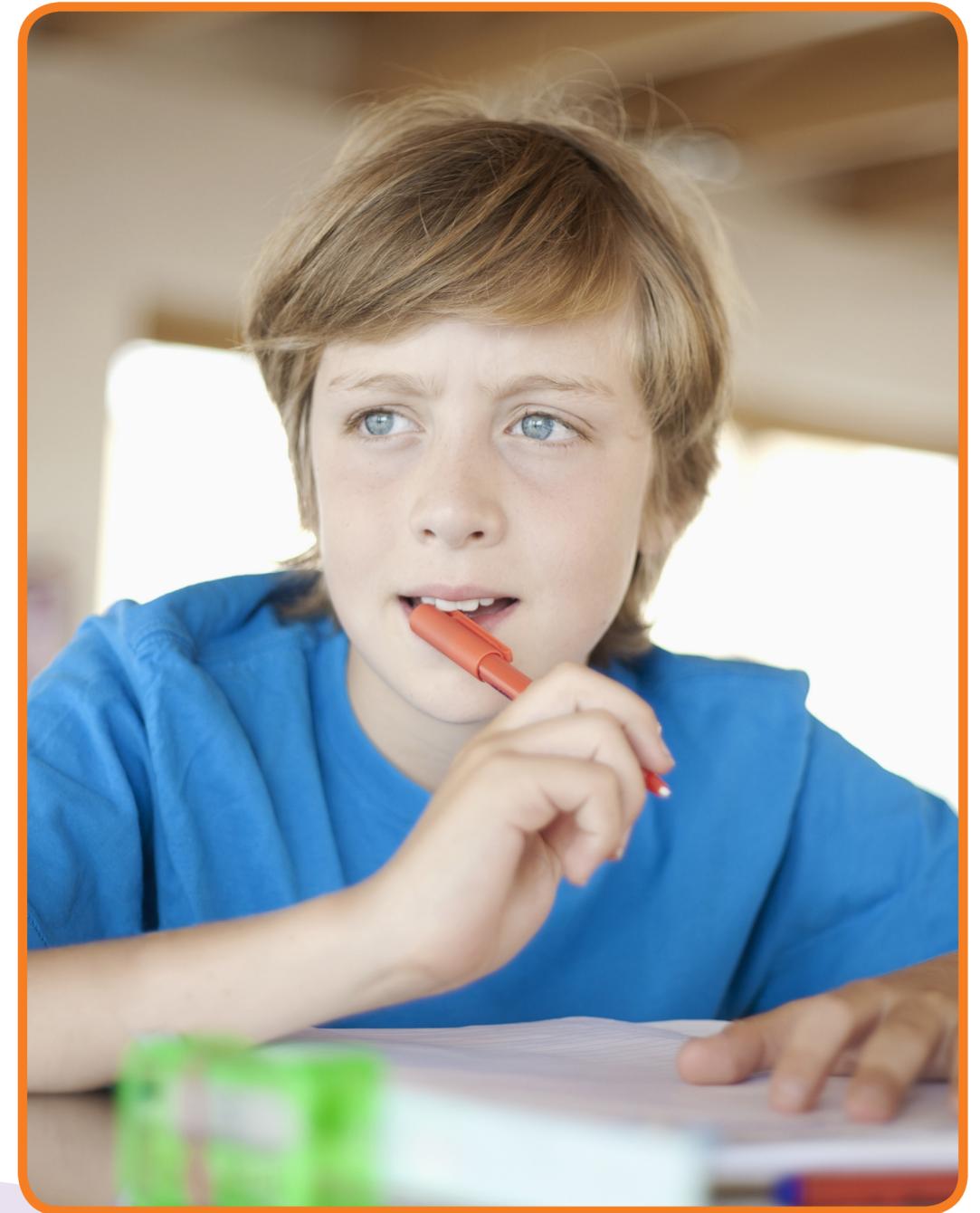
“I went to sleep with gum in my mouth and now there’s gum in my hair and when I got out of bed this morning I tripped on the skateboard and by mistake I dropped my sweater in the sink while the water was running and I could tell it was going to be a terrible, horrible no good, very bad day.”



When Alexander talks about his terrible, horrible, no good, very bad day, he was letting his “I won’t” mood influence his choices.

What should Alexander do?

1. Let his “I won’t” mood ruin his day.
2. Eat a bunch of junk food.
3. Decide to manage his mood and tell himself “I will make a healthy choice.”



How do you manage an “I won’t” mood?

Feeling tired?



Tell yourself “I will go outside and play ball.”

Feeling grumpy?



Tell yourself “I will call a friend and go to the playground.”

Feeling bored?



Tell yourself “I will ask a family member to play a game with me.”

Your mood can make you say “I will” or “I won’t.”

You have the power to manage your mood, so stop and think about what your mood is telling you.



**HOW DOES YOUR MOOD IMPACT YOUR WILLINGNESS
TO MAKE HEALTHY CHOICES?**

Know your mood!

Think about times you might be in an “I won’t” mood. Now, think about ways to motivate your mood and make a healthy choice.



When I feel bored, instead of _____, I will _____.

When I feel tired, instead of _____, I will _____.

When I feel grumpy, instead of _____, I will _____.

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