



# 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 for a walk outside.”

Feeling grumpy?



Tell yourself “I will call a friend and go play.”

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 \_\_\_\_\_, I will \_\_\_\_\_.



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