



Mood's Influence



Your mood influences your choices.

An “I won’t” mood can keep you from making healthy choices.



**An “I will” mood
can lead to healthy
choices.**



Your mood and choices

An “I won’t” mood influences your choices.



playing video games



eating sugary foods



staring at a screen

Your mood and choices

Decide to motivate your mood and make healthy choices.



eating a healthy
breakfast



reading to recharge



playing with friends

What choices will you make today?



Name _____

I Will

Think about your feelings and emotions at different times during the day. Write about what you will choose to do.

In the morning, I will...









Right now

After school

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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