

A young boy with dark, curly hair and glasses is smiling broadly. He is wearing a blue and white striped t-shirt and a grey backpack. The background is a bright, sunny outdoor setting with green grass and trees. At the top of the image, there is a horizontal bar with five colored segments: blue, purple, green, red, and orange.

**Talk Yourself into  
a *fit* Choice!**

# What's Your Mooood?

**I AM SO BORED!  
HOW CAN I MOTIVATE  
MY MOOOD?**

**LET'S TRY LISTENING  
TO SOME MOOOSIC  
AND MOOOVING!**

# What's Your Mooood?

A black and white cow is captured mid-jump in a lush green field. The cow's front legs are tucked up towards its chest, and its hind legs are also tucked up, giving it a playful, acrobatic appearance. The background features a rolling green landscape under a blue sky with scattered white clouds. A white wind turbine is visible in the distance on the right side of the frame. The overall scene is bright and cheerful.

**THIS IS A GREAT WAY  
TO MOTIVATE OUR  
MOOODS!**

# Talk Yourself into “I Will”

When you decide to use self-talk, you can make many great recharge, food, and move choices! What “I will” choices can you make to be active?



Play a board  
game



Ride your bike



Go for a walk

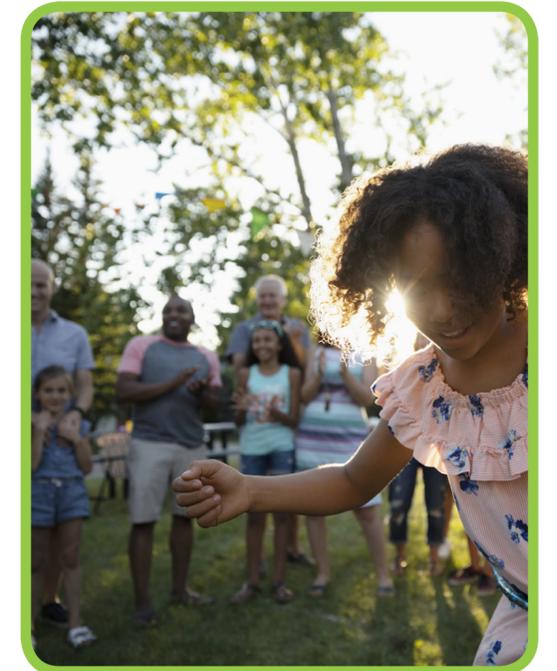


Stretch

# Way To Go!

**You can motivate your mood and make a *fit* choice.**

You can motivate your mood with self-talk and get active, refresh your energy, or do something fun.



**WHAT DOES IT MEAN TO MOTIVATE YOUR MOOD?**

# Make a Mood Jar

Next time you are in an “I won’t” mood, grab your mood jar and get ready to make some *fit* choices!

Write down at least five things you can do to help motivate your mood and put them in a jar.



*fit*<sup>TM</sup>  
SANFORD®