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 MOOOOSIC AND MOOOOVING!



What's Your Mooood?

THIS IS A GREAT WAY TO MOTIVATE OUR MOOODS!

C

0



Talk Yourself into "I Will"

you make to be active?





Play a board game

Ride your bike

When you decide to use self-talk, you can make many great recharge, food, and move choices! What "I will" choices can







Go for a walk

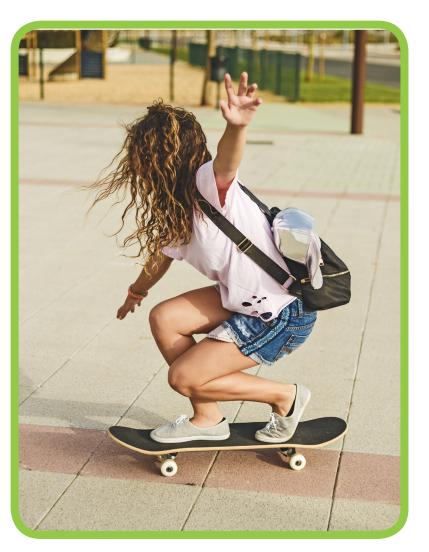
Stretch

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.

