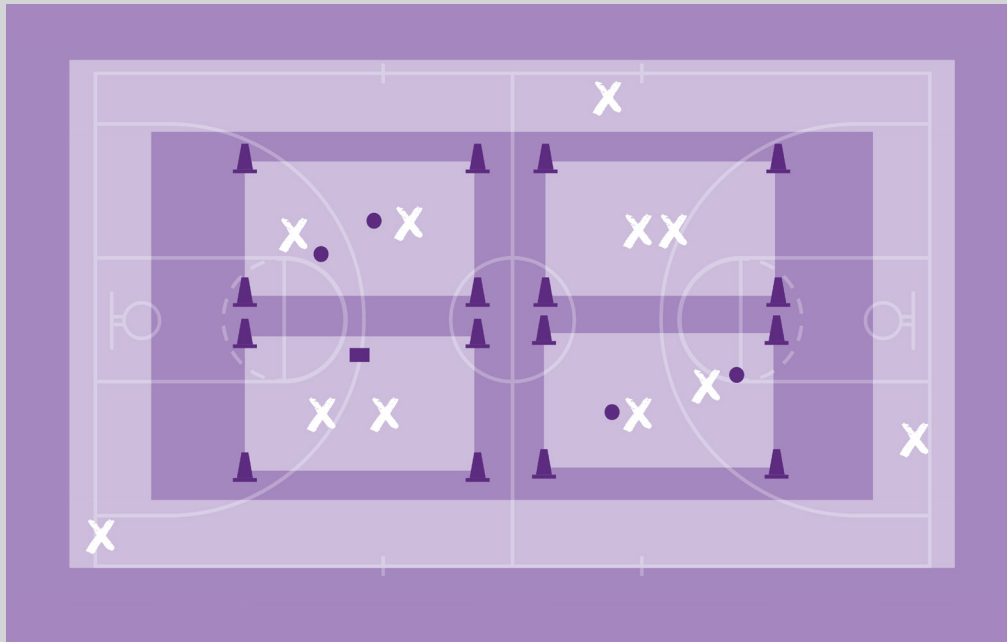


MOOD MOMENTS



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness
- Standard 3: Develops social skills through movement

MATERIALS:

- Balls of Various Sizes
- Cones or Place Markers
- Mood Cards
- *fitFlow* Cards

OVERVIEW:

Rotate through station activities to practice positive self-talk and self-management.

1. Each learner selects a Mood Card from their station.
2. If an "I will" mood card is selected, shout a positive self-talk statement. (Example: I feel awesome! I am ready to make a healthy choice!) Learners then choose from the following:
 - Jog around the perimeter of the gym.
 - Bounce and catch a ball five times.
 - Volley a balloon or beach ball in the air five times.
3. If an "I won't" mood card is selected, the learner shouts another form of a positive self-talk statement. (Example: It's ok to feel this way, time to make a healthy choice.) Learners then choose from the following:
 - Move joyfully around the perimeter of the gym.
 - With a partner, find a comfortable space to talk about your favorite activities or things you are thankful for.
 - With a partner, choose a *fitFlow* card and do the poses. Find a comfortable space to sit, close your eyes, and take deep breaths.
4. Allow 2-3 minutes per round.

MOOD MOMENTS



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is when you are able to identify your feelings and emotions, you can cope with them in a healthy way.

Ask learners to pretend to be actors! Use your facial expressions and actions to show your feelings and emotions.

- Show me what you look like when you feel grouchy or grumpy and do not want to play with friends.
- Show me how you act when you feel excited and don't want to be still.
- Show me how you act when you feel angry and don't want to talk to anyone.
- Show me how you act when you feel alert and ready to learn!

REFLECTION AFTER THE GAME:

Q: What was our lesson about today?

A: Recognizing that all feelings are ok and how to use positive self-talk to make healthy choices.

Q: What can you do when your mood is "I won't"?

A: Take a moment to identify how you're feeling, then practice a healthy choice to help you positively cope. Some examples include going for a walk, deep breathing, talking to a friend, etc.

Q: How would you explain self-talk to a family member?

A: Positive self-talk is when you pause to recognize your mood, then tell yourself positive things about yourself and make a healthy choice to manage your mood.

MODIFICATIONS:

Sensory Modifications

- Provide structured social scripts or visual supports to facilitate communication between partners during discussion activities.
- When you draw a mood card, express your choice quietly or calmly.

Find more modifications at fit.sanfordhealth.org.

