

A young girl with dark, curly hair is looking down at a bright green apple she is holding in her hands. She is wearing a light blue t-shirt. In the background, a shopping cart is visible, and another person wearing a blue jacket is partially seen. The scene is set in a grocery store. The top of the image features a horizontal bar with five colored segments: blue, purple, green, red, and yellow.

Making Choices

Let's play Mood Charades!

1. Find a partner.
2. Choose a word from your class' Feelings and Emotions Chart.
3. One partner acts out the feeling or emotion, while the other tries to guess the word.
4. As a pair, decide how the feeling influences you. Do you think
 - "I will make a healthy choice."
 - "I won't make a healthy choice."
5. Switch roles and play again.

Name _____

Feelings and Emotions Chart

It's normal to experience a wide range of feelings and emotions throughout the day.
Use this chart to record more words that describe different feelings and emotions.

Happy	Sad	Angry	Disgusted	Frustrated	Afraid	Calm	Surprised
							

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Your feelings and emotions put you in a mood. So your feelings and emotions might make you think “I won’t make a *fit* choice” or “I will make a *fit* choice.”



If your friend does not want to come over to play, you might feel sad and tell yourself “I won’t play anything right now.”

Or, you can decide to motivate your mood and say, “I will call another friend or find a game I can play by myself.”





“If you stay up too late and feel tired the next day, you might think, “I don’t want to do anything but play video games.” However, you can decide to motivate your mood and say, “I will make a *fit* choice and recharge my energy by relaxing without a screen.”



HOW DOES YOUR MOOD INFLUENCE YOUR CHOICES?

Teach others about feelings and emotions. Play the Mood Charades game at home!

1. Act out a feeling or emotion.
2. Choose a word from your class' Feelings and Emotions Chart.
3. Tell them if the feeling or emotion leads to an "I will" or an "I won't" mood.
4. Take turns and have fun!



Name _____

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