

Finn was feeling quite bored one day and decided to stay inside, sit on the couch, and complain that there was nothing to do.

He watched too much TV and ate too many sweets.



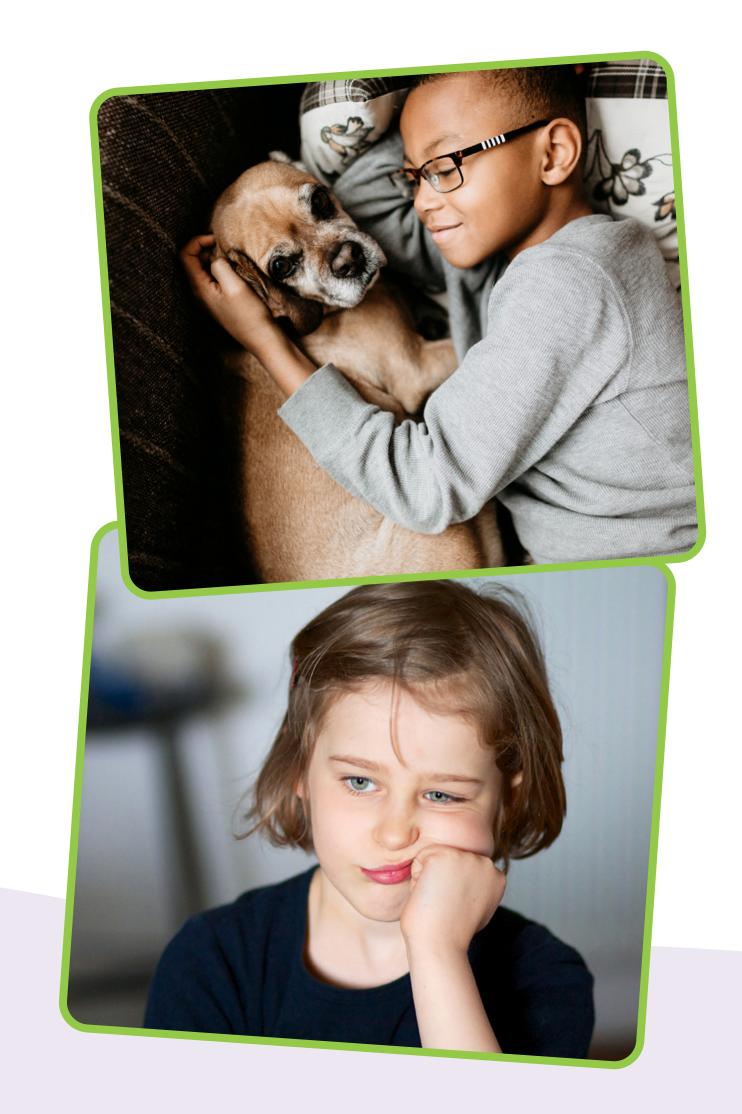
Rosa was disappointed when she saw it was raining. She decided to do a *fit*-check and motivate her mood.

Rosa called a friend and invited her over to play board games.



Feeling bored or frustrated can make it hard to do things that are good for your body and brain. Follow these steps to take charge of your mood!

- 1. Know your mood. Recognize that feelings and emotions put you in a mood.
- 2. Before you choose, think about all of your options.
- 3. Use positive self-talk for motivation.
- 4. Make a healthy (fit) choice!



Make fit choices fun!

What choices can you make?





HOW WILL YOU MOTIVATE YOUR MOOD TO MAKE CHOICES THAT ARE GREAT FOR YOUR BODY AND BRAIN?

Fun and Friends

Can you find the activities that help to motivate your mood?



I Spy Mood Motivators

Simple activities can motivate your mood and inspire healthy choices!

Using the word bank below, find and circle the mood motivators in the I Spy!

3 Breathing Activities
1 Board Game

2 Wooden Beads

9 Markers 1 Journal

3 Books

3 Paint Brushes
1 Art Easel
12 Dice



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