

Grades 3-6 Educator's Guide

Kids' Topic 17: Bust an "I Won't" MOOD



Captivate



Educate



Activate

Session 1
Your MOOD and Your Choices

Abby's Bad Day

- Read Abby's story aloud. Abby's bad day puts her in an "I Won't" MOOD.
- Discuss Abby's feelings, and how her MOOD influenced her choices after school.

MOOD Influences Choices

- Review: Feelings put you in a MOOD, and your MOOD influences your choices.
- Explain that a bad day can result in an "I Won't" MOOD and poor choices.
- Instead of letting "I Won't" pull you down, bust it! Decide to turn your MOOD around and make a *fit* choice.

Finish the Story

- Students predict what will happen to Abby during the rest of her day. Ask students:
 - Will she turn her MOOD around?
 - What other choices might she make?
 - How will those choices be influenced by her MOOD?

Session 2
Talk to Yourself and Others

What Would You Do?

- Read the scenario questions aloud:
 - Imagine you just had an argument with a friend. How do you handle your MOOD?
 - Imagine you fell disappointed that you didn't get chosen to be on your friend's team. How do you handle your MOOD?

Talk It Out

- Explain that talking to a trusted friend or adult can help to bust an "I Won't" MOOD.
- Additionally, using self-talk can help you turn an "I Won't" MOOD to "I Will" and make a *fit* choice.

Ask a Friend

- Pair students, then ask them to recall a time they were in an "I Won't" MOOD to one another.
- Encourage students to describe what they did and did not want to do.
- Role play talking to a friend or using self-talk to turn the MOOD around and make a *fit* choice.

Session 3
RECHARGE for a Better MOOD

fit Flow

- Students do a series of yoga moves.
- Be sure to ask students to breathe slowly in through their noses and out through their mouths during the yoga moves.

Relax

- Explain that doing a relaxing activity, like stretching or yoga, is a good choice to go from "I Won't" to "I Will." No screens needed!
- Additional relaxing activities to bust an "I Won't" MOOD include:
 - Deep breathing
 - Stretching
 - Listening to music
 - Write in a journal
 - Drawing or painting
 - Cloud watching

MOOD Jar

- Students make a MOOD jar! Ask students to write five ways to relax on slips of paper and put them in a jar.
- Students pick a relaxing activity from the jar when they need to turn their MOOD around.

Session 4
Have Fun!

Put on a Grumpy Face

- Select the image to play the song *Get Yourself In A Better MOOD* and ask students to dance.
- After dancing for few moments, ask students to keep dancing but to do it while making a grumpy face. Try not to smile or laugh while looking at all the dancing grumps in the room!
- Cool down with a few stretches.

Fun Moves

- Tell students that it's impossible to be in a bad mood while having fun. And, what's more fun than moving?
- Read the list of fun ways to MOVE.
- Invite students to add their ideas to the list.

MOOD Jar

- Add to the MOOD jar! Ask students to write five ways to MOVE on slips of paper and add them to the MOOD jar.
- Students draw an activity from the jar to bust an "I Won't" MOOD.

Session 5
Take Charge of Your MOOD

Abby Busts a Bad MOOD

- Read aloud another story about Abby and how she decides to turn her MOOD around.
- Discuss what Abby did differently this time.
 - How did she turn her MOOD around? (Self-talk)
 - How was her choice to MOVE influenced by her MOOD? (She changed "I Won't" to "I Will.")

Bust a Bad MOOD

- Summarize the choices students can make to bust an "I Won't" MOOD:
 - Use self-talk.
 - Talk to others.
 - Relax to RECHARGE energy.
 - Find fun ways to MOVE.

Make a Plan

- Students create a poster showing choices they can make to bust an "I Won't" mood:

<u>Options</u>	<u>Examples</u>
Self-talk	Talk yourself into a <i>fit</i> choice.
Talk to others	Talk to a trusted friend or adult.
RECHARGE	Choose a quiet activity.
MOVE	Find fun ways to MOVE!

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Prior Knowledge: Students know that feelings put them in a MOOD, and a "MOOD" is either "I Will" or "I Won't." They know that to "Motivate Your MOOD" means to turn an "I Won't" MOOD around to "I Will" and make a *fit* choice. Students are aware that excuses sometimes get in the way of motivating their moods. This topic provides students with strategies they can use to overcome barriers and turn an "I Won't" MOOD around and make a *fit* choice.

Objectives: Students will be able to...

- Recognize that MOOD influences FOOD and MOVE choices.
- Use self talk and talking to others as effective strategies to motivate MOOD.
- Describe ways to relax and MOVE to motivate MOOD.

Daily Checks for Understanding and Readiness to Make Healthy Choices

Session 1: What can you do about an "I WON'T" MOOD?

(Decide to turn "I Won't" around to "I Will" and make a fit choice.)

Session 2: What are two ways you can use "talk" to turn an "I Won't" MOOD around?

(Talk to a trusted friend or adult; use self-talk to talk yourself into making a fit choice)

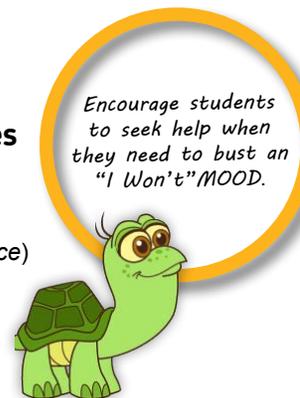
Session 3: What can you do to relax and turn your "I Won't" MOOD to "I Will"?

(Listen for examples of ways to relax.)

Session 4: _____ and have fun to bust an "I Won't" MOOD. (MOVE)

Session 5: What are four ways to bust an "I Won't" MOOD?

(Listen for examples of self-talk, talking to others, relaxing and physical activity.)



Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
3. Students will demonstrate the ability to access valid information, products, and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Alignment

	Grade 3	Grade 4	Grade 5	Grade 6
ELA/Literacy	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6 RI.3.1 RI.3.2 RI.3. RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9 RL.3.1 RL.3.3 RL.3.6 RL.3.7	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6 RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8 RI.4.9 RL.4.3 RL.4.9	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6 RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8 RI.5.9 RL.5.1	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6

Student Materials: Session 5



fit Tip:

Become an early bird! Begin every morning with a *fitBoost* to boost your MOOD and start your day off on the right foot.

Family Message: Your child recognizes MOOD as "I Will" or "I Won't" make a *fit* choice, and that a MOOD can change throughout the day. Ask your child about the different ways they can bust an "I Won't" MOOD and make a *fit* choice.

Learn more about *fit* and how MOOD influences healthy choices on fit.webmd.com and webmd.com/parenting/raising-fit-kids.

Related fit Links from fit.webmd.com

Videos:

- 5 Minutes to Turn a Bad Day Into a Good Day
- 14 Healthy Ways to Relax

Slideshows:

- Play Your MOOD Away
- Chef Lizzie on MOOD

Articles and Activities:

- Fit Connection for Parents: MOOD
- Helping Kids' Moods
- Coping with Meltdowns
- MOOD Match
- Bad MOOD Fixes

For the Whole Family:

- Fit Connection for Kids: MOOD
- Talk About Your Problems
- Make a Bad MOOD Better
- Stretching Exercises
- Happiness Challenge
- MOOD Horoscope