

My Fit MOOD Book

This story is your Fit MOOD book. Mood is a word that means feelings. This book is about feeling happy, feeling mad, feeling sad, and feeling tired. It has games and activities that will help you learn about your feelings and moods. This book can help you learn healthy ways to feel better when you feel sad, mad, or tired. When you feel better you can make healthy choices. Draw a picture of your face when you feel happy.

WHAT'S IN MY FIT MOOD BOOK?

Ready to learn about your feelings so you can be a healthy kid? Look for these fun games and activities in this book. These games and activities will help you learn you how to make good choices like a healthy kid:

Feeling Faces (page 3)

Take a look at 3 pictures and guess how these 3 kids feel. Then talk about what makes you feel good, mad, or sad. Play this game with a grown-up to learn how to feel better when you are mad or sad.

I Rested to Feel Better Chart (page 14)

When you feel tired, it is good to rest so you can feel better. Keep track of when you make a healthy choice when you feel tired.

Mood Match (page 20)

Learn what you can do to feel better if you feel sad, mad, or tired.

FEELING FACES

You have lots of different feelings. Sometimes you feel happy. Sometimes you feel mad. Sometimes you feel sad. Do you know what makes you feel happy? Do you know what makes you mad? Play this fun game with a grown-up and learn. When you feel sad or mad, you can find healthy ways to feel better.

What You'll Learn

When you play this game, you will learn about what makes you feel happy, mad, or sad. You'll learn what you can do to feel better when you feel mad or sad. There are lots of things you can do to feel better when you are sad or mad. Here are 2 ideas:

1. Talk! Telling someone how you feel will make you feel better.
2. Move! Moving and playing makes your body happy. When your body is happy, you will feel better.

HOW TO PLAY

What You Need:

1. A grown-up to help you
2. The 4 Feeling Faces Posters
3. A pencil or crayons

Play:

1. Pick the Feeling Faces Poster with the sad face on it. Draw what makes you feel sad.
2. Now, get the next poster. What can you do to feel better when you feel sad? Circle your favorite ways to feel better.
3. Get the Feeling Faces Poster with the mad face on it. Draw what makes you mad.
4. Get the next poster. Draw what makes you feel better when you're mad.
5. Hang up your Feeling Faces Posters so you can remember healthy ways to feel better when you are sad or mad.

Remember

When you feel sad or mad, there are lots of healthy ways you can make yourself feel better. You can move your body or talk to someone or have quiet time with a book or music. Those are great ways to feel good! Next time you are sad or mad, pick a healthy way to feel better.

FEELING FACES

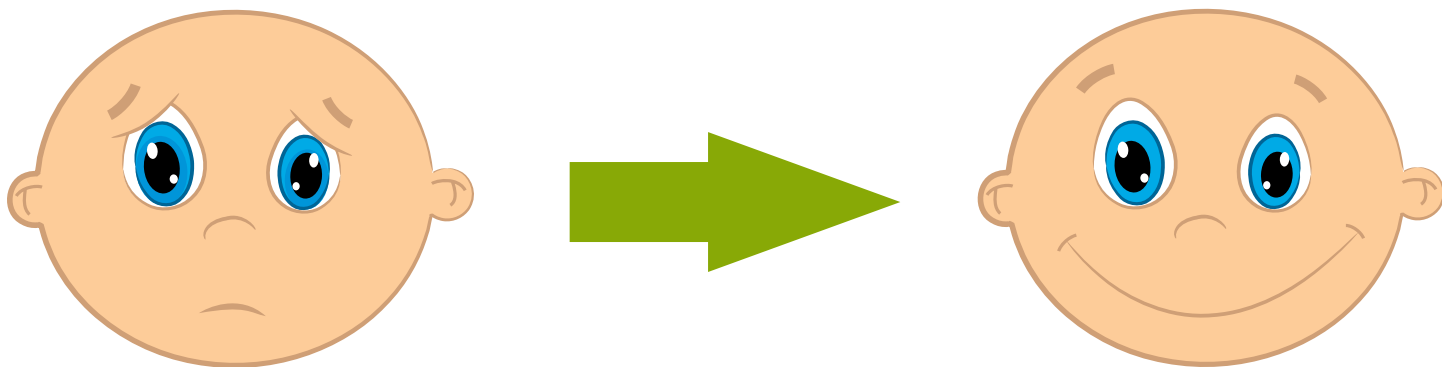
What Makes Me Sad?



Draw something that makes you sad.

FEELING FACES

What can you do to feel better when you are sad?



Here are some things that can make you feel better. Circle your favorite 2 ways to feel better.

To feel better, I like to:



Talk to a grown-up, friend,
pet, or stuffed animal



Get up and play



Dance



Read a book



Listen to music

Hang this picture in your bedroom to remind you of what you can do when you are sad so you can feel better.

FEELING FACES

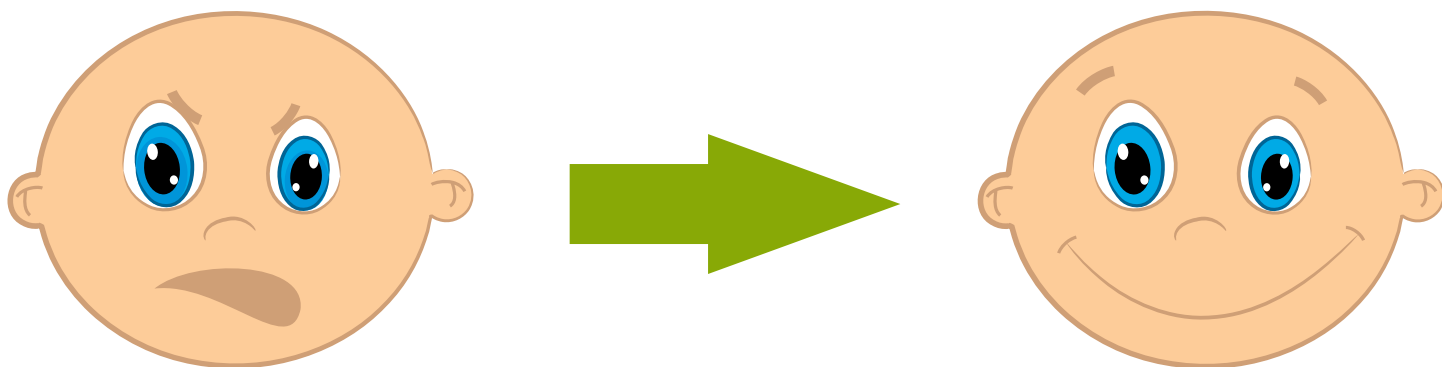
What Makes Me Mad?



Draw something that makes you mad.

FEELING FACES

What can you do to feel better when you are mad?



Here are some things that can make you feel better. Circle your favorite 2 ways to feel better.

To feel better, I like to:



Talk to a grown-up, friend,
pet, or stuffed animal



Get up and play



Dance



Read a book



Listen to music

Hang this picture in your bedroom to remind you of what you can do when you are sad so you can feel better.

I TALKED ABOUT FEELINGS AWARD

Did you talk about how you feel today? Yay! Talking about how you feel is healthy. Talking about how you feel makes you feel better if you feel mad or sad. Talking is a healthy choice.

You get a prize for talking about how you feel! Here is a cool ribbon. Ask a grown-up for help to cut it out. You can wear your ribbon or hang it up for everyone to see what a good job you did! You did a great job talking about your feelings!



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I PLAYED OR DANCED AWARDS

Did you get up and play to feel better today? Way to go! Did you dance to feel better today? Nice! Playing or dancing to shake off a sad or mad mood can make you feel so much better. Moving to feel better is a healthy choice!

You get a prize for moving to get rid of a sad or mad mood! Here is a cool ribbon. Ask a grown-up for help to cut it out. You can wear your ribbon or hang it up for everyone to see what a good job you did! You did a great job playing or dancing to feel better!



I READ OR LISTENED TO MUSIC AWARDS

Did you read to feel better today? Awesome! Did you listen to music to get out of a mad or sad mood? Good for you! Reading and listening to music are 2 healthy ways to get in a good mood and feel better if you feel mad or sad.

You get a prize for reading or listening to music to feel better today! Here is a cool ribbon. Ask a grown-up for help to cut it out. You can wear your ribbon or hang it up for everyone to see what an awesome job you did!



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I RESTED TO FEEL BETTER CHART

You feel happier when you get your rest. When you don't get enough rest, you feel tired. When you feel tired, it can be easy to feel mad or sad. We all get mad or sad sometimes. It's OK. But did you know you can do things to feel better?

What You'll Learn

If you're tired, sad, or mad, it may help you to rest. There are lots of healthy ways you can rest. Your body needs rest every day to be strong. To rest at night, you sleep. You can also rest during the day. To rest during the day, you can take a nap or have some quiet time doing something like reading a book or listening to music. Have a grown-up help you keep track of each time you pick a healthy way to rest so you can feel better.

HOW TO USE THIS CHART

You Will Need:

1. I Rested To Feel Better Chart
2. Tape or magnet
3. A crayon or pencil






Get Ready and Chart It:

Ask a grown-up for help hanging your chart up where you will see it every day. When you feel tired and need to rest to feel better, pick one of the ways to rest from the chart. After you rest, put an X on the chart in the box next to how you rested for that day. That means you did a good job resting when your body needed it!

I Rested to Feel Better Chart

Name _____

How did you rest today? Put an X in the box for how you rested today.
Rest can make you feel better when you feel tired.

I rested by...	Reading 	Doing a puzzle 	Listening to music 	Snuggling with a stuffed animal 	Napping 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

I RESTED TO FEEL BETTER TODAY

Did you rest today when you were tired so you could feel better? Yay! That's good for your body. Resting when you are tired can keep you from getting mad or sad. You get a prize for taking time to rest! Here is a cool ribbon.

When you feel mad or sad, you may feel like yelling or crying or hitting. Don't do that. It is much better for your body to relax by resting. Those are healthy ways to feel better. When you pick healthy ways to feel better, that is awesome!







MOOD MATCH

We all have different moods and feelings. Sometimes we feel happy. Sometimes we feel sad. Sometimes we feel mad. Sometimes we feel tired. It is OK to have all those feelings. But you also need to know what to do when you feel sad, mad, or tired so you can feel better.

What You'll Learn

You can make healthy choices to feel better if you feel sad, mad, or tired. You will learn some things you can do to feel better. Then you can keep this chart so you can remember what you want to do to feel better when you feel sad, mad, or tired.

Get a grown-up to help you play this game.

HOW TO PLAY

You Will Need:

1. Mood Match Action Cards
2. Mood Match Board
3. Scissors
4. Glue

Get Ready to Play:

1. Ask a grown-up for help to cut out the Mood Match Action Cards. Cut along the dotted lines.
2. Put your cards in a stack.

MOOD MATCH

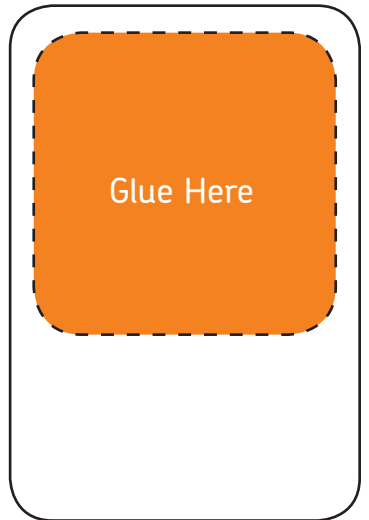
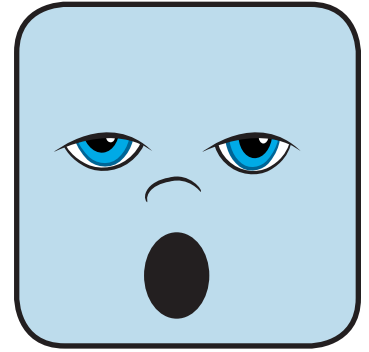
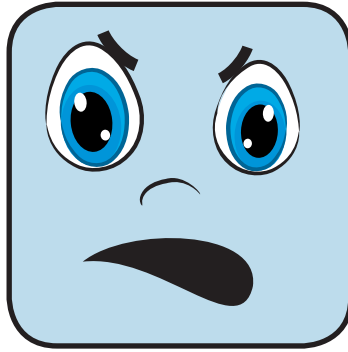
Play:

1. Look at your Mood Match Board. What is the first feeling you see on the blue square?
2. Spread all the orange Mood Match Action cards out so you can see all the pictures.
3. Which 1 of those pictures on the orange Mood Match Action cards would make you feel better? Pick out that orange card and glue it on the orange square below the blue feeling picture.
4. For each blue feeling picture, pick an orange action card that would make you feel better and glue it on the orange square below the blue picture.
5. Hang up your Mood Match Board some where you can see it.

Remember

Next time you feel sad, mad, or tired, look at your Mood Match Board and remember what you want to do to feel better.

Mood Match Board



Mood Match Action Cards



Talk to a
grown-up,
friend, or pet



Listen to music



Snuggle with a
stuffed animal



Do a puzzle



Get up and play



Read



Dance



Nap

MY FIT MOOD BOOK

Your Fit MOOD Book helped you learn about feelings. Mood is another word for feeling. This book helped you learn how to talk about your feelings and moods. This book helped you learn how to make healthy choices to feel better if you are in a sad or mad mood. You learned how to feel better if you feel tired.

What You Learned:

1. You learned everyone has lots of different feelings. You can feel happy. You can feel sad. You can feel mad. You can feel tired. Having different feelings is OK. Everyone feels mad or sad sometimes.
2. You learned that when you feel sad or mad. Talking about how you feel can make you feel better.
3. You learned that when you feel sad or mad, getting up and moving can make you feel better.
4. You learned that when you feel tired, try resting to feel better. You feel better when you get your rest. Getting your rest is healthy for your body and brain. When you feel tired try resting to feel better.

Remember:

1. Healthy kids know it is OK to have different feelings.
2. Healthy kids know that talking about your feelings can make you feel better.
3. Healthy kids know that sometimes if you are mad or sad, getting up and moving can make you feel better.
4. Healthy kids know sometimes your body needs to rest. Resting is good for you and can make you feel better when you are tired.

I WANT TO BE A HEALTHY KID

Now you know about your feelings. You know how to make good choices about how you feel so you can be a healthy kid. How are you going to be a healthy kid?

Circle what you can do to be healthy.

Next time I feel sad I am going to:



Talk to a grown-up



Move or play



Talk about it



Get up, move, and burn off some mad energy

My favorite way to feel better when I feel sad is:



Run



Dance



Play outside



Ride my bike



Stretch



Talk about it

I WANT TO BE A HEALTHY KID

My favorite way to feel better when I feel mad is:



Talk to a grown-up, friend,
pet, or stuffed animal



Get up and play



Dance



Read



Listen to music

My favorite way to feel better when I feel tired is:



Nap



Read



Listen to Music



Snuggle with a
stuffed animal



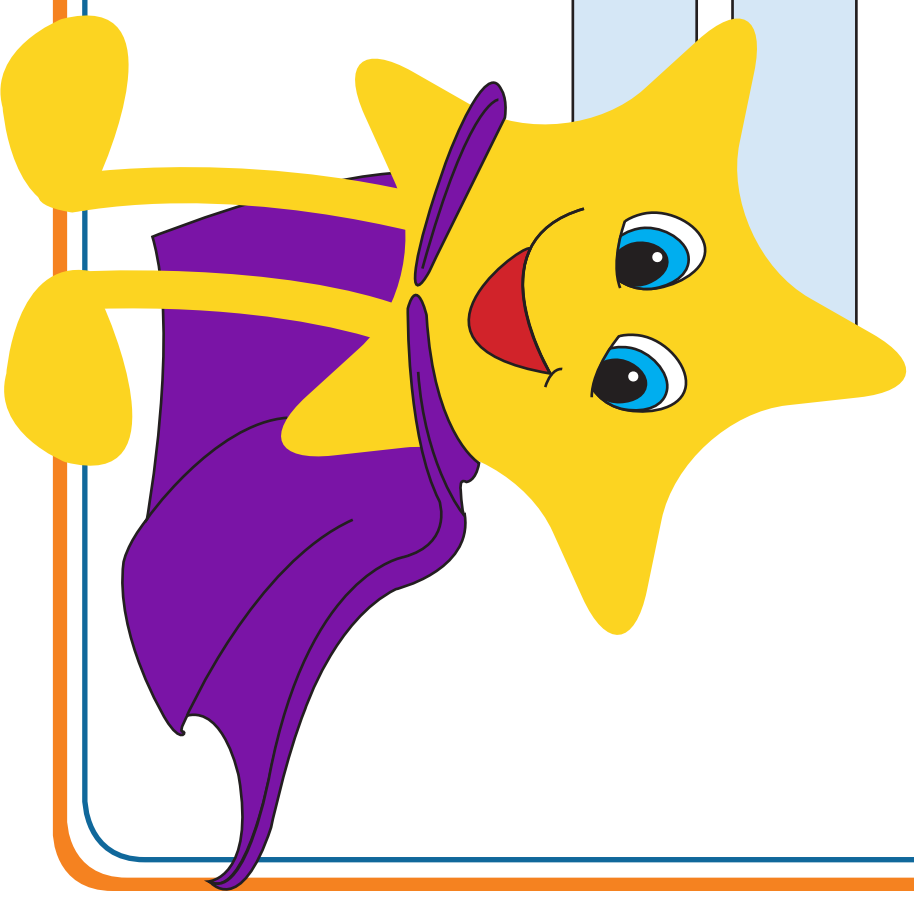
Do a puzzle

Awesome! Look at all your healthy choices. Good for you! You've learned so much about healthy ways to deal with your feelings and moods! You did a great job doing your Fit MOOD Book. You are a healthy MOOD superstar!

Healthy MOOD Superstar!

Name:

Date:



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