

# fit Mood Word Search

Feelings and emotions put you in a mood, and your mood influences your choices. You have the power to motivate your mood.

After you find a word, do the mood-motivating activity or imagine yourself doing the activity.

Q K V X E V G T C F I R J  
T L U D A O T K L A T C C  
S A F K F N A C I D J M O  
C W G N L L I W I K V O Z  
S A C A X U P L F Z S T W  
E R S S E N L U F D N I M  
L O C N A C S Y D O B V H  
F F S L A O G T E S V A Q  
T O Q U Q L E N P X D T M  
A G J Q Z H I S M I L E L  
L H T A E R B Y L L E B I  
K B Q G W T U G Y W O V B

## Word Bank:

BELLY BREATH	I WILL	SET GOALS
BODY SCAN	MINDFULNESS	SMILE
GO FOR A WALK	MOTIVATE	TALK TO ADULT
I CAN	SELF TALK	