

A vibrant outdoor party scene, likely a birthday celebration, set in a grassy area with trees in the background. In the foreground, two young girls are playing hopscotch on a paved path. The girl on the left is wearing a blue denim jumpsuit over a yellow top and brown shoes, smiling as she jumps. The girl on the right is wearing a white floral dress and is barefoot, also jumping. In the background, there are colorful decorations including a blue and white striped umbrella, a banner that reads "IT'S YOUR BIRTHDAY", a table with a red and white checkered tablecloth, and several people sitting at tables. The scene is bright and festive, with a warm, golden light suggesting late afternoon or early evening.

**Have  
Some Fun!**

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

What *fit* choices can you make once you decide to motivate your mood?



Write or draw the *fit* choices you will make!

Name \_\_\_\_\_

## *fit* Tip

Write or draw a *fit* choice you will make when you decide to motivate your mood.

A large, empty rectangular box with a thin grey border, intended for the user to write or draw their fit choice. The box is positioned below the 'fit Tip' text and above the copyright notice.

*fit*<sup>TM</sup>  
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