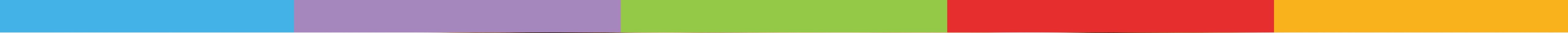


# Mood's Influence



**Your mood influences your choices.**

**An “I won’t” mood can keep you from making healthy choices.**



**An “I will” mood  
can lead to healthy  
choices.**



# Your mood and choices

An “I won’t” mood influences your choices.



playing video games



eating sugary foods



staring at a screen

# Your mood and choices

Decide to motivate your mood and make healthy choices.



eating a healthy  
breakfast



reading to recharge



playing with friends

# What choices will you make today?



Name \_\_\_\_\_

## Healthy Choices Maze

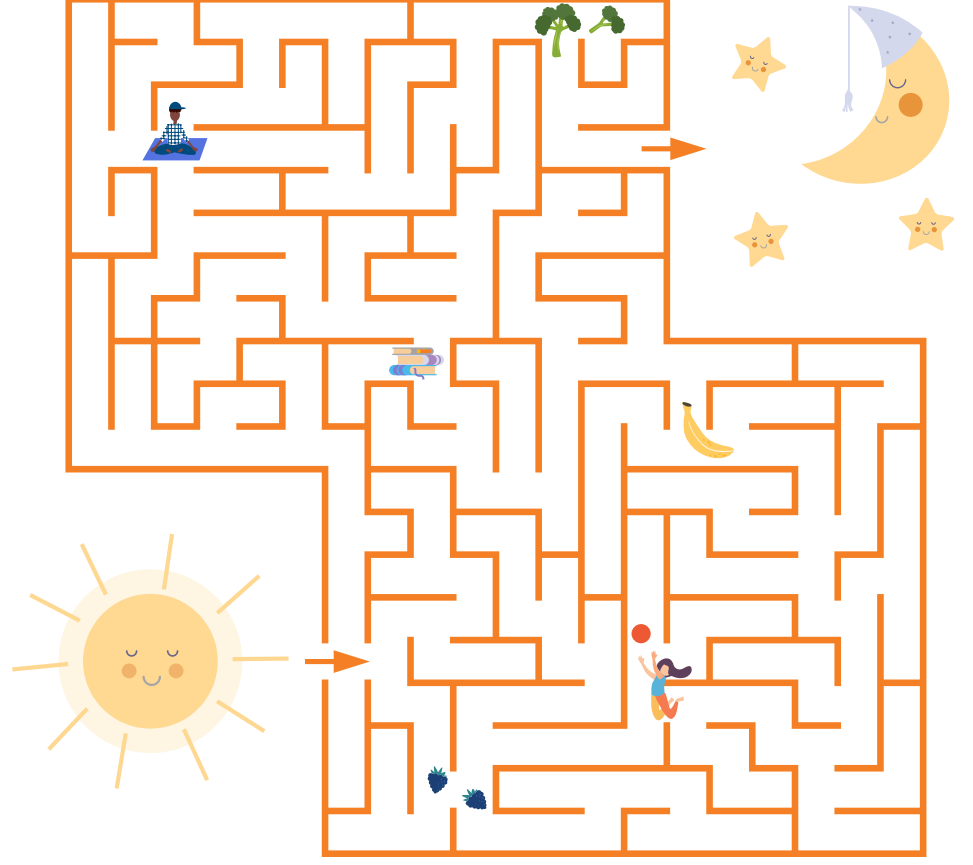
Feelings and emotions put you in a mood, and your mood influences your choices. Complete the maze below to discover some healthy choices you can make.



Name \_\_\_\_\_

## Healthy Choices Maze

Feelings and emotions put you in a mood, and your mood influences your daily choices. Follow the healthy choices to complete the maze below.



©2022 Sanford Health. All rights reserved. ft.sanfordhealth.org

*fit*<sup>TM</sup>

SANFORD®