

Healthy YOUth

Lesson 5: Healthy Mind and Body, Choose Your Mood

## Healthy Mind and Body

### Lesson 5 At A Glance

#### Reflection from Prior Lesson: (or pretest)

- ‘Moving’ or exercise and eating nutritious foods helps promote a healthy lifestyle and wellness.
- How does a healthy body, lifestyle and wellness affect our feelings and moods?

#### Getting Attention / Opening Activity

- **Feelings and Faces**

Relating Activity to Wellbeing (5 minutes): Processing the connection to mood and feelings.

•Q and A Discussion Questions

Creating a Vision of positive choices for health (Apply)– 15 minutes  
(Content Delivery)

- Your mood or how you feel can affect how you go about your day. It can affect how much you want to move your body, what you want to eat or if you want to eat.
- *Activity:* Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst.
- *Activity:* Sam’s Day

Application and Reflection (Away)– 5 minutes

- *Cone Scavenger Hunt*
- *Move, Recharge, Energize*
- *Mood Charades*
- *Healthy Choice Handout*

Summarize key points.

- Feelings and mood can affect our choices.
- They can make us want to do positive or negative things.
- What are our choices on how we manage our moods and feelings?

#### Assessment:

- Challenge Handout
- Take a Positive Step

Bridge to Next Lesson: (2 minutes) preview topic



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#### Lesson Details

• Time: 35 - 45 Minutes

#### • Learners will:

- Identify how feelings relate to Mood.
- Define Mood as ‘I Will’ or ‘I Won’t make a positive choice.
- Recognize strategies that can be used to move from ‘I Won’t to I Will.

#### • Opening Activity:

Feelings and Faces

#### • Closing Activity

Healthy Choice Handout  
My Fit Challenge  
Take a Positive Step

#### • Handouts:

Feelings and FacesCone  
Scavenger Hunt Record  
Healthy Choice  
My Fit Challenge  
Take a Positive Step

#### • Visual Aids:

Posters of Faces

#### • Teaching Materials:

- index cards
- Book: The Terrible, Horrible, No Good, Very Bad Day by Judith Viorst
- Slides: ‘Sam’s Day
- Mood Charades Feelings word bank
- Cone Activity Cards

