Leader Guide

Session 7

MOOD Management Matters

Lesson 1: Welcome Back & Recap (10 minutes)

Lesson 2: My MOOD Says (5 Minutes)

Lesson 3: MOOD Stop (10 Minutes)

Lesson 4: Fitness Challenge Dance (5 Minutes)

Lesson 5: Chain FOOD Tag (10 Minutes)

Lesson 6: RECHARGE Your Body and Brain (5 minutes)

Lesson 7: Closing (5 Minutes)
Session 7 - Leader Preparation

**Total Time | 50 Minutes**
- Welcome – 10 Minutes
- Lesson Activities – 35 Minutes
- Closing – 5 minutes

**Session Objectives**
This session will reinforce the girls understanding of:
- MOOD influences your motivation to make a *fit* choice to MOVE.
- MOOD influences your motivation to make a *fit* choice to eat healthy foods.
- Know your MOOD - talk yourself into making a *fit* choice.

This session will introduce the girls to:
- Motivate Your MOOD to make a *fit* choice:
  - Know your MOOD.
  - Stop and think about your choice.
  - Turn your MOOD around.
  - Make a *fit* choice.
- People and things in your day influence your MOOD and your *fit* choices.
- Healthy ways to turn your MOOD around so you can make a *fit* choice.

**Snacks**
- Snacks
- Napkins
- Hand sanitizer for before and after snacks
- Garbage can/bag for snacks
- Water or bring throwaway cups for girls to fill up at a drinking fountain

**Handouts for Participants**
At the end of the session the girls will take home the following:
- One *fit* Challenge Card from the deck provided
- Turn Your MOOD Around card
Session 7 – Leader Preparation

Materials Needed

- **Materials Provided with fitClub Kit**
  - Leader Cue Cards (**fit**, RECHARGE, MOOD, FOOD, MOVE)
  - MOOD Leader Cards
  - MOVE Leader Cards
  - FOOD Leader Cards
  - RECHARGE Leader Cards
  - My MOOD Says - Situation Sentences (Page 10)
  - Turn Your MOOD Around Card (*one printed for each participant*)
  - **fit** Challenge Cards
  - My **fit** Thoughts (*one printed for each participant*)
  - Session 7 Talk Time! and Wrap it Up! Message Notes for Leader Cue Cards (pages 28-34)

- **Materials Not Provided with fitClub Kit**
  - Name tags—one for each leader and participant (*optional*)
  - Attendance sheet
  - 1 Cone or corner marker
  - 1 Mesh jersey or other identifier
  - Pencils or pens (*one for each participant*)
  - Timer or Stopwatch
  - CD player or other technology to play music (*optional*)
    - Fun, energetic music (*optional*)
    - Calming music (*optional*)
  - Weekly Incentive (*optional*)
  - Sheet Protector

Leader Cue Cards

- To help facilitate the fitClub 4Girls lessons, review the Talk Time! and Wrap it Up! Message Notes for each lesson.
- Place Talk Time! and Wrap it Up! Message Notes for each lesson with the corresponding Leader Cue Card, back to back in the sheet protector.
  - Cue Card will be facing girls, note paper facing leader.
Lesson 1
Welcome Back & Recap

Time
- 10 Minutes

Activity Purpose
- The purpose of this lesson is to welcome the girls back to fitClub 4Girls and to review key messages that were covered in the last session of fitClub 4Girls.

Objective
In this activity girls will review:
- Key messages regarding RECHARGE and ways to RECHARGE that were covered in the last session of fitClub 4Girls.

Materials Needed
- Name tags—one for each leader and participant (optional)
- Attendance Sheet
- fit Leader Cue Card
- Snacks
- Napkins
- Hand sanitizer
- Garbage can/bag
- Lesson 1 Talk Time! and Wrap it Up! Message Notes (page 28)
Welcome Back & Recap

Welcome
- Welcome the girls to fitClub 4Girls, Session 7.
- Gather the girls to the center of the activity space.

Hand out snacks and beverages to each girl to allow them to fuel up for fitClub 4Girls.
- Allow time for the girls to eat their snacks.

Talk Time!

fit Recap

Review what was learned last session:
- RECHARGE gives you energy to:
  - Manage and motivate your MOOD.
  - Physically MOVE in your day.
- Don’t grab FOOD high in sugar or an energy drink to RECHARGE.
- Plan ways to RECHARGE in your day.
- Limit your screen time.
  - Watching TV or playing video games can actually drain your brain of energy.
- There are two main ways you can RECHARGE your energy.
  - Get your sleep.
  - Make time to relax.
- Have a bedtime routine to get to sleep easier.

- Allow the girls to throw away their scraps from snacks, sanitize their hands if necessary and get ready for the next activity.

Cue for Next Activity:
Today we are going to learn more about MOOD and how our MOOD influences our fit choices. Stand up and get in a circle so we can get started with our next activity.
Lesson 2
My MOOD Says

Time
• 5 Minutes

Activity Purpose
This activity reinforces:
• Motivate your MOOD to make a fit choice.
• Turn your “I won’t” MOOD around to an “I will make a healthy choice” MOOD.

Objective
In this activity girls will gain further understanding of:
• The need to motivate their MOOD to make FOOD and MOVE choices.
• fit choices are good for your body and brain.
• How to use a fit-check when making choices.
In this activity girls will gain an understanding of:
• The steps to motivating your MOOD and making a healthy choice.
  1. Know your MOOD
  2. Stop and think about your choice
  3. Turn your MOOD around
  4. Make a fit choice

Materials Needed
• My MOOD Says – Situation Sentences
  o Included on pg. 10 of this lesson
• MOOD Leader Cards
• Cone (optional)
• MOOD Leader Cue Card
• Lesson 2 Talk Time! and Wrap it Up! Message Notes (page 29)

Prepare the Activity
• Prior to the start of the fitClub session, review the My MOOD Says Situation Sentences (pg. 10).
• Designate an “I Need to Motivate My MOOD” corner somewhere within the activity area.
My MOOD Says

**Talk Time!**
Have girls continue to stand in a circle and begin walking in place while reviewing *fit* lesson points.

- Sometimes you have to talk yourself into making a *fit* choice. How?
- Here are four simple steps to motivate your MOOD to make a *fit* choice:
  1. **Know your MOOD.**
     - What feelings are putting you in your MOOD?
  2. **Stop and think about your choice.**
     - Is this choice good for my body and brain? Is this a *fit* choice?
  3. **Turn your MOOD around.**
     - Sometimes you need to turn your MOOD around to talk yourself into a *fit* choice.
     - Turn your “I won’t MOOD” around to an “I will MOOD”.
  4. **Make a *fit* choice.**
     - MOVE your body.
     - Choose a healthy FOOD.
     - Choose to RECHARGE.

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**Turn Your MOOD Around**

1. Know your MOOD
2. Stop and think before you choose
3. Turn your MOOD around
4. Make a *fit* choice

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Session 7 - Lesson 2
Motivate My MOOD in My Day Focus

Introduce the Activity
Have girls continue to stand in a circle and walk in place.
1. Explain that this activity will help the girls motivate their MOOD to make a fit choice.
2. Give the girls the directions for the upcoming activity.
   a. This activity is like Simon Says. The girls will have to listen carefully.
   b. Have the girls take a few steps backwards to make the circle larger and walk in place.
   c. You will give each girl a MOOD Leader Card.
      • The name of the MOOD on the Leader Card is used to play the game.
   d. You will say a “My MOOD says” sentence. The name on the MOOD Leader Card is used to fill in the blank of the sentence.
   e. You will point at a girl to yell out the MOOD on her Leader Card to complete the sentence.
   f. You will then say the choice you made while you were in this MOOD.
   g. Each girl will decide if she thinks the choice read was a fit or not a fit choice.
      • If a girl thinks the choice is a fit choice, she will step forward and walk in place.
      • If a girl thinks the choice is NOT a fit choice, she will take one step backward and sit down.
   h. If a girl makes an incorrect choice, she will go to the I Need to Motivate My MOOD corner and walk in place as the game continues.
      • Let the girls know where you have designated this corner.
   i. You will read another “My MOOD says” sentence.
   j. Continue to play until the allotted time is up or until only one girl is left.
   k. The girls that remain in the game standing in the activity area win the game.

Practice
1. I am looking in the fridge. My MOOD says I am __BORED__. I will grab some ice cream.
   a. This is not a fit choice. Girls should take one step backward and sit down; those standing will need to go to the I Need to Motivate My MOOD corner.

Do the Activity
Have the girls stay in their circle and walk in place.
1. Give each girl a MOOD Leader Card.
2. Pick a situation on the “My MOOD Says - Situation Sentences” leader handout.
3. Begin reading the situation. When you get to “My MOOD says __________”, point to a girl to fill in the blank with the MOOD on her Leader Card.
4. Complete the situation scenario with the choice you made when you were in this MOOD (e.g. I will grab some ice cream).
   • If a girl thinks it is a fit choice, she will step forward and continues to walk in place.
   • If a girl thinks it is not a fit choice, she will step backward and sit down.
5. The girls with the correct response continue to play the game.
6. The girls with the incorrect response go to the I Need to Motivate My MOOD corner and walk in place for the duration of the game.
7. Continue to play for the allotted time or until only one girl is left.
8. The girls that remain in the game standing in the activity area win the game.
Wrap it Up! Message

Check if you know *fit*

1. **ASK:**
   What influences the choices you make in a day?

2. **ANSWER:**
   My MOOD.

Remember to be *fit*

- Sometimes you have to talk yourself into making a *fit* choice.
- Remember the four simple steps.
  1. Know your MOOD.
  2. Stop and think about your choice.
  3. Turn your MOOD around.
  4. Make a *fit* choice.

**Be *fit***

- Tonight, check your MOOD. Is your MOOD influencing the choice you are making? Are you making a *fit* choice? If not, Turn your MOOD around and make a *fit* choice.

**Cue for Next Activity:**

Now that we have reviewed MOOD, let’s learn about how our MOOD is influenced. Get in a circle and start walking in place while we learn about our next activity.
## My MOOD Says - Situation Sentences

| Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) | Not fit (Sit) | fit (Stand) |
|--------------|-------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|-------------|--------------|
| I am looking in the fridge. My MOOD says I’m FEELING __________. I will grab some ice cream. | I am looking in the fridge. My MOOD says I’m __________. I will grab milk to drink. | I am sitting at the computer. My MOOD says I’m __________. I will play a computer game for an hour. | I am sitting at the computer. My MOOD says I’m __________. I will get up and stretch my body. | I am sitting on the couch. My MOOD says I’m __________. I will grab some chips to eat. | I am sitting on the couch. My MOOD says I’m __________. I will get up and do 10 jumping jacks. | I just got home after school. My MOOD says I’m __________. I will grab an apple for snack. | I just got home after school. My MOOD says I’m __________. I will grab a candy bar for a snack. | I need to do my homework. My MOOD says I’m __________. I will go sit on the couch and watch TV. | I need to do my homework. My MOOD says I’m __________. I will get up and dance to music for 10 minutes. | I just got in a fight with a friend. My MOOD says I’m __________. I will grab some chips to crunch on. | I just got in a fight with a friend. My MOOD says I’m __________. I will go play outside and kick a ball around. | I am watching TV. My MOOD says I’m __________. I will get up and MOVE during commercials. | I am watching TV. My MOOD says I’m __________. I will grab a soda pop to drink. | I am looking in the cupboard. My MOOD says I’m __________. I will grab a bag of chips. | I am looking in the cupboard. My MOOD says I’m __________. I will choose to MOVE instead of eat. | I am getting ready for bed. My MOOD says I’m __________. I will do 10 high reach stretches. | I am getting ready for bed. My MOOD says I’m __________. I will watch TV. | I am getting ready for school. My MOOD says I’m __________. I will eat breakfast. | I am getting ready for school. My MOOD says I’m __________. I will skip breakfast. |
Lesson 3
MOOD Stop

Time
• 10 Minutes

Activity Purpose
This activity reinforces:
• Think your FOOD before you choose. Make a healthy food choice.
This activity introduces:
• The concept of external influencers and the impact on one’s MOOD and FOOD choices.

Objective
In this activity, girls will gain further understanding of:
• Think your FOOD before you choose. Make a healthy food choice.
In this activity, girls will gain an understanding of:
• How their MOOD can be influenced by media, relationships, stress, and school.
• Advertisers try to influence them to drink sugary beverages and eat sugary snacks like candy by making them want what they are selling.

Materials Needed
• MOOD Leader Cue Card
• Lesson 3 Talk Time! and Wrap it Up! Message Notes (page 30)

Prepare the Activity
Have girls stand in a circle and walk in place while they wait for the activity to be set up.
• Designate a starting line and finish line.
• The activity begins with 1 girl in the center of activity space.
Session 7 - Lesson 3 - MOOD Influencers Focus

MOOD Stop

Talk Time!
Have girls continue to stand in a circle and walk in place while reviewing the fit lesson points.

- Your MOOD is influenced by people and things in your day, all day long.
- Your MOOD can be influenced by media, relationships, stress, and school.
- Advertisers try to sway your MOOD to talk you into choosing their sugary beverages like soda and sugary snacks like candy.
- Be smart. Think your FOOD before you choose. Motivate your MOOD and make a healthy FOOD choice.

Introduce the Activity
Have girls continue to stand in a circle and walk in place.

1. Explain that this activity is similar to the game of tag. This activity will help the girls think about not letting people and things in their day influence their MOOD so they make unhealthy choices.
2. Give the girls the directions for the upcoming activity:
   a. You will select one girl to be the “Stop & Think” girl. She will be like “it” in the game of tag.
      - She will stand in the center of the activity space.
      - When the “Stop & Think” girl tags a runner, she will yell “Stop & Think!” as she tags the girl.
   b. The remaining girls form a horizontal line at one end of the activity space. They are to try to get to the other end of the activity space without being tagged by the “Stop and Think” girl.
   c. Before the girls start to run to the other end of the activity space you will be yelling out something that is influencing their choice in their day.
      - Example: You will yell out, “Your choice is being influenced by __________ (stress, advertisers, commercials, friends, family, bad day, etc.)”.
   d. Then you will yell “Go!” and the girls will run to the other end of the activity space, the finish line, and avoid being tagged by the “Stop and Think” girl.
   e. The tagged girls will stop and stand in the spot in which they were tagged. These girls will become “Stop and Think” girls when the activity is repeated.
   f. The untagged girls form a line at the other end of the activity space.
   g. The activity is repeated with you yelling, “Your choice is being influenced by __________ (stress, advertisers, commercials, friends, family, bad day, etc.)”. and then yelling “Go!”
   h. The game will continue until time runs out or all of the girls have been tagged.
   i. At the end of the activity you will lead the participants in yelling, “Be smart! Stop and think before I choose.”
Do the Activity
1. Select one girl to be the “Stop & Think” girl; she will stand in the center of activity space.
2. The remaining girls will line up at one end of activity space.
3. Start the game by yelling out something that is influencing their choices in their day. 
   a. Yell out, “Your choice is being influenced by _________ (stress, advertisers, commercials, family, friends, bad day, etc.).”
4. Yell, “Go!”
5. The girls will run to the opposite end of activity space trying to avoid being tagged by the “Stop & Think” girl.
   a. The “Stop & Think” girl will say, “Stop & Think!” when she tags a runner.
6. The tagged girls will stop and stand in the spot in which they were tagged.
   a. They will become “Stop and Think” girls when the activity is repeated.
7. The untagged girls form a line at the other end of the activity space.
8. The activity is repeated with you yelling, “Your choice is being influenced by _________ (stress, advertisers, commercials, friends, family, bad day, etc.)” and then yelling “Go!”
9. The game continues until time runs out or all of the girls have been tagged.
10. At the end of the activity, lead the girls in yelling, “Be smart! I will stop and think before I choose.”

Wrap it Up! Message

Check if you know fit
1. **ASK:**
   What can influence your MOOD?
2. **ANSWER:**
   Responses of external influencers such as friends, advertisers, stress, etc.

Remember to be fit
- Don’t let others influence you to make choices that are not healthy for you.

Be fit
- When watching TV don’t let advertisers talk you into eating an unhealthy food.

Cue for Next Activity:
Let’s learn how our mood influences our choice to MOVE. Get in a circle and start walking in place to get ready for our next activity.
Lesson 4
Fitness Challenge Dance

Time
• 5 Minutes

Activity Purpose
This activity reinforces:
• The need to talk yourself into moving in the moments of the day.
This activity introduces:
• The concept of choosing healthy ways to turn your MOOD around so you can make a fit choice.

Objectives
In this activity girls will gain further understanding of:
• The influence MOOD has on the desire to MOVE.
• Turn your MOOD around to “I will MOVE”. Choose to MOVE in your day.
In this activity girls will gain an understanding of:
• Choosing healthy ways to turn your MOOD around so you can make a fit choice.

Materials Needed
• CD player or other technology to play music (optional)
  o Fun, energetic music (optional)
• MOVE Leader Cards
• MOVE Leader Cue Card
• Time or Stopwatch
• Lesson 4 Talk Time! and Wrap it Up! Message Notes (page 31)

Prepare the Activity
• Have the player and music needed for this activity accessible and ready to play.
Fit Club 4Girls!  Session 7 – MOOD Management Matters

Session 7 - Lesson 4
MOOD & Desire to MOVE Focus

Fitness Challenge Dance

Talk Time!

Have girls continue to stand in a circle and walk in place while reviewing the fit lesson points.
- Sometimes your MOOD tells you, “I don’t feel like moving”.
- Turn your “I don’t want to MOVE” into “I will MOVE”.
  - Think of a fun way to MOVE.
  - Get started. MOVE and keep going.
  - Relax. Listen to music. Now MOVE.

Introduce the Activity

Have girls continue to stand in a circle and walk in place.
1. Explain that this activity will help the girls learn about fun ways to MOVE in their day.
2. Give the girls the directions for the upcoming activity.
   a. Tell the girls they are going to design fit dances.
   b. Four girls will draw a MOVE Leader Card from the MOVE Leader Card deck.
   c. You will put these four movements in an order to make a fitness dance for the group to do.
      - If a girl draws a “You Choose” Leader Card, the girl drawing the Leader Card gets to pick her favorite movement to use in the dance.
      - fit dance example:
        1. Run in Place (8 Seconds – {8 counts})
        2. Jumping Jacks (Do 10 – {10 counts})
        3. Push Ups (Do 4 – {4 counts})
        4. Do High Knees (Do 8 – {8 counts})
   d. Everyone will do this dance to the beat of the music for 1 minute.
   e. At the end of each dance everyone will yell, “I will MOVE!”
   f. The girls will march in place while you choose four new girls to draw Leader Cards to make a new dance.
   g. Repeat the activity as time allows.
Session 7 - Lesson 4
MOOD & Desire to MOVE Focus

Do the Activity
1. Have four girls pick a MOVE Leader Card.
2. Design the dance based on the MOVE Leader Cards chosen.
   a. Lay the Leader Cards in front of you on the floor to lead the girls in the dance.
3. Let the girls know what the dance will be based on the Leader Cards drawn.
4. Set a timer for 1 minute.
5. Lead the girls in the dance following the sequence of MOVE Leader Cards chosen.
6. When time is up the girls yell, “I will MOVE!”
7. The girls march in place while you choose four new girls to draw four Leader Cards to make a new dance.
8. Continue this process of designing dances until the allotted time is up.

Wrap it Up! Message

Check if you know fit
1. ASK:
   How can you talk yourself into moving?
2. ANSWER:
   Answers such as “turn my MOOD around”, make moving fun, etc.

Remember to be fit
• Turn your MOOD around. Turn your “I won’t” to “I will MOVE.”

Be fit
• After school, take 5 minutes to turn your favorite fit moves into a dance.

Cue for Next Activity:
Let’s talk more about the power of your MOOD when it comes to FOOD choices. Get in a circle and start walking in place as we get ready to learn about our next activity.
Lesson 5
Chain FOOD Tag

Time
- 10 Minutes

Activity Purpose
This activity reinforces:
- How one’s MOOD influences one’s FOOD choices.
- How advertisers influence our MOOD in order to influence our FOOD choices.

Objectives
In this activity girls will gain further understanding of:
- Throughout the day MOOD influences choices on when and what you eat or drink.
- How advertisements attempt to influence your MOOD so you want their FOOD and drink products.
- Remembering to Think Your FOOD before you choose. Choose a fit choice.

Materials Needed
- FOOD Leader Cards
- MOOD Leader Cards
- 1 Mesh jersey or other identifier
- FOOD Leader Cue Card
- Lesson 5 Talk Time! and Wrap it Up! Message Notes (page 32)
Session 7 - Lesson 5
MOOD and FOOD Choices

Chain FOOD Tag

Talk Time!

Have girls continue to stand in a circle and walk in place while reviewing fit lesson points.

- All day long you make choices on when and what to eat or drink.
- Advertisers try to influence your MOOD to get you to eat/drink what they are selling. They want you to want their products.
  - Many foods and drinks that advertisers want you to buy and eat are not healthy for you; they are high in sugar (pop, candy, high sugar cereals).
- Think Your FOOD before you choose.
  - Choose a healthy FOOD to fuel your body and mind.
Introduce the Activity
Have girls continue to stand in a circle and walk in place
1. Explain that this activity will help the girls learn about how we make FOOD choices based on our MOOD at the moment of our choice.
2. Give the girls the directions for the upcoming activity.
   a. This game is like tag.
   b. The point of this game is to make a human chain of FOOD choices by the tagged girls holding hands to form a line once they are tagged.
   c. You will choose one girl to be the “MOOD in the Moment” girl (like “It” in tag).
      - The “MOOD in the Moment” girl will wear a mesh jersey or alternative identifier.
      - The “MOOD in the Moment” girl will draw a Leader Card from the MOOD Leader Card deck to determine what feeling is causing her to be in her MOOD.
   d. Each of the remaining girls will get a FOOD Leader Card to hold onto.
      - The girls are to keep their FOOD Leader Card a secret while playing the game.
      - Each girl will hold onto her FOOD Leader Card while she runs around to avoid getting caught by the “MOOD in the Moment” girl.
   e. When the “MOOD in the Moment” girl tags a girl holding a FOOD Leader Card she will look at the FOOD Leader Card the girl is holding and decide if the food is a food choice she would make based on the MOOD she is in (her MOOD is based on the name on the MOOD Leader Card she chose).
      - If the food is a choice the “MOOD in the Moment” girl would make when she was feeling like the MOOD on the Leader Card she chose, she will hold onto the tagged girl’s hand and the two girls run as a chain together to tag another girl.
         o The tagged girl will give you the FOOD Leader Card.
      - If the food is not a choice the “MOOD in the Moment” girl would make she will let the girl go and continue trying to tag a girl that has a food she would choose.
   f. You will yell “Go” to start the game.
   g. When you yell, “Stop” once the chain is three food girls long.
   h. You will then look at the “MOOD in the Moment” girl’s food choices and show the rest of the girls her food choices.
   i. You will ask if these food choices were healthy choices.
      - If all choices are fit choices, the “MOOD in the Moment “girl wins the tag round.
      - If all of the choices are not fit choices, the “MOOD in the Moment” girl does not win the tag round.
   j. Select another girl to be the “MOOD in the Moment” girl.
   k. Continue repeating the activity for the allotted time.
Session 7 - Lesson 5
MOOD and FOOD Choices

Do the Activity
1. Choose one “MOOD in the Moment” girl.
   a. The “MOOD in the Moment” girl will put on the mesh jersey or other identifier.
   b. The “MOOD in the Moment” girl will choose a MOOD Leader Card.
2. Give each remaining girl a FOOD Leader Card.
3. Yell, “Go”.
4. The “MOOD in the Moment” girl begins to try and tag the other girls to create her chain of three food girls.
   a. If the girl has a food on her FOOD Leader Card the MOOD girl would eat while in her MOOD, she holds onto the girl’s hand to form a chain as she runs to tag more girls.
   b. If the girl has a food on her FOOD Leader Card the MOOD girl would not eat while in her MOOD, she lets the girl go and continues to run to tag other girls.
5. Yell, “Stop!” when the chain gets three food girls in length.
6. Show the girls the food choices the “MOOD in Moment” girl made.
7. Ask the girls if these were fit food choices.
   a. If all choices are fit choices, the “MOOD in the Moment” girl wins the tag round.
   b. If all of the choices are not fit choices, the “MOOD in the Moment” girl does not win the tag round.
8. Select another girl to be the “MOOD in the Moment” girl.
9. Continue repeating the activity for the allotted time.

Wrap it Up! Message

Check if you know fit
1. ASK:
   What influences what you choose to eat or drink?
2. ANSWER:
   My MOOD.

Remember to be fit
- Don’t let advertisers talk you into eating and drinking foods high in sugar.

Be fit
- When you are looking for a snack tomorrow, check your MOOD and make a fit FOOD choice.

Cue for Next Activity:
Let’s get a little RECHARGE so we have energy to turn our “I won’t MOOD” around to an “I will make a healthy choice MOOD”. Get in a circle and start walking in place to get ready for our next activity.
Lesson 6
RECHARGE Your Body and Brain

Time
- 5 Minutes

Activity Purpose
This activity reinforces:
- RECHARGE and MOOD influence our FOOD and MOVE choices.
- RECHARGE helps you have energy to motivate your MOOD.
- The concept of fit-check.
This activity introduces:
- Using the fitChant to do the fit-check.

Objectives
In this activity girls will gain further understanding of:
- How MOOD and RECHARGE work together when it comes to making fit choices.
- How RECHARGE helps you have energy to motivate your MOOD.
In this activity girls will gain an understanding of:
- Using the fitChant to do the fit-check when making choices.

Materials Needed
- CD player (optional)
  - CD with calming music (optional)
- RECHARGE Leader Cards
- RECHARGE Leader Cue Card
- Lesson 6 Talk Time! and Wrap it Up! Message Notes (page 33)
Session 7 - Lesson 6
RECHARGE’S Influence on MOOD Focus

RECHARGE Your Body and Brain

Introduce the Activity
Ask the girls to stand in a large circle and provide an arm length between each other to allow enough room for stretching.
1. Explain that this activity will introduce ways to RECHARGE their body and brain and why it is important.
2. Give the girls the directions for the upcoming activity.
   a. You will stand in the center of the circle and tell the girls:
      - They are going to do some breathing and stretching to RECHARGE their energy.
      - Three girls will draw a RECHARGE Leader Card.
      - After the Leader Cards are drawn, you will lead the girls in doing each movement shown on the RECHARGE Leader Card.
   b. Ask the girls to continue doing the three RECHARGE movements at their own pace while you review the Talk Time! lesson points.

Do the Activity
1. Have the girls close their eyes and take 3 deep breathes.
   a. This will allow them to calm down after the previous activity and concentrate on the RECHARGE activity.
2. Choose three participants and have each draw one RECHARGE Leader Card.
3. Demonstrate how to do the movement on each Leader Card.
4. The girls do the three RECHARGE movements as they desire while you, the leader, review the Talk Time! lesson points.
5. If time allows, this would be a great opportunity to also read the RECHARGE fit tips on the Leader Cards and use the Leader Prompt to explain the reason the fit tip matters.

Talk Time!
Have girls continue to do the chosen RECHARGE movements while you review the fit lesson points below:
- MOOD and RECHARGE work together to help you make fit choices.
- RECHARGE helps you have the energy to motivate your MOOD.
  - It is easier to talk yourself into making a fit choice when you are well rested and relaxed.
- You can say the fit Chant to remember the fit-check before you make a choice.
  - Think fit
    - Do I or don’t I have enough energy? (RECHARGE)
    - Am I or aren’t I motivated? (MOOD)
  - Be fit
    - Make a fit choice.
      - (Talk yourself into a healthy food choice and moving in your day)
- You can do a fit-check anywhere and anytime in the day.
Session 7 - Lesson 6
RECHARGE’S Influence on MOOD Focus

Wrap it Up! Message

Check if you know *fit*

1. **ASK:**
   Getting your RECHARGE helps you motivate what so you can make a *fit* choice.

2. **ANSWER:**
   Your MOOD.

Remember to be *fit*

- MOOD and RECHARGE work together to help you make *fit* choices.

Be *fit*

- Restore your RECHARGE. Follow your bedtime routine tonight.

Cue for Next Activity:

We’re almost done with *fit*Club for the day! We have learned a lot about motivating our MOOD to talk ourselves into making *fit* choices today. It’s time to take a *fit* challenge for this week. Ask the girls to remain seated in a large circle.
Lesson 7
Closing

Time
- 5 Minutes

Activity Purpose
- This activity provides a time to recap the main fit messages introduced during fitClub 4Girls and to challenge the girls to make one fit choice throughout the next week.
- This activity will also allow the leader to gain an awareness of what the girls have learned in fitClub 4Girls during this session with the use of the My fit Thoughts worksheet.
- This activity reinforces:
  o Challenging the girls to make a fit choice every day in the coming week.
  o The fitChant.
  o Using the fitChant to do the fit-check.

Objectives
In this activity girls will gain further understanding of:
- Motivating your MOOD to make fit choices.
- The steps to motivating your MOOD and making a healthy choice.
  1. Know your MOOD
  2. Stop and think about your choice
  3. Turn your MOOD around
  4. Make a fit choice
- Using the fitChant to do the fit-check.

Materials Needed
- fit Challenge Cards
- My fit Thoughts worksheet for each participant
- Pen or pencil for each participant
- Turn Your MOOD Around cards
- fit Leader Cue Card
- Lesson 7 Talk Time! and Wrap it Up! Message Notes (page 34)
Session 7 - Lesson 7 - MOOD and fit Focus

Closing

Talk Time!

Have girls continue to stand in a circle and march in place while reviewing lesson fit points.

- Your MOOD is influenced by people and things all day long.
- Be smart. Don’t let others talk you into non-fit choices.
- When you are in an “I won’t make a fit choice MOOD” you need to turn your MOOD around to an “I will make a fit choice MOOD.”
  1. **Know your MOOD.**
  2. **Stop and think** about your choice.
  3. **Turn your MOOD around.**
  4. **Make a fit choice.**
- Your MOOD influences:
  - What foods you eat
  - Your desire to MOVE
- RECHARGE helps you have the energy to motivate your MOOD.
- You can do a fit-check anywhere and anytime in the day before making a choice.
Session 7 - Lesson 7 - MOOD and fit Focus

Check for Readiness Activity - My fit Thoughts

1. Thank the girls for doing a great job at fitClub today.
2. Hand out a pen or pencil to each participant.
3. Tell the girls you want to know their thoughts about fitClub today.
4. You will be giving them a My fit Thoughts paper to fill out and return to you.
5. You will read the questions and they can write their answers.
6. Hand out the My fit Thoughts for each girl to complete.
   a. Read the questions to the girls:
      • What fit piece did you like learning about today?
        o Participants will circle their answer (RECHARGE, MOOD, FOOD or MOVE)
      • Write down one thing you learned about the fit piece you circled in question #1.
      • Write down one fit thing you plan on doing this week.
      • How easy or difficult do you think it will be to complete the one fit thing from question #3 this week?
        o Participants will circle their answer (Super Easy, Easy, Doable, Hard Really Hard)
   b. Allow 2 minutes for the girls to complete the My fit Thoughts paper.
   c. When the girls are finished, ask them to return their completed My fit Thoughts paper to you.
      • Fill in session information in the Leader Use Only box.

fit tip Challenge - fit Challenge Tracker

1. After the girls turn in their “My fit Thoughts” paper, have the girls draw a fit Challenge Card from the fit Challenge Card deck.
2. Explain to the girls that the fit Challenge Card is meant to be taken home and used throughout the week to challenge them to make a fit choice every day.
3. Show the girls where the fit challenge is on the card.
4. If they do the fit challenge on the card during the day they can mark the day’s box with an X.
5. Tell the girls to keep their fit Challenge Card in a place where they will see it each day. This will help remind them to do their challenge.
**Session 7 - Lesson 7 - MOOD and fit Focus**

**fit-check Reminder**
1. Remind the girls to do the *fit*-check and to talk themselves into making time to RECHARGE in their days.
   a. *fit*-check is about doing 3 things when making a choice:
      1) Check Your RECHARGE
      2) Check Your MOOD
      3) Choose to make a *fit* choice
   b. You can use the *fitChant* to remember to do the *fit*-check.
      **Think fit**
      • Check Your RECHARGE
      • Check Your MOOD
      **Be fit**
      • Choose to make a *fit* choice

**Handout**
1. *fit* Challenge Card for each girl.
2. Turn Your MOOD Around card
   a. Tell the girls to put this card somewhere where they will see it every day. This card is to help them remember to turn their MOOD around and make a *fit* choice.
      1. Know your MOOD.
      2. Stop and think about your choice.
      3. Turn your MOOD around.
      4. Make a *fit* choice.

**Wrap it Up! Message**

**Remember to be fit**
Remember to take care of you…
Think *fit* to be *fit*. Be a healthy you!

**Closing**
Do the *fitChant* (Think *fit*. Be *fit*)

**Do the *fitChant***

Think *fit*

Be *fit*!
Welcome Back & Recap

Talk Time!

fit Recap

Review what was learned last session:

- RECHARGE gives you energy to:
  - Manage and motivate your MOOD.
  - Physically MOVE in your day.
- Don’t grab FOOD high in sugar or an energy drink to RECHARGE.
- Plan ways to RECHARGE in your day.
- Limit your screen time.
  - Watching TV or playing video games can actually drain your brain of energy.
- There are two main ways you can RECHARGE your energy.
  - Get your sleep.
  - Make time to relax.
- Have a bedtime routine to get to sleep easier.

Wrap it Up! Message

No Wrap it Up! Message
Use with Leader Cue Card: MOOD

Talk Time! & Wrap it Up! Message Notes

Session: 7  Lesson: 2  Focus: MOOD

My MOOD Says

Talk Time!

- Sometimes you have to talk yourself into making a *fit* choice. How?
- Here are four simple steps to motivate your MOOD:
  1. **Know your MOOD**
     - What feelings are putting you in your MOOD?
  2. **Stop and think about your choice.**
     - Is this choice good for my body and brain? Is this a *fit* choice?
  3. **Turn your MOOD around.**
     - Sometimes you need to turn your MOOD around to talk yourself into a *fit* choice.
     - Turn your “I won’t MOOD” around to an “I will MOOD”.
  4. **Make a *fit* choice.**
     - MOVE your body.
     - Choose a healthy FOOD.
     - Choose to RECHARGE.

Wrap it Up! Message

Check if you know *fit*

1. **ASK:**
   - What influences the choices you make in a day?
2. **ANSWER:**
   - My MOOD.

Remember to be *fit*

- Sometimes you have to talk yourself into making a *fit* choice. Remember the four simple steps.
  1. Know your MOOD.
  2. Stop and think about your choice.
  3. Turn your MOOD around.
  4. Make a *fit* choice.

Be *fit*

- Tonight, check your MOOD. Is your MOOD influencing the choice you are making? Are you making a *fit* choice? If not, Turn your MOOD around and make a *fit* choice.
Use with Leader Cue Card: MOOD

Talk Time! & Wrap it Up! Message Notes

Session: 7  Lesson: 3  Focus: MOOD

MOOD Stop

Talk Time!

- Your MOOD is influenced by people and things in your day, all day long.
- Your MOOD can be influenced by media, relationships, stress, and school.
- Advertisers try to sway your MOOD to talk you into choosing their sugary beverages like soda and sugary snacks like candy.
- Be smart. Think your FOOD before you choose. Motivate your MOOD and make a healthy FOOD choice.

Wrap it Up! Message

Check if you know fit
1. ASK:
   What can influence your MOOD?
2. ANSWER:
   Responses of external influencers such as friends, advertisers, stress, etc.

Remember to be fit
- Don’t let others influence you to make choices that are not healthy for you.

Be fit
- When watching TV don’t let advertisers talk you into eating an unhealthy food.
Talk Time! & Wrap it Up! Message Notes

Session: 7  Lesson: 4  Focus: MOVE

Fitness Challenge Dance

Talk Time!

- Sometimes your MOOD tells you, “I don’t feel like moving”.
- Turn your “I don’t want to MOVE” into “I will MOVE”.
  - Think of a fun way to MOVE.
  - Get started. MOVE and keep going.
  - Relax. Listen to music. Now MOVE.

Wrap it Up! Message

Check if you know *fit*

1. **ASK:**
   - How can you talk yourself into moving?

2. **ANSWER:**
   - Answers such as “turn my MOOD around”, make moving fun, etc.

Remember to be *fit*

- Turn your MOOD around. Turn your “I won’t” to “I will MOVE.”

Be *fit*

- After school, take 5 minutes to turn your favorite *fit* moves into a dance.
Talk Time! & Wrap it Up! Message Notes

Session: 7  Lesson: 5  Focus: FOOD

Chain FOOD Tag

Talk Time!

- All day long you make choices on when and what to eat or drink.
- Advertisers try to influence your MOOD to get you to eat/drink what they are selling. They want you to want their products.
  - Many foods and drinks that advertisers want you to buy and eat are not healthy for you; they are high in sugar (pop, candy, high sugar cereals).
- Think Your FOOD before you choose.
  - Choose a healthy FOOD to fuel your body and mind.

Wrap it Up! Message

Check if you know fit

1. **ASK:**
   What influences what you choose to eat or drink?

2. **ANSWER:**
   My MOOD.

Remember to be fit

- Don’t let advertisers talk you into eating and drinking foods high in sugar.

Be fit

- When you are looking for a snack tomorrow, check your MOOD and make a fit FOOD choice.
Use with Leader Cue Card: RECHARGE

Talk Time! & Wrap it Up! Message Notes

Session: 7  Lesson: 6  Focus: RECHARGE

RECHARGE Your Body and Brain

Talk Time!

- MOOD and RECHARGE work together to help you make fit choices.
- RECHARGE helps you have the energy to motivate your MOOD.
  - It is easier to talk yourself into making a fit choice when you are well rested and relaxed.
- You can say the fitChant to remember the fit-check before you make a choice.
  - Think fit
    - Do I or don’t I have enough energy? (RECHARGE)
    - Am I or aren’t I motivated? (MOOD)
  - Be fit
    - Make a fit choice.
      - (Talk yourself into a healthy food choice and moving in your day)
- You can do a fit-check anywhere and anytime in the day

Wrap it Up! Message

Check if you know fit

1. ASK:
   - Getting your RECHARGE helps you motivate what so you can make a fit choice.

2. ANSWER:
   - Your MOOD.

Remember to be fit

- MOOD and RECHARGE work together to help you make fit choices.

Be fit

- Restore your RECHARGE. Follow your bedtime routine tonight.
Use with Leader Cue Card: *fit*

**Talk Time! & Wrap it Up! Message Notes**

Session: 7  Lesson: 7  Focus: *fit*

### Closing

**Talk Time!**

- Your MOOD is influenced by people and things all day long.
- Be smart. Don’t let others talk you into non-*fit* choices.
- When you are in an “I won’t make a *fit* choice MOOD” you need to turn your MOOD around to an “I will make a *fit* choice MOOD.”
  1. Know your MOOD.
  2. Stop and think about your choice.
  3. Turn your MOOD around.
  4. Make a *fit* choice.
- Your MOOD influences:
  - What foods you eat
  - Your desire to MOVE
- RECHARGE helps you have the energy to motivate your MOOD.
- You can do a *fit*-check anywhere and anytime in the day before making a choice.

### Wrap it Up! Message

**Remember to be *fit***

Remember to take care of you…
Think *fit* to be *fit*. Be a healthy you!

**Closing**

Do the *fit*Chant (Think *fit*. Be *fit!*).