

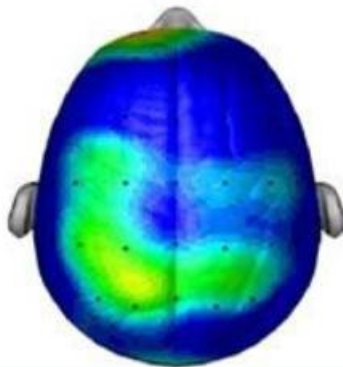


Narrator: It is so exciting to think of the fact each of us has choices that we can make that can lead to very positive things in our lives.

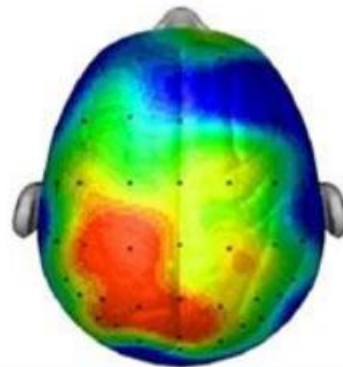
Narrator: Our mind is our own and each of us has the power to take care of it and keep it healthy. It is our choice. Our mind, similar to our bodies is something we can choose to take care of or not.

We have learned about the chemical called serotonin and how we can activate serotonin in our brains. Some people call serotonin a happy chemical. We learned that physical activity activates serotonin and it can change our mood and our motivation.

**BRAIN AFTER
SITTING QUIETLY**



**BRAIN AFTER 20 MIN
WALK TRIGGERING
ENDORPHINS**



Narrator: Many forms of exercise require other people to do the physical activity with us such as basketball or baseball. It is important for each of us to find a physical activity that we can do without another person. Here are some of your answers about how YOU do physical activity in order to change your mood. Underline each of the ideas below that you will do today.

Walking around the block
Bike riding
Riding Scooters

Climbing Stairs
Dancing
Exercise Videos

Yoga
Lifting Weights
Hopscotch



Changing our Mood Word Search

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

BIKERIDING
CLIMBING STAIRS
DANCING

EXERCISE VIDEOS
HOPSCOTCH
LIFTING WEIGHTS

RIDING SCOOTERS
SHOOT BASKETS
WALKING THE BLOCK
YOGA