



Narrator: Today we are going to talk about being mindful about our mood.

Narrator: Your mood is how you feel.

Narrator: Before we talk about how to change our mood let's start by thinking about what kind of mood you are in right now.

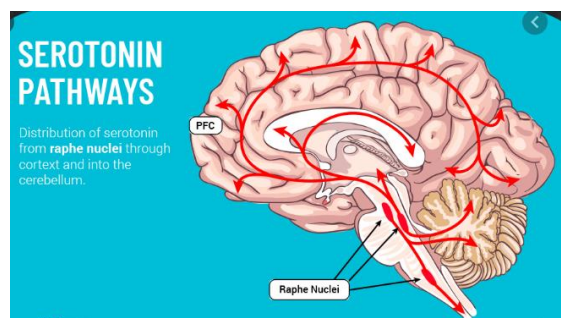
Narrator: On the next page is an outline of a body. Imagine that to be your body. Close your eyes. Think of a color or colors that represent what your mood is or how you are feeling right now. Write your name above the outline of the body. Color your body to match your mood. There is no right or wrong answer. You may use more than one color. On the side of the body write some words that describe your mood or how you are feeling.

Narrator: Today's lesson is learning how to change your mood.

Narrator: This is a mini science lesson. Below is a picture of a brain.

Inside each of our brains are chemicals. Some of those chemicals carry messages to your brain. These chemicals are called neurotransmitters.

Let's talk about the chemical in our brains called serotonin. Serotonin is responsible for your mood and your well-being.



Each of us can do something that cause our bodies to release that chemical into our brains. If you know how to release serotonin you can actually change your mood! You can change how you feel so that you are happy and positive.

Do you know something you can do right now that will help release that chemical? Physical activity!!



Mood Student Handout

Name 4 things that you can do without anyone's help that is considered physical activity.

- 1.
- 2.
- 3.
- 4.

Share your ideas with your teacher, a partner or a small group.

