



Narrator: Last week we learned that we can change our mood with physical activity. Have you been practicing doing physical activities to change your mood?

Narrator: What kind of mood are you in today?

Narrator: Your mood is how you feel.

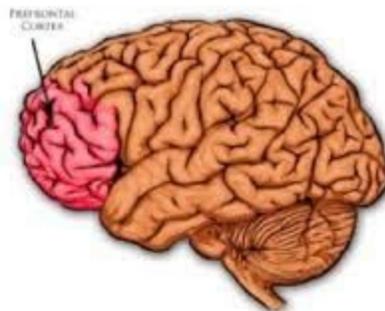
Narrator: On the next page is an outline of a body. Imagine that to be your body. Close your eyes. Think of a color or colors that represent what your mood is or how you are feeling right now. Write your name above the outline of the body. Color your body to match your mood. There is no right or wrong 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 another way to change your mood.

Narrator: Spending outside is a great way to boost your mood. Scientists have found that being in nature has many positive effects on our physical and mental well-being!

This is a mini science lesson. Below is a picture of a brain. In the front you can see an area that is shaded. This shaded area is called your prefrontal cortex. The prefrontal cortex of our brain is where thoughts of negative feelings and emotions take place. Scientists have seen that when someone is in nature on-going negative thoughts and emotions are reduced. Reduced means it got smaller or lower.

Being outside helps your mind to focus on things other than yourself. When you are outside you notice other people and things that are not about yourself. This is another benefit your brain gets when you are outside.





How being outside effects our Mood Student Handout

Narrator: Think of things you can do to have a reason to go outside. Can you walk around the block? Can you walk to the store to buy something? Can you walk to school? Can you take a neighbor's dog for a walk? What are ideas you have that can get you outside even when the weather is not perfect. Name 4 things that you can do each day to get outside. Think of different times during the day.

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

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

