Children

- We experience a range of emotions.
- Sometimes we might feel happy or excited, and other times we might feel angry or sad.
- There is no such thing as a ‘bad’ emotion – but sometimes we might need to manage our emotions to help us be at our best.

Children

- These cards provide some movement activity ideas for you to try that might help you manage your emotions.
- Remember that any movement is good movement! And you can always talk to your family, friends or teacher about how you are feeling.

Teachers/Parents

- Movement breaks can support children to express and regulate their emotions.
- These cards provide movement activity ideas for children to use independently.
- You can also encourage children to use other movement activities they enjoy, or help them to come up with their own activities!

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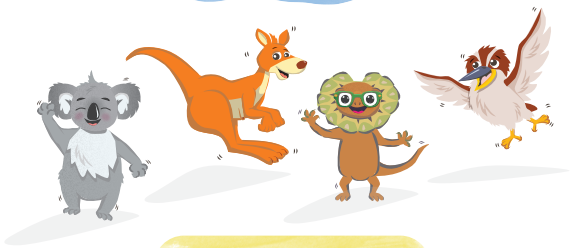
Mood Breaker



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HOP

Like a Kangaroo

FLAP

Like a Kookaburra

WADDLE

Like a Penguin

WEAVE

Like a Snake

STOMP

Like a Wombat

LEAP

Like a Frog

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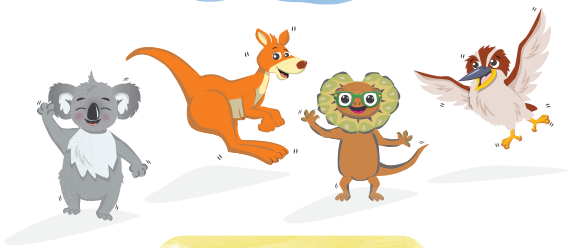

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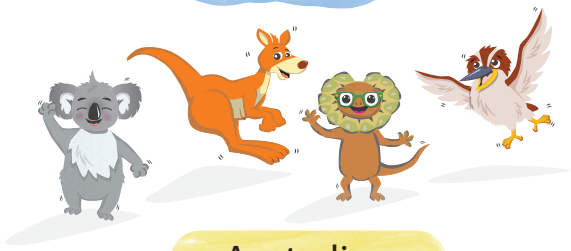

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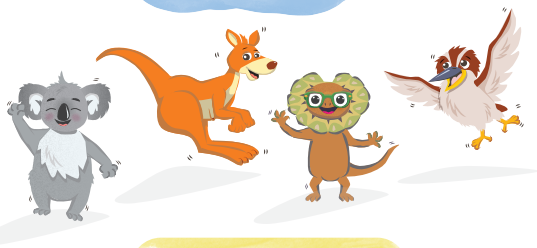

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SOAR

Like a Wedge-tail

WALK

Like an Emu

SQUEEZE

Like a Koala

SNAP

Like a Crocodile

ROLL

Like a Seal

BALANCE

Like a Seagull

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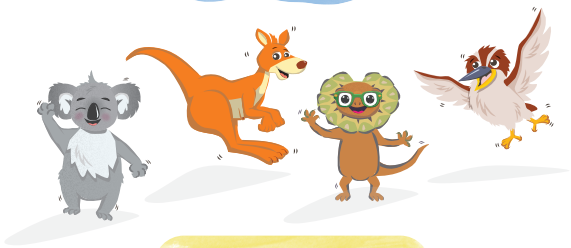

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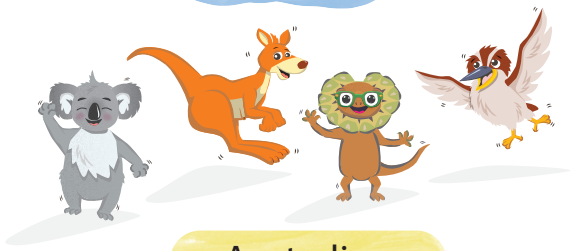

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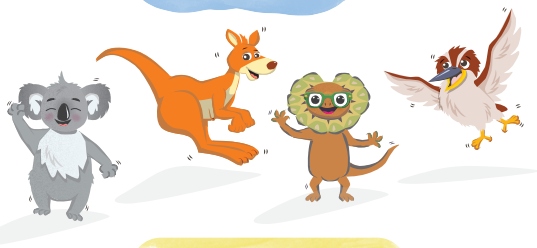

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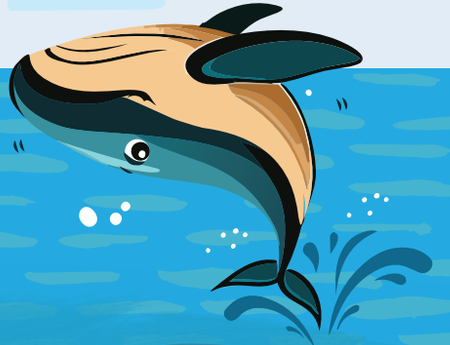
WIGGLE

Like a Bug

JUMP

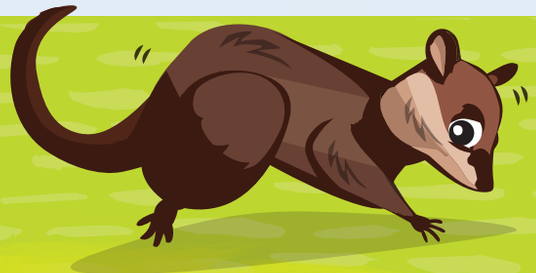
Like a Starfish

BREACH



Like a Whale

STRETCH



Like a Possum

MAKE A

3 legged Dingo

FLUTTER

Like a Butterfly

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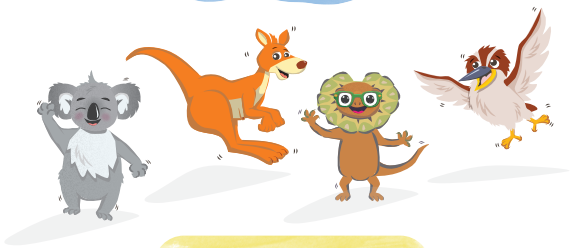

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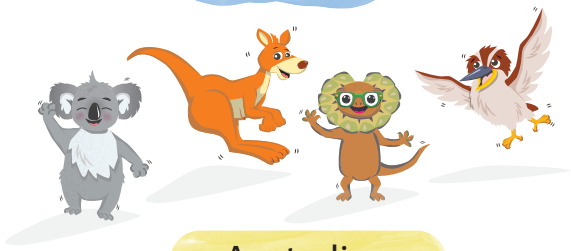

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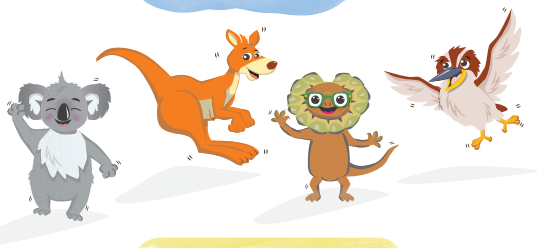

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