

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.

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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.

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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



Fitness

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PLANK



With a straight back

LUNGE



On the spot

REACH



For your toes

DO THE SPLITS



If you can

POSE



As a statue

BREAK DANCE



On the floor



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Mood Breaker

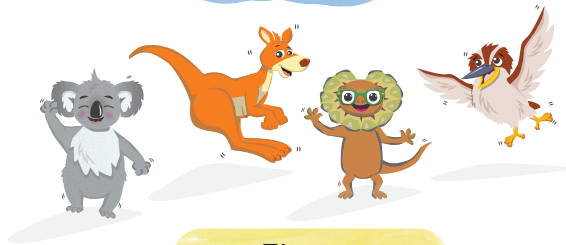


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Mood Breaker



Fitness

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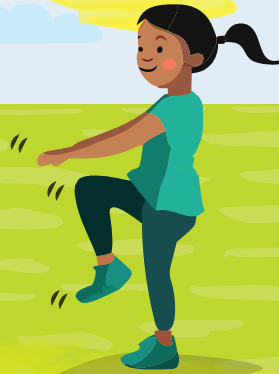
Mood Breaker



Fitness

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KNEE TAPS



As high as you can

SCISSOR JUMP



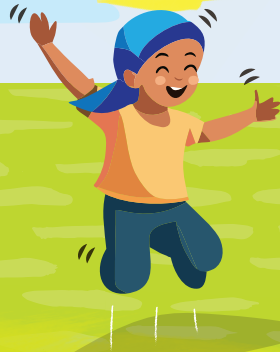
On the spot

MARCH



Where you are

JUMP



As far as you can

TRICEP CURLS



Behind your head

BICEP CURLS



To your shoulders



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Mood Breaker



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Mood Breaker

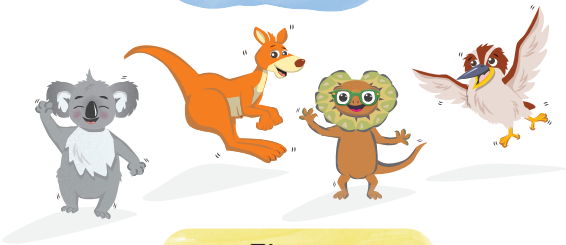


Fitness

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Mood Breaker



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Mood Breaker

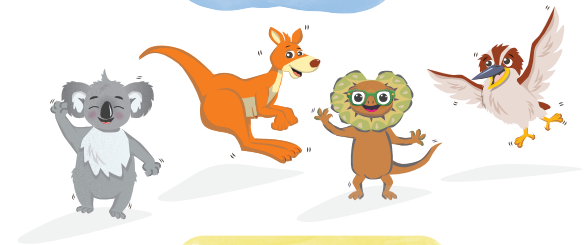


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Mood Breaker



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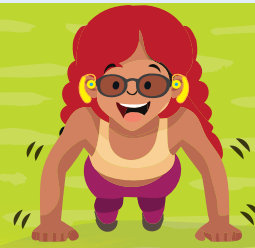
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LIFT YOUR LEG



Back in the air

PUSH UPS



On the floor

HOP, STEP and



Jump!

BURPEES



On the spot

BUST



A move

CREATE



Your own move



Mood Breaker



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Mood Breaker

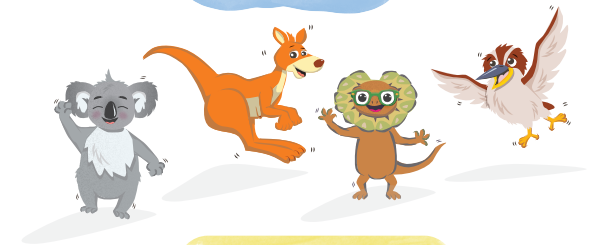


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