

Happy Movers

“sad”



The aim of these Australian Joy of Moving materials is to provide children with education about the possible benefits of moving for their mental wellbeing. These stories teach children that fun moving activities can be used as strategies to help overcome negative feelings and emotions in a healthy way. It is also important to remember that moving is just one strategy that can be used to cope with negative emotions and that this may not work for everyone. If a child requires additional support in overcoming their negative feelings, please contact Kids Helpline on 1800 55 1800, Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636.

© 2022 Monash University. All Rights Reserved.

For permission to reproduce this material please contact allplay@monash.edu



The Australian Joy of Moving program was founded by Professor Nicole Rinehart at Deakin University. In 2021, it became part of Monash Education's School of Educational Psychology and Counselling.

Sometimes I get really **sad**,
like when I get in **trouble**.



Or when my friends are teasing me,
it's like they **burst** my bubble.



POP



My tummy **sinks** and my smile is turned
upside down. I think I won't be happy again
and all I do is **frown**.



But do you want to know a **secret**?



Moving.... can make you **happy!**

You can skip. You can **jump.**

You can do **anything** you want.



You can move a little.



You can move a **lot**.



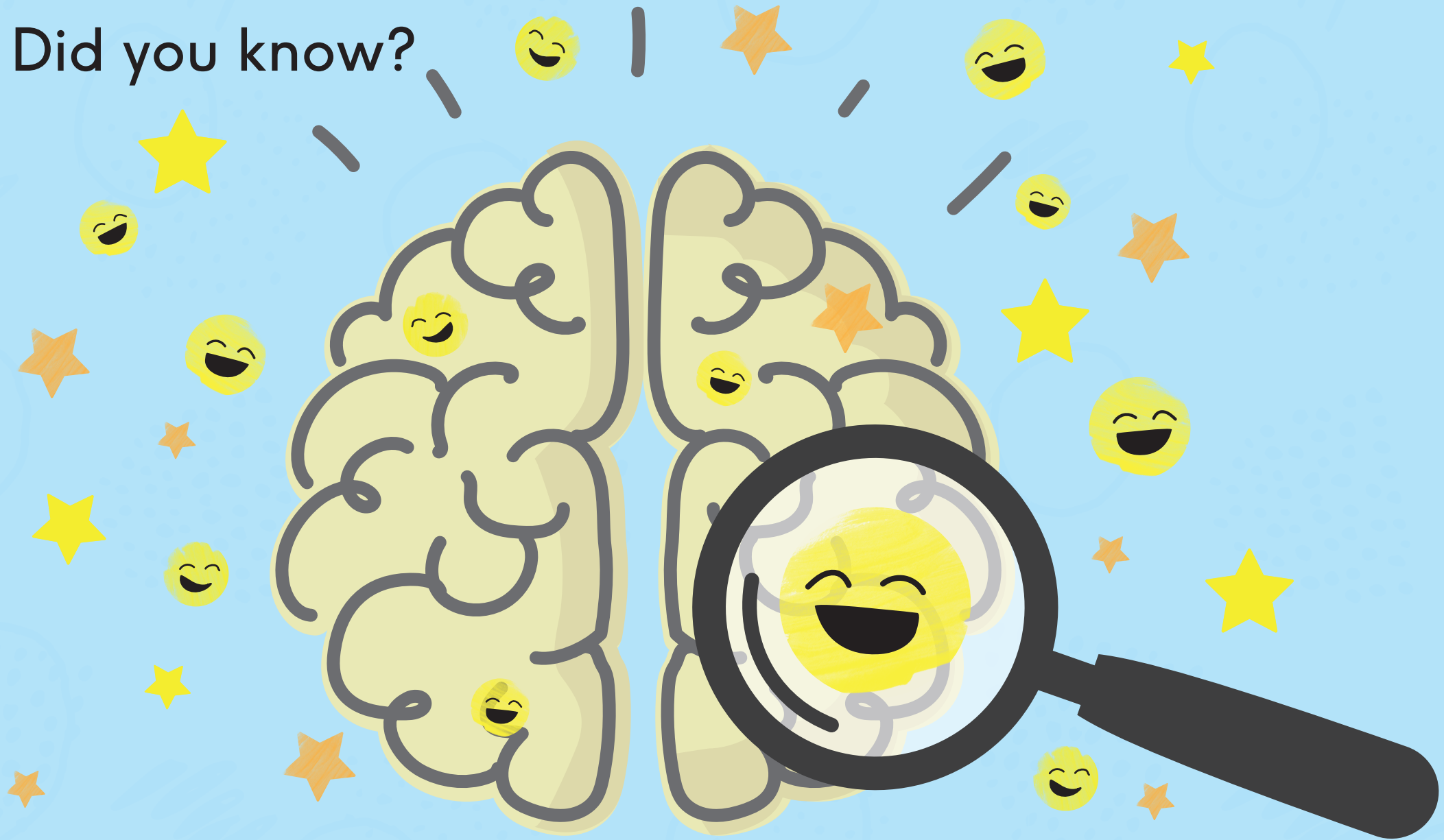
You can give it everything you've got.





As long as you keep moving, you'll feel happy,
light and free! When I'm sad, I like to do the
Whoop-ey-dee.

Did you know?



When you move, your brain makes special things called **endorphins** which help us feel **happy!**

Remember, any movement is **good** movement to help you feel better.



But if you still feel sad after moving, you can always talk to your family, friends or teacher about your feelings.



What move do **YOU** like to do?

An aerial photograph of a coastline. In the background, there are blue mountains. The middle ground shows turquoise water meeting a sandy beach. The foreground is a light-colored, textured surface, possibly a field or a large-scale architectural detail. The text "The end." is centered in the middle of the image.

The end.

