

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.

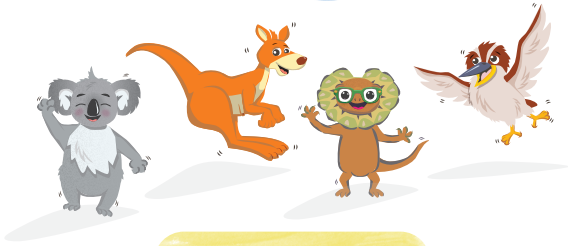
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Teachers/Parents

- 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



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BOUNCE



A basketball

SHOOT



A netball

SERVE



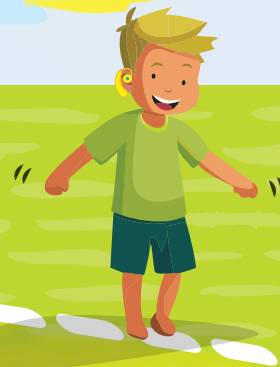
A tennis ball

KICK



A football

WALK



The plank

SWIM



In a pool



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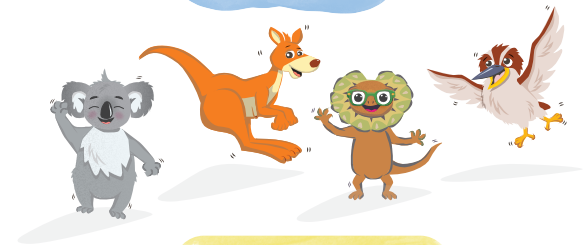


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JUGGLE



Anything you can imagine

BALANCE



Like a tree

ROW



A boat

LEAN



Like a diver

CYCLE



In your chair

PLAY



Wheelchair Basketball



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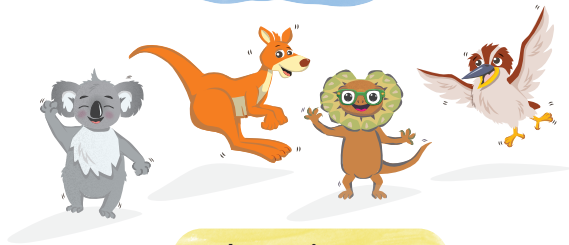


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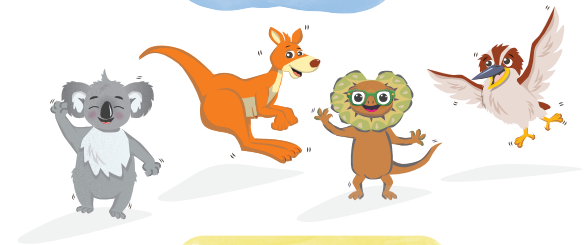


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GROW & SHRINK



Like a flower

SWING



Like you're Tarzan

SKIP



Rope

HULA



A hoop

STEP OVER



Lava

BOWL



A bowling ball



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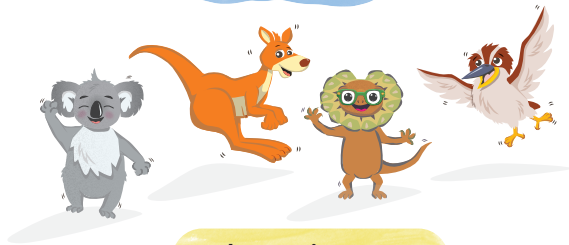


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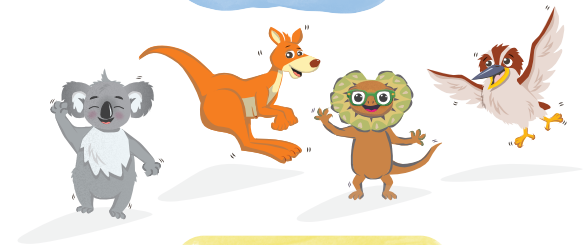


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