

I can move when I feel  
"sad"





The 'I can move when I feel...' stories were created to support children's learning about the benefits of movement for their social and emotional wellbeing. They teach children that moving can help us manage big feelings and emotions.

Moving is however just one strategy that can be used for emotion regulation and other strategies or support may be needed.

Additional support can be sought from

Kids Helpline 1800 55 1800

Lifeline 13 11 14

Beyond Blue 1300 22 4636

Sometimes I feel sad  
*Sob! Sob!*  
and I don't want to play,



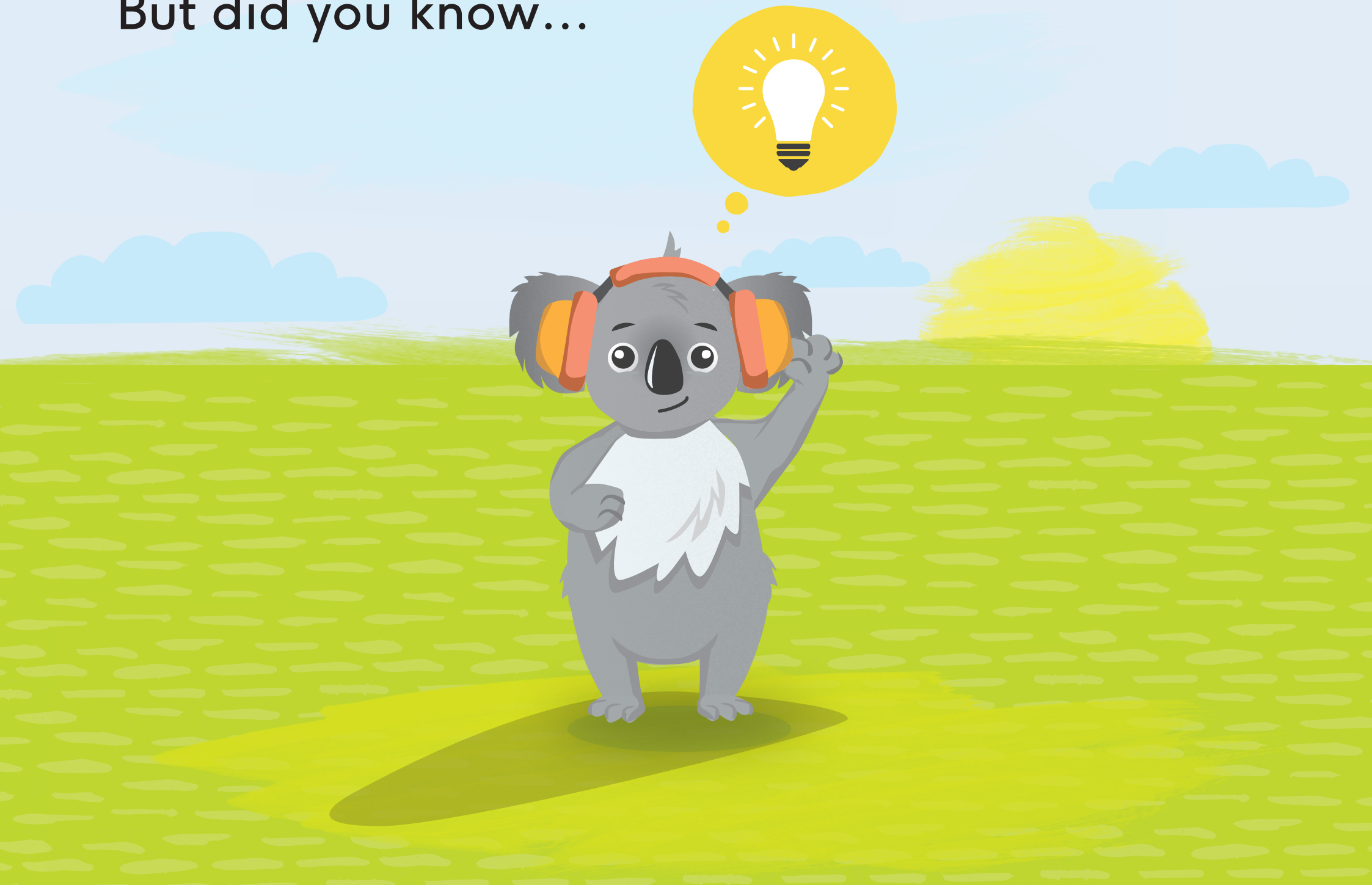
when things just seem unfair  
or it's an awful day.



My heart feels like it's hurt.  
I start to wipe my eye.  
My smile turns to a frown  
and I begin to **cry**.



But did you know...



moving can help us feel better?



We can move a **bit**



or we can move a **lot**.

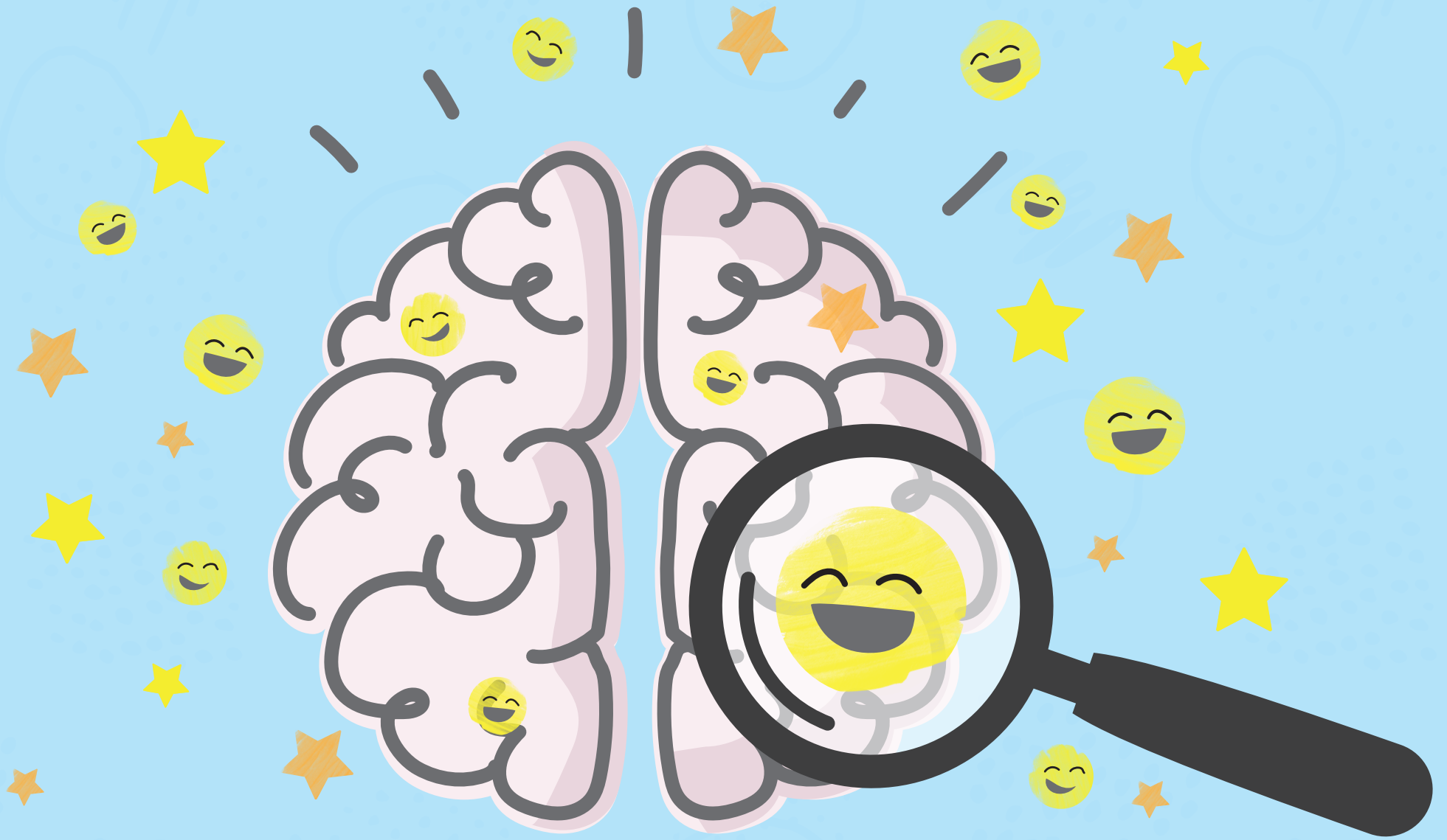


We can **skip** around  
or balance on the spot.





Even moving a little can make a **BIG** difference!



When we move, our brain makes special things called **neurotransmitters**. These can help us feel better.



Remember, any movement is **good** movement.



And you can always talk to your family,  
friends or teacher about how you are feeling.



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

Contribution to the text - Coral Vass.

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