



I can move when I feel
“overexcited”





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'm excited
Squeal! Squeal!
when there's a loud alarm,
or when the wind is wild
and I just can't keep calm.



I wriggle and I giggle.
My mind is full of fun.
My body will not listen
and I just need to run.



Everyone feels over-excited sometimes.



But did you know...



moving can help us feel calm?



We can move a bit



or we can move a lot.

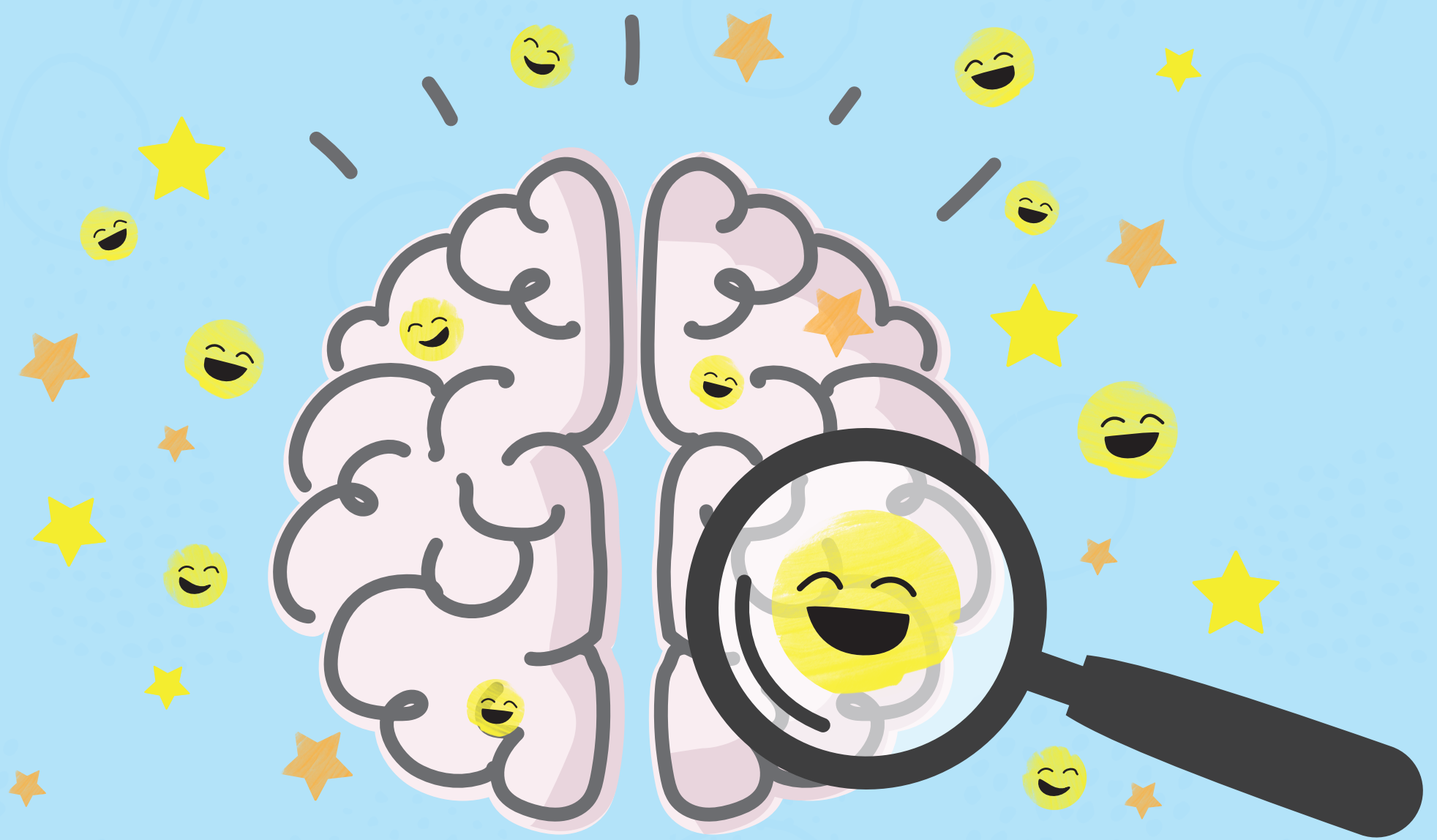


We can bow and bend
or stretch out on the spot.





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



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

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?

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