

Happy Movers

“angry”



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.

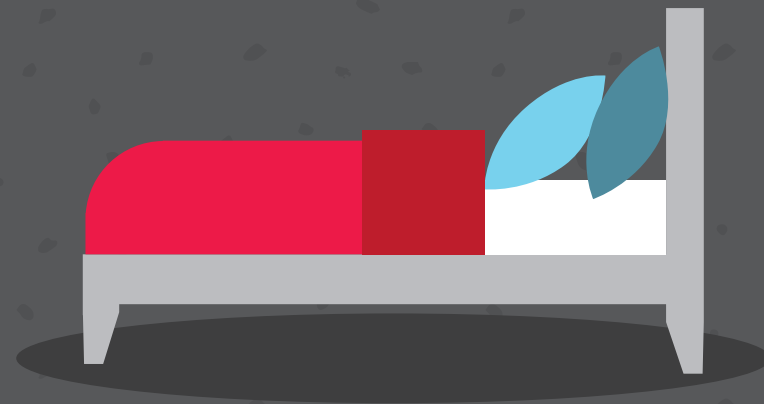
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The Australian Joy of Moving program was founded by Professor Nicole Rinehart at Deakin University. In 2021, it became part of Monash Education's School of Educational Psychology and Counselling.

Sometimes I feel **grrrrrr**
when I do not get my way.
Or when it's time for bed and I still want to play.



It's like a **hot** volcano boiling deep inside my chest. I feel like screaming and kicking, I won't give it a rest.



I get so mad, I think I'm going to **explode**.



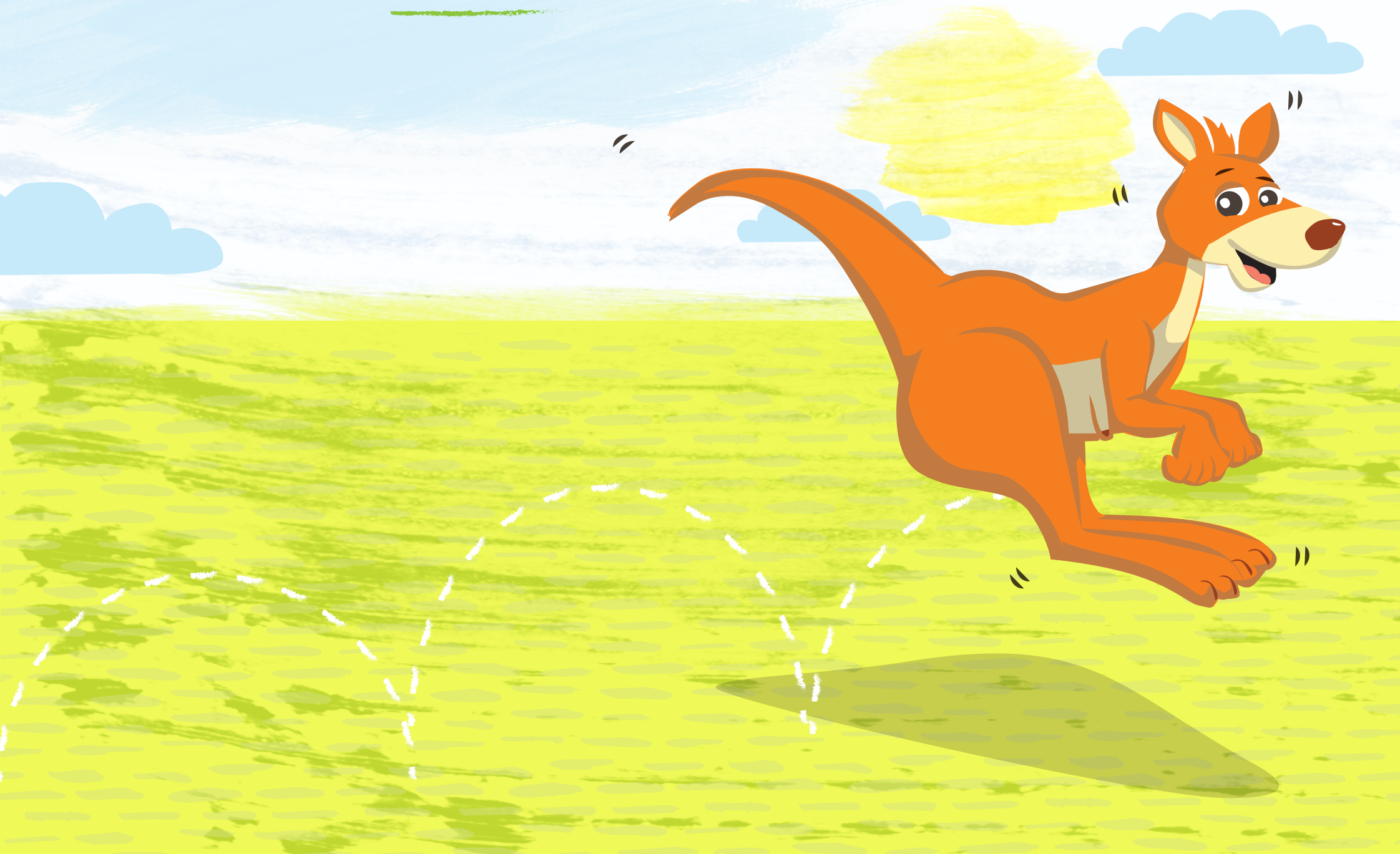
But do you want to know a **secret**?



Moving.... can make you happy!



You can bounce. You can run.



You can skate and have **fun**.



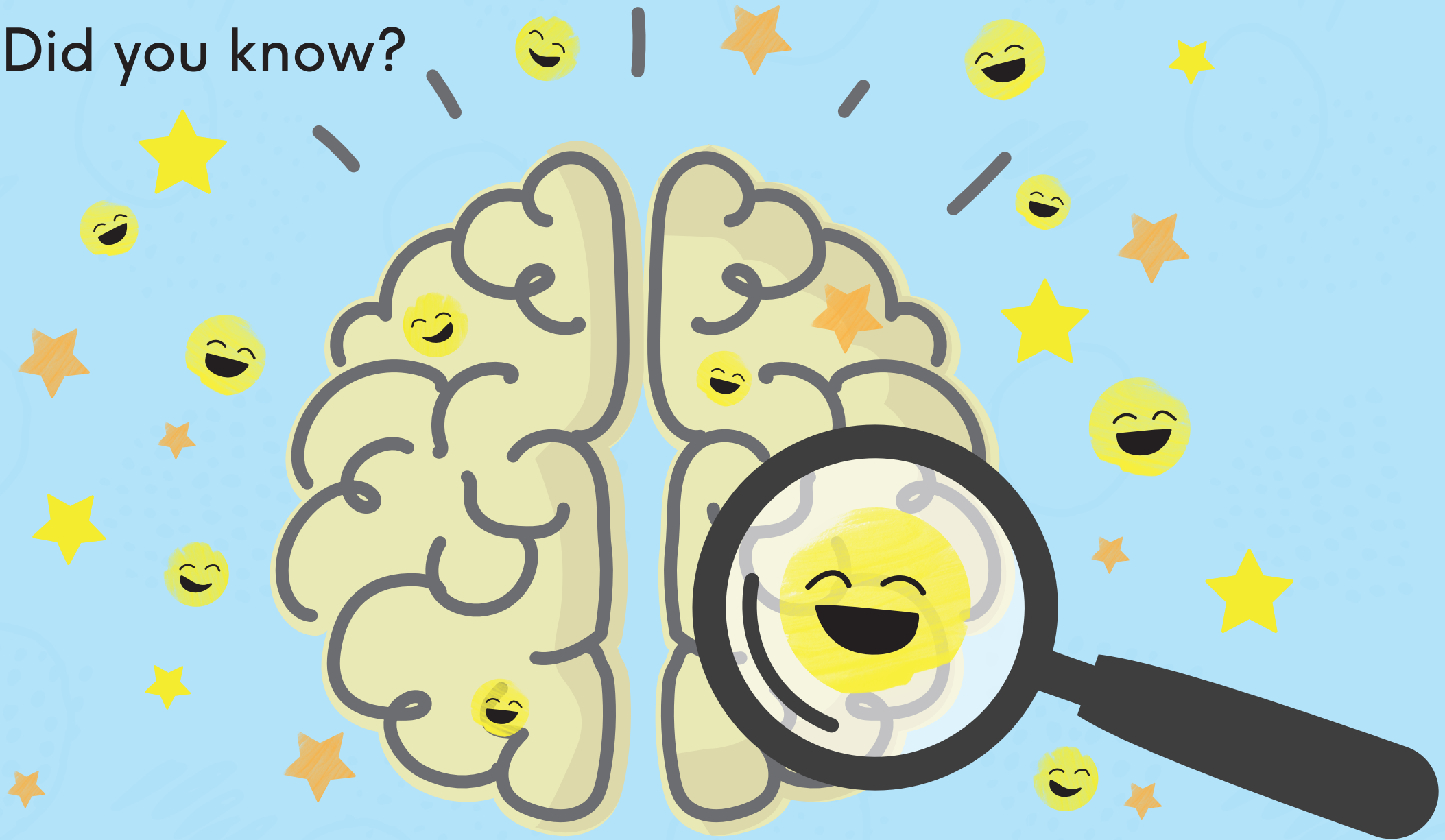
You can move a little, you can move a lot.
You can give it everything you've got.





As long as you keep moving, you'll feel happy,
light and free! When I'm angry, I like to do the
Jumpetty - Jee!

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 angry after moving, you can always talk to your family, friends or teacher about your feelings.



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



The end.

