

# Happy Movers

“worried”



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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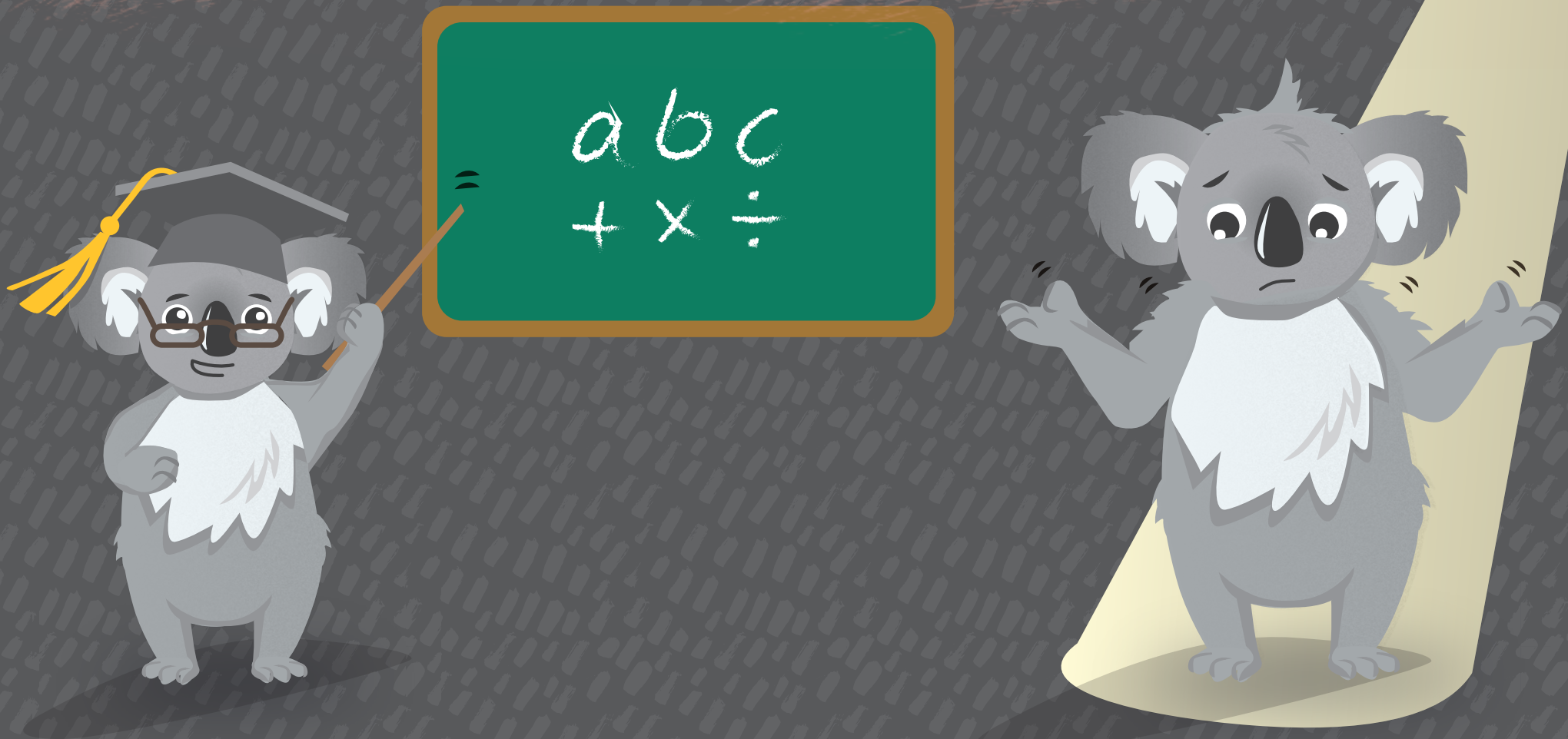


The Australian Joy of Moving program was founded by Professor Nicole Rinehart at Deakin University. In 2021, it became part of Monash Education's School of Educational Psychology and Counselling.

Sometimes I get **worried**  
when I don't know what to do.



Or when the teacher asks us something  
and I haven't got a **clue**.



My heart starts racing, my chest gets so tight,  
I'm worried it might **POP**.



I'm not sure of anything. My thoughts are jumbled and I feel really **hot**.

$a + c$   
 $b \times \div$

$+ \times \div$   
 $c b \cdot a$



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



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



You can go for a jog. You can **bounce** a ball.  
You can do some flips,  
just be careful you don't fall.



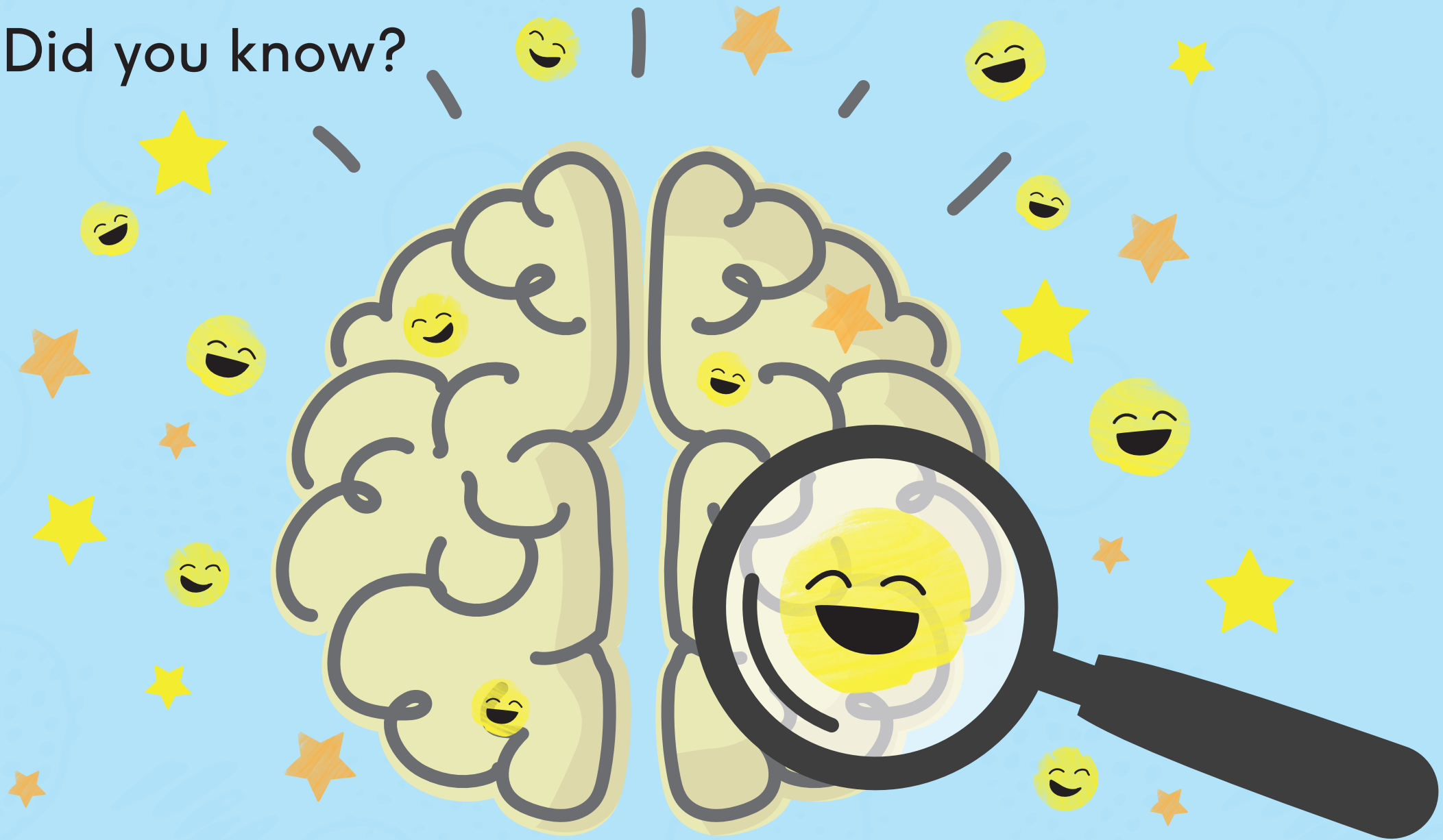
You can move a little, you can move a lot.  
You can give it everything you've got.





As long as you keep moving, you'll feel happy,  
light and free! When I'm worried, I like to do the  
**sizzle-See!**

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



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



The end.

