

I can move when I feel
"angry"





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 angry
Grrr! Grrr!
when I don't get my way.
Or when it's time to go
and I still want to play.



Like a hot volcano
boiling deep inside,



I kick and cry out loud
or find somewhere to hide.

ARRG GH!



But did you know...



moving can help us feel better?



We can move a bit



or we can move a lot.



We can kick a ball
or run fast 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?

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