

“ I can move ”





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

Everyone is different.
Some are loud and small.
Some are brave and quiet.
Some can't keep still at all.



When we are all different,
we may feel we don't fit,
or feel we can't take part
or sometimes want to quit.



But even though we're different,
one thing is the same.
Everyone can play
and still join in the game.



Did you know...



moving can help us feel good?



We can all move in our own way.



We can move a bit
or we can move a lot.

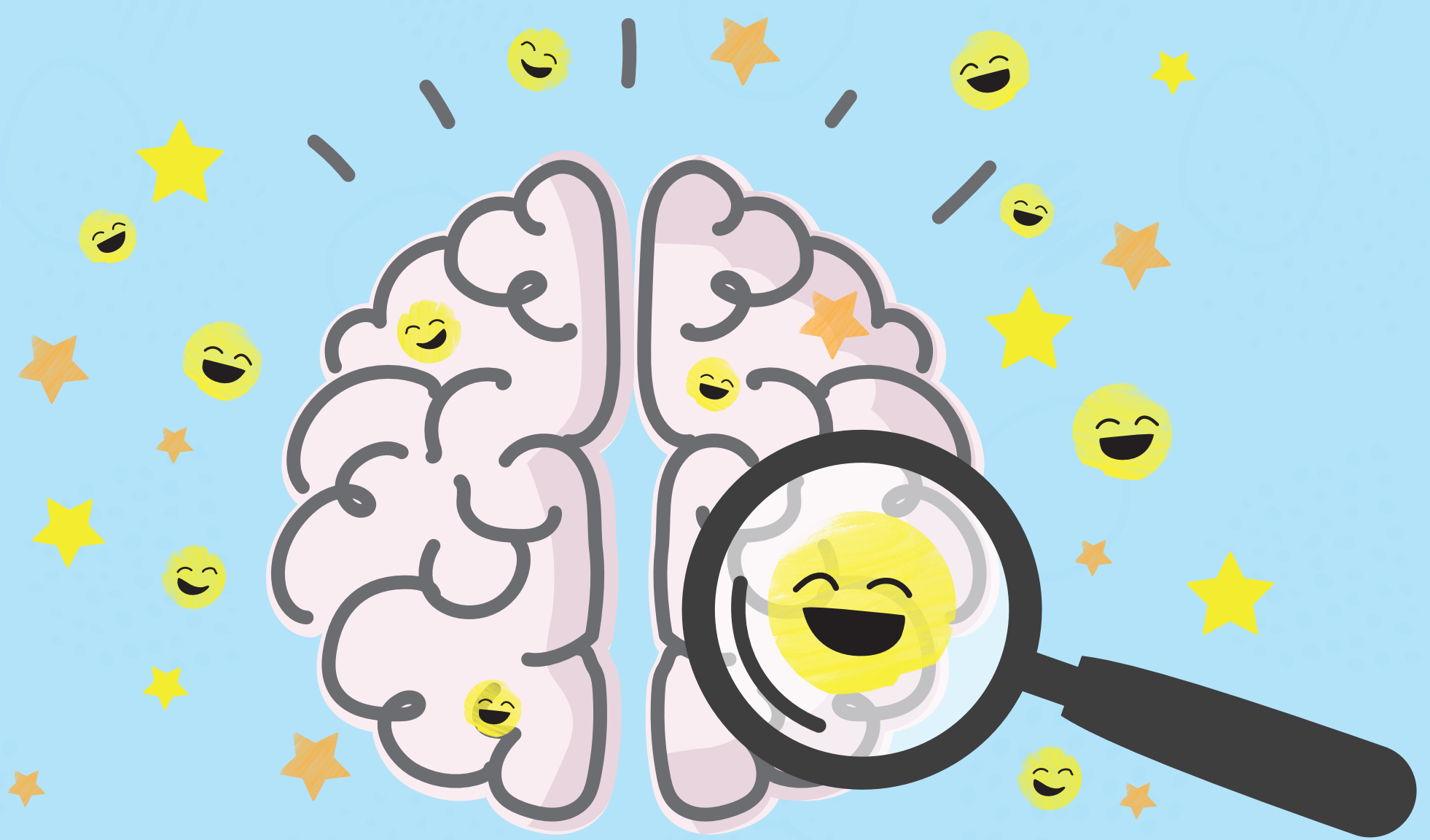


We can spin in circles
or jiggle on the spot.





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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