

I can move when I feel  
"scared"





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.

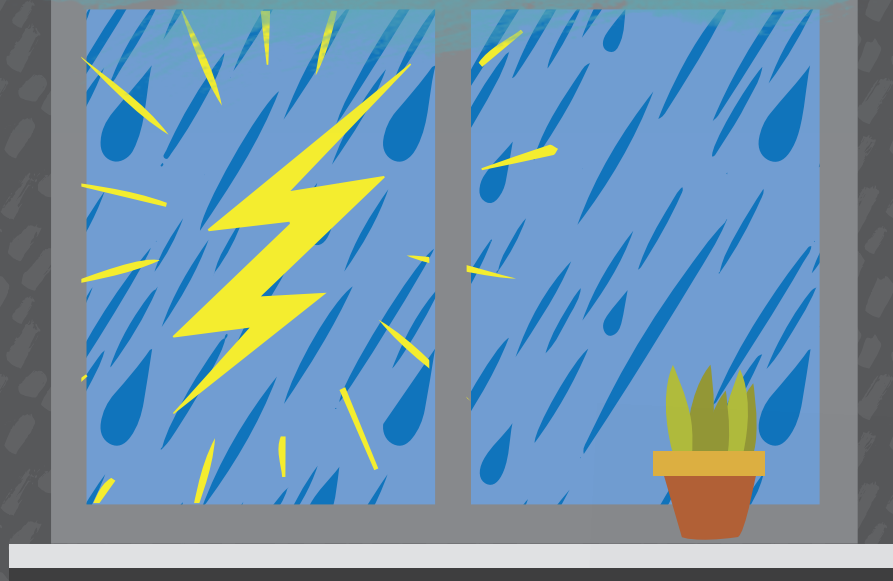
Additional support can be sought from

Kids Helpline 1800 55 1800

Lifeline 13 11 14

Beyond Blue 1300 22 4636

Sometimes I feel scared  
*Aah! Aaah!*  
when someone starts to shout.  
Or when it's very dark,  
or thunder's all about.



My hands begin to sweat.  
My mouth goes numb and dry.



I want to run and hide  
or cuddle up and cry.



But did you know...



moving can help us feel better?

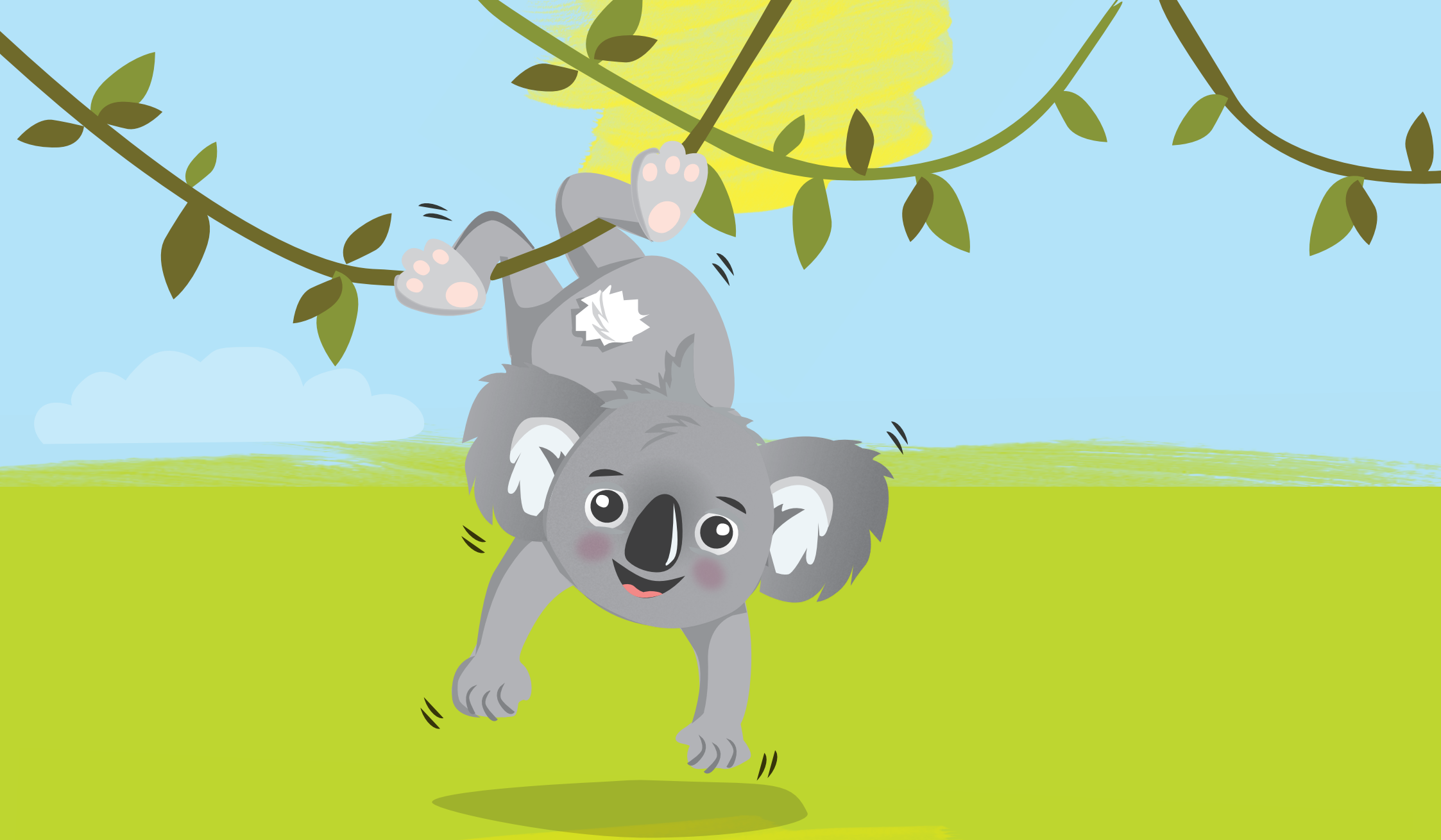


We can move a bit or we can move a lot.

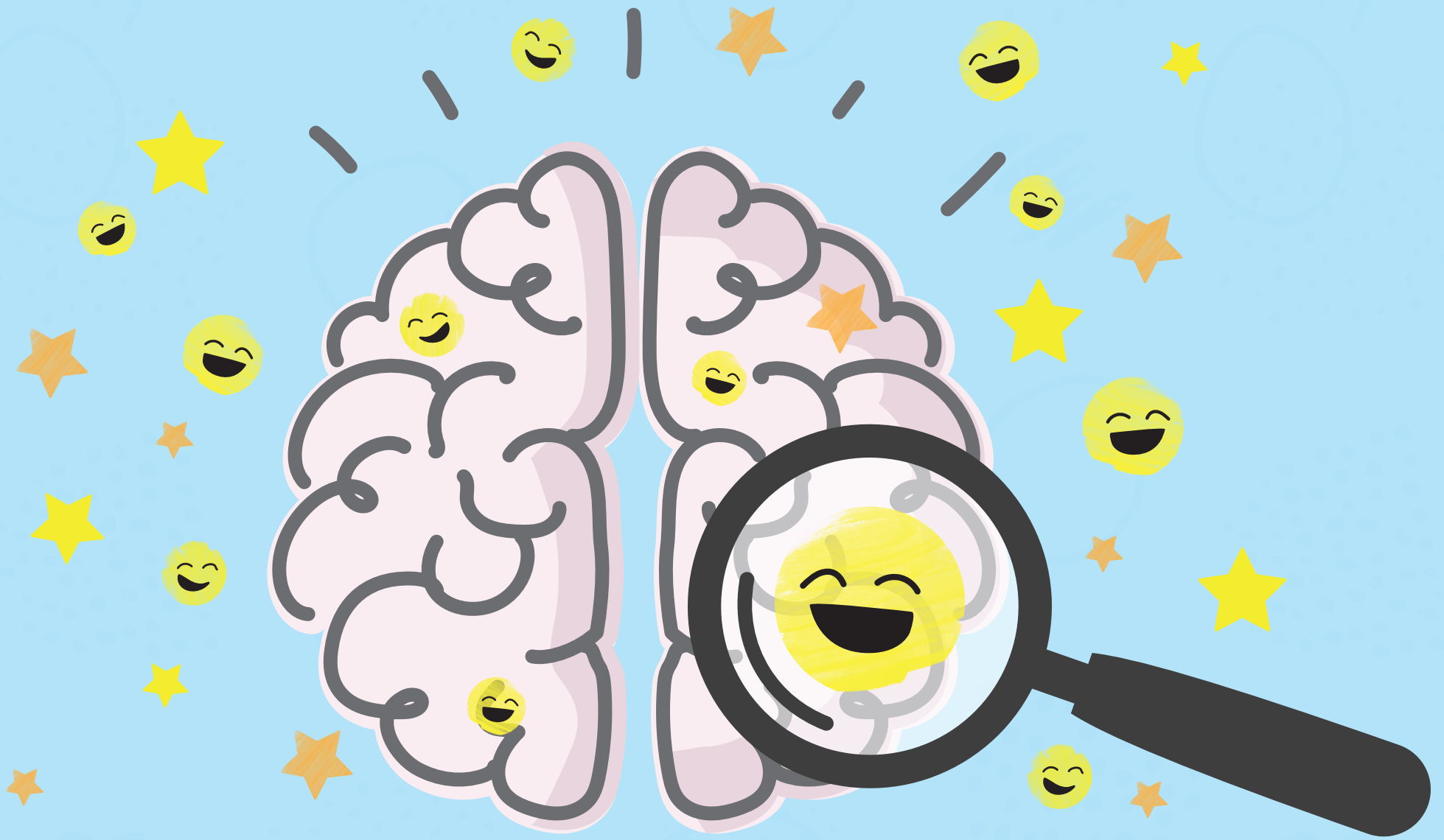


We can walk in circles  
or march right on the spot.





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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