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I can move when I feel
worried

Reader Notes:

Emotion regulation involves recognising, managing and expressing emotions in adaptive ways, and allows children to learn, socialise and engage in daily activities. Students with disabilities or developmental challenges often need extra support and time to learn emotion regulation skills. These stories teach children that fun moving activities can be used as a strategy to help express or regulate their emotions in a healthy way. It is important to remember that moving is just one strategy that can be used to cope with emotions, and that this may not work for everyone.

This story can be customised with personal images or photos that are relevant to the child or children you will read it with. Visit allplaylearn.org.au to view our collection of illustrated stories for ideas. We suggest taking photos of the child/children that are relevant to each page and adding to your desktop. You can then click on the icon on the following pages to add your images. We also recommend printing in colour.



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.



Teaching prompt: What makes you feel **worried**?

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.
I must remember that everyone feels **worried** sometimes.



Teaching prompt: Everyone show me a **worried** face. What else does your body feel or do when you feel **worried**? Do you think we all feel **worried** sometimes? How do you know if someone is **worried**? 4

There are things I can do that help when I feel **worried**.
I can take deep calming breaths. 1, 2, 3...



Teaching prompt: Let's all take deep **calming** breaths together.

I can squeeze my favourite toy or tell an adult how I feel.
I can say **positive** things to myself, like “I am safe” and “I can handle this.”



Teaching prompt: What toy could you squeeze when you are **worried**?

What words could you use to let someone know you are feeling **worried**?

Sometimes we might not use words to say how we feel - what other ways can we let others know we are feeling **worried**? What are some positive things you could tell yourself when you feel **worried**?

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I can **move**!!

I can go for a jog. I can bounce a ball.
I can do some flips, and be careful I don't fall.



Teaching prompt: Encourage children to do these actions while reading the next few pages.

I can **move** a little. I can **move** a lot.
I can give it everything I've got.



What is it about **moving** that makes my **worry** shift?



Teaching prompt: Have you tried **moving** when you feel **worried**? What happened when you started **moving**?
Are there movements you think help best when you are **worried**?

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When **moving** my brain makes special messengers
that help my mood to lift.
What **move** do **YOU** like to do?



Teaching prompt: Those special messengers in your brain are called neurotransmitters.
Finish off with all children performing their favourite **move/movement**.

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