



*Movement Cards*



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## Teachers & Parents

Emotion regulation involves recognising, managing and expressing emotions in adaptive ways, and allows children to learn, socialise and engage in daily activities.

Physical activity can help support children's emotional wellbeing by triggering the release of neurotransmitters and reducing the impact of stress.

These movement cards teach children that fun moving activities can be used as a strategy to help express or regulate their emotions in a healthy way.

## Movement ideas & emotions

- **Get moving!:** Let each child pick a movement activity for the whole group. This can be even more fun with music.
- **Individual/Group Chat:** Use the talking points on the card to support children with identifying the movements that they think help most when experiencing specific emotions. You can use this time to introduce children to more complex emotions if they are ready to learn these too.
- **Emotion and Movement Combo:** Let children pick an AllPlay Learn Emotions card and match it to a movement card they feel it pairs well with. Remember, there is no wrong answer – we each express and regulate our emotions in our own way.
- **My Moves:** Ask children to invent their own movement activities for specific emotions. Extra points for creativity!
- **Move with Humphrey B. Bear:** Play the Humphrey B. Bear Emotions videos on AllPlay Learn and sing and dance along. Ask the children to list all the movements they watched and find the matching cards.



# Shake

I can **shake** when I feel **sad**.

What other movements could I make when I feel **sad**?

What emotions do I feel after I **shake**?

# Sway

I can **sway** when I feel **calm**.

What other movements could I make when I feel **calm**?

What emotions do I feel after I **sway**?



# *Run on the spot*

I can **run on the spot** when  
I feel **worried**.

What other movements could  
I make when I feel **worried**?

What emotions do I feel after I **run**?

# *Stamp*

I can **stamp my feet** when  
I feel angry.

What other movements could  
I make when I feel **angry**?

What emotions do I feel after  
I **stamp my feet**?



# *Skip*

I can **skip** when I feel **happy**.

What other movements could I make when I feel **happy**?

What emotions do I feel after I **skip**?

# *Play my guitar*

I can **play my guitar** when I feel **sad**.

What other movements could I make when I feel **sad**?

What emotions do I feel after I **play my guitar**?





# Stretch

I can **stretch** when I feel **calm**.

What other movements could I make when I feel **calm**?

What emotions do I feel after I **stretch**?

# Dance

I can **dance** on my own or with a friend when I feel **worried**.

What other movements could I make when I feel **worried**?

What emotions do I feel after I **dance**?



# *Clench*

I can **clench my fists** when I feel **angry**.

What other movements could I make when I feel **angry**?

What emotions do I feel after I **clench my fists**?

# *Twirl*

I can **twirl** when I feel **happy**.

What other movements could I make when I feel **happy**?

What emotions do I feel after I **twirl**?