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I can move when I feel  
disappointed

## 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](http://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.

It's a special day at school and we have fun activities planned.  
But as all my friends arrive, the rain gets out of hand.



We can't play fun games outside anymore.  
I am so **disappointed**. My heart feels so **heavy** and sore.



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

I think the whole day is just a waste. I want to sit down and **sulk**.  
I must remember that we all feel **disappointed** sometimes.



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

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



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

I can cuddle my favourite toy.  
I can tell a friend or an adult that I **trust**.



Teaching prompt: What is your favourite toy (or sensory tool if there are children who use these in your setting) that you can use when feeling **disappointed**? What words could you use to let someone know you are feeling **disappointed**? Sometimes we might not use words to say how we feel - what other ways can we let others know we are feeling **disappointed**?

I can **move!**  
I can hop. I can twist.  
I can try and do the splits.



**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 **movement** that makes my **disappointment** shift?



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

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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**.

For more stories and information on making education accessible  
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