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Movement Brainstorm

Use this space to draw or brainstorm all of the different ways that you can move your body!

Things I can do to move my body







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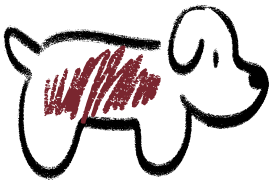


Go for a walk

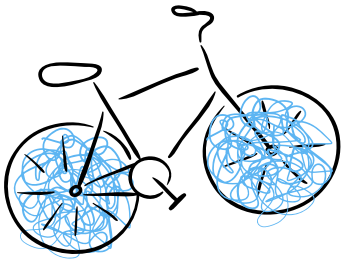
Shake out my arms and legs

Dance to my favourite song

Take my dog for a run



Jumping jacks/Star jumps



Stretch my body

Go for a bike ride



Play tag or catch with my friends

Skip, jump or hop



Play basketball/tennis with my friends

Do some yoga poses

Go for a swim



Alerting & Calming Movement Ideas

Movement & Emotional Wellbeing
Did you know that moving your body can boost feelings of happiness and help manage stress? That's because movement releases endorphins (your happy hormones) and helps balance adrenaline and cortisol (your stress hormones). Not all movement feels the same – some movement exercises can energizes you, while some movement exercises can help you feel calm. Understanding this can make movement a powerful tool for regulating your emotions.

What is 'alerting movement'?
Alerting movement exercises will wake you up, get your heart rate up and can alert or excite you.

When can we use alerting movement?
- If you're feeling stressed or restless (e.g., frustrated, impatient, angry, distracted, or anxious): Alerting movement can help you burn off extra energy (adrenalin) and reduce stress hormones. This makes it easier to feel more balanced.
- If you're feeling down or tired (e.g., sad, bored, or unmotivated): Alerting movement can give you a boost of energy, focus, and positivity by triggering those feel-good endorphins.

Examples of alerting movement include jumping jacks/star jumps, dancing to upbeat music, running or skipping or playing a high-energy sport.

What is 'calming movement'?
Calming movement exercises will soothe you, lower your heart rate and can help you feel more grounded in your body.

When can we use calming movement?
- If you're feeling stressed or overwhelmed (e.g., frustrated, anxious, or angry): Calming movement can soothe your nervous system and help you feel more in control of your emotions.
- If you're feeling low or tired (e.g., sad, unmotivated, or drained): Gentle, calming movement lets you connect with your body in a comforting way, while still releasing those happy endorphins.

Examples of calming movement include stretching or yoga, taking a slow walk, breathing exercises or slow purposeful exercise such as biking or swimming where you focus on your breath.

Whether you're looking to calm down or perk up, moving your body is a simple, powerful way to care for your emotions. Choose what feels good for you, and listen to what your body needs!

The following page can be used as a space to brainstorm different alerting and calming movement ideas that you can refer back to you when you are feeling in need of some regulation tools!

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What movement exercises alert & calm you?

Use the space below to write down or draw some ideas about movement activities you can do to feel alert or feel calm!

Alerting movement exercises

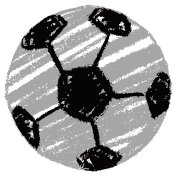
Calming movement exercises

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What movement exercises alert & calm you?

Use the space below to write down or draw some ideas about movement activities you can do to feel alert or feel calm!

Alerting movement exercises





Playing football, rugby & basketball

Running



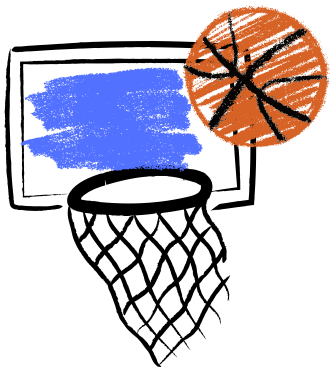
Dancing to my favourite songs



Power walking

Skipping or jumping

High-knees or burpees



Calming movement exercises



Breathing deeply



Walking outside

Floating in the water when swimming



Doing some yoga poses



Swaying to gentle music

Stretching my body



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My Movement Plan

This activity invites you to reflect on different types of movement activities that you enjoy, and how they can fit into your routine on a daily, weekly and monthly basis.

Understanding what movement looks like for you!

Use the space below to write down some ideas about movement activities you enjoy and can do every day, once or twice a week and once or twice a month.

Daily activities: How can we move more daily? These are low-intensity activities we can do every day–& might already be doing!	**Weekly activities:** These are activities that we have time to do each week, & are sometimes more physically intense.	**Monthly activities:** Monthly activities are more active & often come with higher costs, whether in time, energy, or money. They're special treats we enjoy but can't do too often.

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Walk or bike to school	Play a weekly match in a sports team	Go to the trampoline park
Walk the dog	Go for a run	Go swimming at the pools
Dance to your favourite song	Go for a walk/bike ride with my friends	Go for a hike
Do some stretches and breathing	Go to a dance class	Go rock climbing
Take the stairs instead of the lift/elevator	Go to a yoga/pilates class	Go roller-skating or ice-skating
Do an activity during break time	Go for a 'colour walk' (a walk where you take notice of everything of a specific colour)	Try a new sport