So this is an 'ible on how you animate GIF images in photoshop, dead simple, lots of fun and very easy to do, though a little labor intensive, in comparison to flash, this is frame by frame animation...
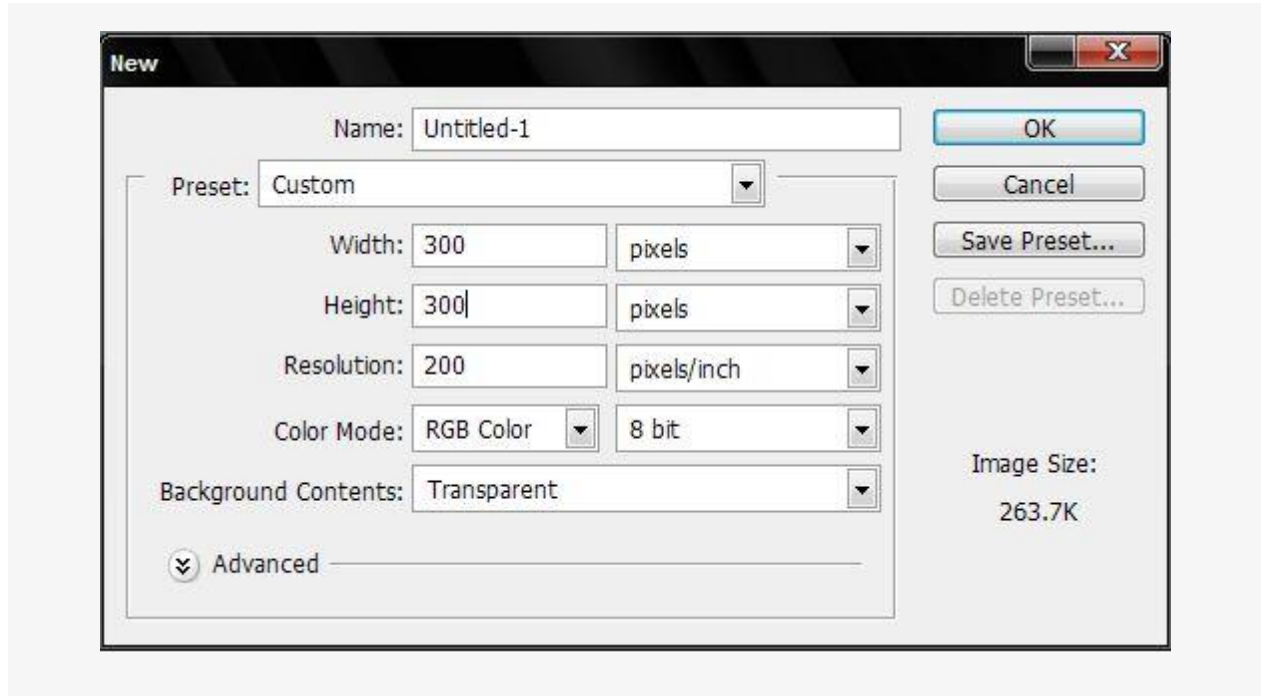
Step 1: You'll need...

A copy of photoshop.

About half an hour to an hour to play with
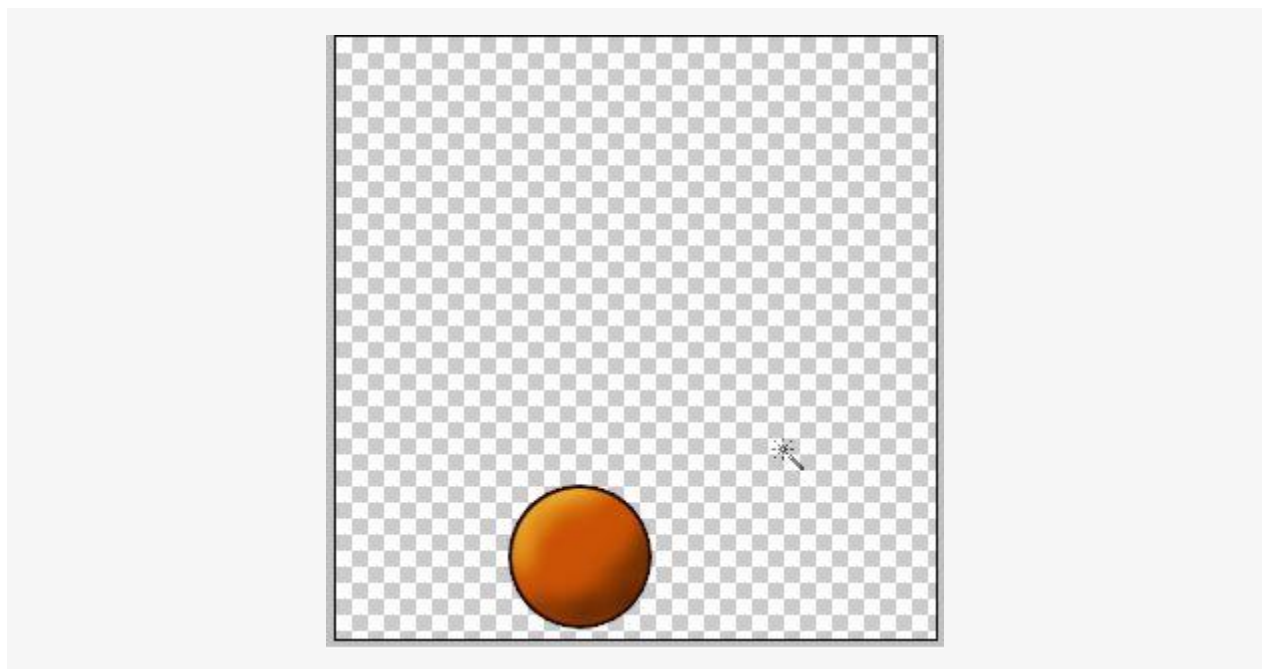A little experience in computer graphics
An idea

Step 2: Create your new document.

Ok so make yourself a new document, not too big though.

I'd suggest no larger than 300x300px to start with, since it's a lot of drawing or moving involved...
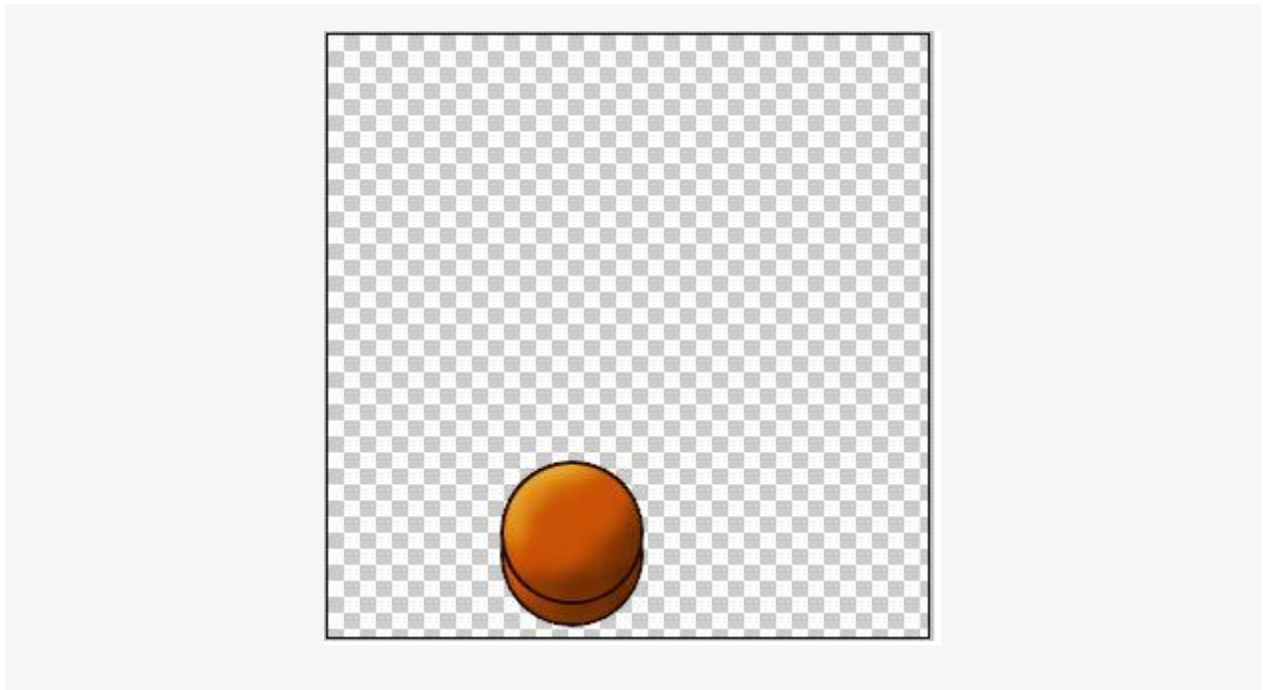
Step 3: Make your image/object

Draw your image or object, start out simple, I'm using a ball as the example here, depending on you what you like, a smiley face where something moves is also an easy starter.

Draw your item.

Right click the layer and choose duplicate layer.

Step 4: Start animating...

So get your new layer, if you made the ball or similar object, select it and move it, we can always come back and add the background.

If you made a face or the like draw a little of what you want it to change to during the animation...

The trick is to use small changes, for the ball or object make it very small for slow movement and a little bigger for faster movement.

In the pictures I've used a transparent background so you can see what's going on...

You can add a background later on with the fill tool or pattern fill tool...