

Stormbreak is a programme to improve children's mental health through movement. It aims to equip them with sustainable, transferable skills and coping strategies to sustain them through school and on into their adult life.

The programme benefits all areas of the school community.

For children

- Build resilience, overcome adversity, learn to face stress and pressure
- Develop effective self-care, depression, anxiety and anger management skills
- Develop optimism, focus, persistence and perseverance
- Improve confidence, self-esteem, self-image and self-worth

For teachers

- Change perceptions of mentally healthy movement creating a whole school approach and lasting change
- Improve confidence and delivery for supporting mentally healthy movement
- Improve children's behaviour and reduce their absenteeism

For parents, carers and community

- Reduce referral rates to school-based and community mental health interventions
- Improve social capital, wider community engagement opportunities and family mental health
- Create healthier, happier families and communities

Each Stormbreak is a mentally healthy movement opportunity designed to focus on one of five core mental health concepts. The daily session allows for simple and inclusive movements through a range of movement experiences inside or outside, connecting with nature, free play movements, mindful movements, running movements and each one encourages discussion and communication about our emotions, feelings and wellbeing and highlights skills and strategies to help support us being mentally healthy and well.

The five mental health concepts are:

Resilience

How we develop inner strength and courage and the ability to keep trying and 'bounce back' from difficult situations.

Relationships

The connections we have with the people around us that help us to feel special and safe.

Self-care

How we look after our mental and physical health, notice our feelings and how we make choices about ways to take care of ourselves.

Self-worth

How we feel about ourselves inside, knowing we are important and that we matter.

Hope and Optimism

Helps us to see that things can change and that we can believe in our potential now and in the future.

The Stormbreak website has pre-recorded sessions that staff can use to deliver the sessions to their class. Three staff at Heathlands have completed a comprehensive training programme since January and are the advocates for the school. All staff have had with a two-hour training session. Parents also have access to the Stormbreak materials to use at home.