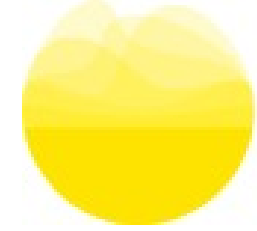


what is stormbreak?



stormbreak

[Stormbreak Website](#)





what is stormbreak?

- **registered charity in England and Wales**
- **work alongside trusted adults to support children's mental health and wellbeing through movement**
- **the approach is a prevention at scale model, based on a whole school approach**
- **stormbreak provides a toolkit of skills and knowledge that the children can use both now and in the future**
- **stormbreak reduces the stigma about mental health by mainstreaming conversations through movement**

what is a stormbreak?

- **short 5-15 minute movement based activities (we call these 'stormbreaks') that over time will provide children with the toolkit they need to support their own wellbeing, now and in the future**
- **a stormbreak involves movement and associated conversation and discussion around mental health**
- **the emphasis is on how we explicitly focus on mental health through our interactions, our relationships, the language we use and how we communicate our attitudes, values and understanding of mental health**



stormbreak

what is stormbreak?



stormbreak



the extent of the issue

- 1 million children in the UK have MH issues
- 1 in 6 children has a diagnosable MH condition
- 25/40 referrals to CAMHs are rejected
- On average children wait 10 years to get help for a MH issue
- Half of all MH issues start before the age of 14
- Record numbers of children contacted NSPCC during lockdown
- Research shows that children with low wellbeing are more likely to have problems in their lives including with their physical and mental health
- A majority of children aged between 4 - 12 'in western countries' now play outside for less time each day than prisoners





principles of engagement:

it's more than the movement

- 1 We reduce the stigma about mental health through mainstreaming conversations during movement.**
- 2 We focus on valuing the experience and the process of movement rather than the outcome or performance.**
- 3 We celebrate engagement and interaction where movement is simple, inclusive and accessible to all.**
- 4 We value aspiration and competition with a focus on developing a sense of self-worth.**
- 5 We choose language that develops relationships where the values of respect, trust, kindness and openness are at the core.**
- 6 We listen carefully and with intent to understand and validate.**
- 7 We create cultures and environments for movement that foster a sense of connectedness and belonging.**

our 5 concepts of mental health

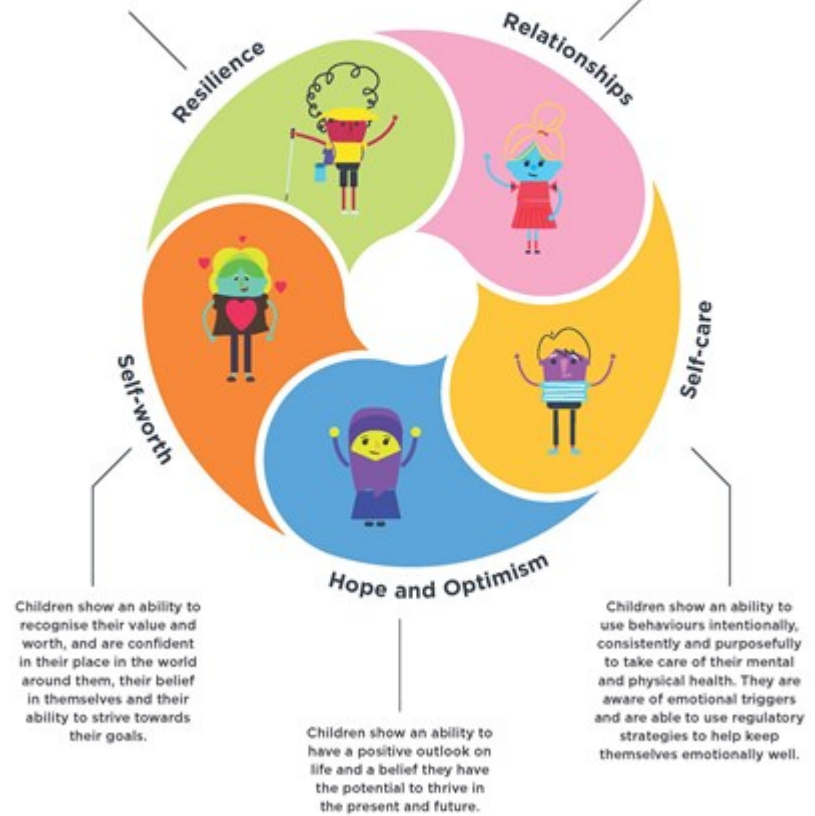


Stormbreak Sunrise

THE STORMBREAK
SUNRISE MODEL

Children show an ability to 'bounce back' from adversity and adapt positively in the face of challenging personal and situational circumstances.

Children show an ability to know how to form, develop and sustain quality, meaningful and appropriate relationships with a range of people.



**our 5 concepts
of mental health**



stormbreak

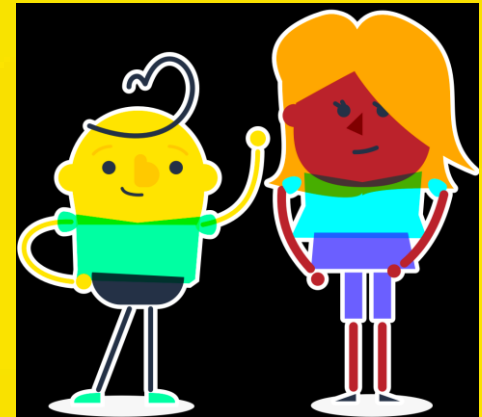


what has our school already done?



stormbreak

Each class engages with Stormbreak regularly during the week. Stormbreak sessions are logged digitally so we are able to see the skills each class is focussing on.



self-care

Self-Care is about children showing an ability to use behaviours intentionally, consistently and purposefully to take care of their mental and physical health.

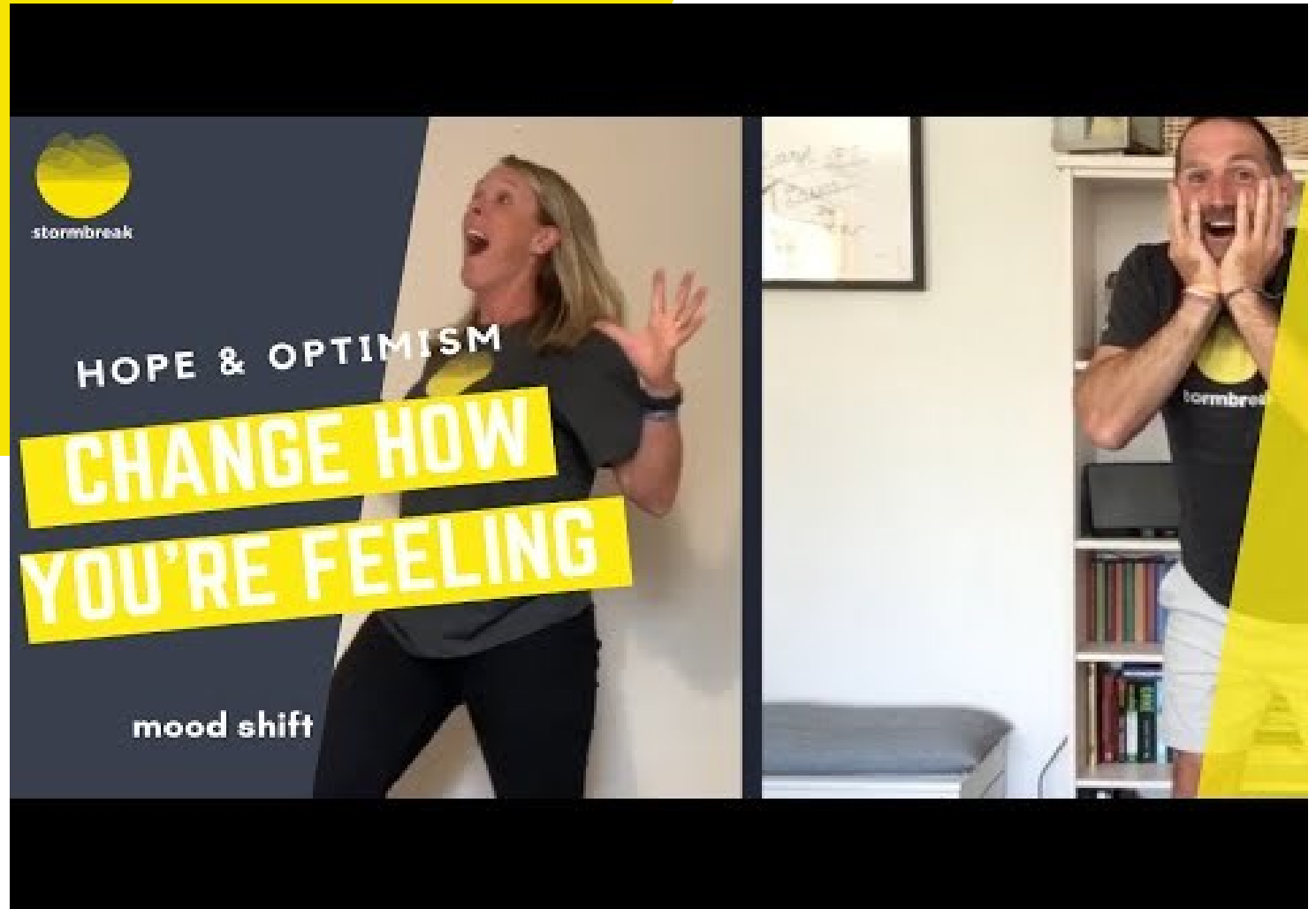
Self care is when children are aware of their emotional triggers and are able to use regulatory strategies to keep themselves emotionally well



hope & optimism

Hope and Optimism is all about children having an ability to have a positive outlook on life and a belief they have the potential to thrive in the present and future. Developing a strong sense of hope and optimism helps children to understand that the present moment can be adapted and can change especially when adversity occurs.

Hope and optimism allows children to understand that smiling, laughing and playing are positive and natural, but that it's ok to feel sad or unhappy and worry sometimes.



Stormbreak Shine



[Stormbreak Shine video](#)



Stormbreak Shine

Stormbreak Shine is a digital referral tool that enables you to support children when **emotional wellbeing difficulties are emerging**.

School staff can share a stormbreak pathway (for example, for early emerging anxiety) with a child so that they can access Stormbreak at home.

Staff are able to monitor how often children complete Stormbreaks at home and can reference these when referring to other agencies.



Families Together

[Click HERE to sign up to a session](#)

Attendance is free but booking is essential.

Families Together Workshop with stormbreak®



You are invited to attend a FREE families workshop, run by the charity Stormbreak.

Our 'Stormbreak Families' workshop is an introduction to stormbreak; a charity that supports children's mental health through movement.

In this workshop we:

- introduce you to stormbreak, who we are and our vision
- show you how to access our free resources and activities to explore with children in your family and home setting
- answer any questions you might have

This session is repeated twice on the first Wednesday of the month until July 2023, at either 10am - 11am or 6.30 - 7.30pm.

To sign up for one of these FREE sessions please follow this [link](#) >



Stormbreak Shine

- [Stormbreak 25 days Challenge](#)

How to take part in the stormbreak challenge



Taking part in the stormbreak challenge is easy - your goal is to stormbreak for 25 days.