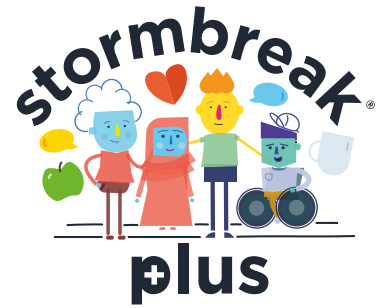


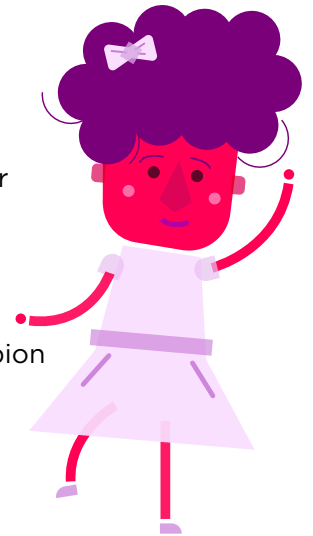
Stormbreak® Plus



We are really excited to be able to share the launch of our premium membership area: **stormbreak Plus**

A new membership model, stormbreak Plus has been developed to provide access to extended and premium mentally healthy movement resources. Stormbreak Plus is a digital membership service and provides access to additional premium content, on-going continuing professional development, Shine pathways and also new materials as they are released.

- Ensures stormbreak continues to be engaging and embedded into schools
- Exclusive access to stormbreak Shine, our early intervention pathway programme for supporting children with specific specific early emerging mental health challenges and struggles...and includes the ability to monitor engagement and progress on an individual and group basis
- Provides access to our schools peer to peer training programme, stormbreak Champion
- Offers access to new and premium stormbreak content, events and professional development opportunities



[Click here to see what stormbreak Plus offers >](#)



Exclusive access to stormbreak Shine

Our early intervention digital programme supporting children with specific emerging emotional needs. We know helping children when they start to struggle is vital. So, we've developed a way to help school teachers, mental health leads, and pastoral care workers do that.

[Click to read more >](#)

A comprehensive library of stormbreak resources for you to display. We've got tonnes of helpful resources that'll help you tell the stormbreak story in your school.

Access to our new premium stormbreak activity library including breath moves, play moves and sensory moves. We've developed an amazing new stormbreak library. We think you'll love it! We'll be adding new stormbreaks regularly.

[Click to watch >](#)



Why join stormbreak Plus?

Access to regular staff professional development webinars. We want to give you more intentional and focussed emotional wellbeing support for your children.

Building generations through a stormbreak Champion programme



Stormbreak Champion is a peer-to-peer programme developing and supporting children and young people to become stormbreak coaches to enable and empower them to deliver stormbreak as champions in community, voluntary, health, education and social settings.

We hold the view that children's voices matter and so over the past 12 months to bring this to life further we have developed a learning programme resource for stormbreak primary schools to support and encourage children in their school to represent and advocate mental, physical and emotional wellbeing by becoming a stormbreak Champion.

Stormbreak Champion provides school staff with a resource based learning programme giving them the knowledge, tools and resources to help train older children in their schools to be able to deliver stormbreak in their setting. In doing so, the school then has a peer to peer mental health advocacy network.

Example Champion resource:

Follow My Lead

Resilience
Recognising that there are things that cannot be controlled. Developing an inner strength and courage.

Resources and space required:

- ✓ Outside space with a natural environment where possible
- ✓ Blindfold (if required)

How to deliver the stormbreak:

1. Introduce resilience using the definition above.
2. The stormbreak Champion arranges the children into pairs (as A and B).
3. Child A is lead by child B, who will have their eyes closed (or blindfolded).
4. Child A describes the surroundings out loud i.e. we are walking over leaves, turn around slowly etc.
5. Child A can hold child B's shoulder, hands, or whatever feels comfortable, or child B can walk behind child A holding their shoulders.
6. Once they have explored all three, Child B opens their eyes and guesses which objects they were touching.
7. Repeat this in two more areas with two different things in nature to explore - find something up high, at waist height and something near the floor.
8. Child A leads their partner to something safe and natural to touch e.g. a tree, grass etc and asks them to touch it and describe it, but not guess yet.

Follow My Lead

Champion reminders

- Communication is very important!
- Listen carefully!

Talk together

- Ask** "How did it feel not to be in control?"
- Ask** "How did it feel to be led/be the leader?"
- Remind them** "To relax and trust the person leading; if you are the leader, walk slowly and gently"
- Encourage them** "To move safely"
- Encourage them** "To communicate clearly"
- Tell them** "It's OK to take a chance"
- Tell them** "It's OK to not have control over everything and everyone"
- Tell them** "It's OK if you don't want to be touched on the shoulder, you can be led in a way that feels comfortable"

Safety reminder

- Ensure that the children move around the space in a safe way.
- Ensure that children are led only to objects that are safe to touch.

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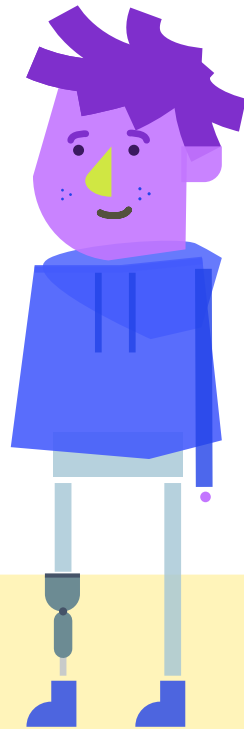
stormbreak

Check out our new stormbreak moves

Breath Moves



Written in collaboration with a Master Instructor and Breathworks Coach, these activities are designed to help children to pay attention to their breath, to connect to their breathing rhythm and use the breath as a powerful tool to help calm the mind, lower heart rate and feel more in control.



Wild Moves



Based on the moves of the animal kingdom, these activities encourage children to think about a wide variety of movement shapes and patterns, challenging preconceptions around movement by exploring primal moves along with more gentle movement flows.

Sensory Moves



Written with a specialist Occupational therapist and Advanced Sensory Integration Practitioner, these activities are designed to support children who are awaiting assessment for neurodevelopmental conditions, such as autism. Common difficulties associated with autism were identified and addressed through these specific movement activities. These movement activities may also support those with attachment difficulties or other sensory challenges, due to the commonality of difficulties experienced and the sensory integration approach.



More stormbreak moves coming soon:

- Focus Moves
- Play Moves
- Musical Moves



Stormbreak Shine



Stormbreak Shine is a digital referral tool that enables trusted adults to support children when emotional wellbeing difficulties are emerging. They can complete a stormbreak pathway (for example, for early emerging anxiety) with a child, or group of children. They can also share an appropriate pathway with another trusted adult to complete with a child while still monitoring their progress, therefore increasing their capacity to support more children and respond in an appropriate and timely way.

[Watch the stormbreak Shine animation >](#)

[Click to read more >](#)



Bonus for existing Surge schools!

We want to say thankyou for supporting stormbreak. If you are a **stormbreak Surge school**, when you sign up as a **stormbreak Plus** premium member school you will also receive:

- Access to our schools new peer to peer training programme, **stormbreak Champion**. This programme gives you a learning programme to help children at your school be stormbreak advocates and support each other.
- Free downloadable stormbreak activity resource cards for new stormbreaks.

What it costs: stormbreak Plus

£200 pa for schools with > 150 pupils

£350 pa for schools with 151-300 pupils

£500 pa for schools with < 301 pupils



[Click to register your interest >](#)



stormbreak®

Visit stormbreak.org.uk for more information about what we do

#hellostormbreak



*Payments must be received by 31.7.23