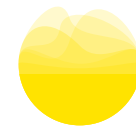
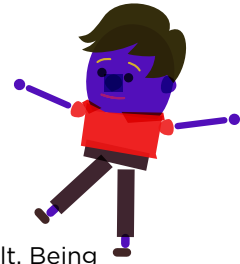


# Ten ways to **B** you! Moving with Stormbreak



stormbreak



## **B**reathe - **Self-care**

Recognising the importance of knowing how you are feeling and using breathing to calm and regulate yourself.



Monkey Mind

## **B**ounce - **Resilience**

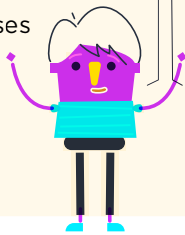
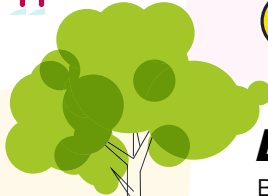
Building stamina through raising heart rate, endorphin release and feel good hormones gives us bouncebackability to overcome obstacles and reach success.



Classroom Cross Country

## **Be** with nature - **Self-care**

Being in nature calms and uplifts us. We can feel awe and wonder and it helps us take care of ourselves. Be mindful and use your senses to notice and connect, allowing serotonin release which is good for our wellbeing.



Make Friends with a Creature

## **Be** present - **Self-worth**

Knowing inside we matter and celebrating who we are and want to become. When we have self-worth we can believe in ourselves and feel happy and safe.



Sunrise

## **Brain** boost - **Hope & Optimism**

Exercise changes the brain, it focuses the mind, enhances memory and improves thinking skills. It helps us to reach our potential, believe in ourselves and achieve our goals.



Ranagram

## **Balance** - **Resilience**

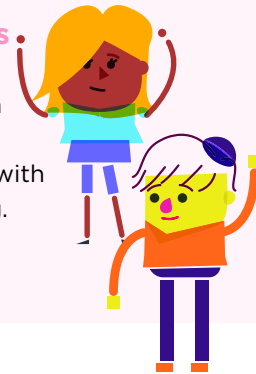
Using inner strength to keep your balance even when things are difficult. Being strong, focusing on mind and body to keep steady.



Life in Balance

## **Buddy** up - **Relationships**

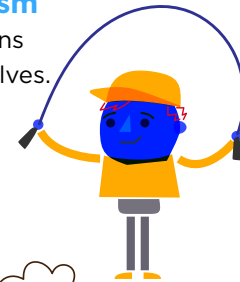
Connection with others through movement releases oxytocin which makes our relationships stronger. We can communicate more easily with each other and feel that we belong.



Buddy Run

## **Be** brave - **Hope & Optimism**

Be aware of our hopes and aspirations and the challenges we can set ourselves. Be brave in stepping outside your comfort zone, by trying something new and believe in yourself.



Moon & Stars

## **Be** you - **Self-worth**

Find your place in the world, be unique, it's ok to be different and to know you matter!



Classroom Rockstars

## **Break** it down! - **Relationships**

Keeping movement simple so we can all join in. In movement and friendships there are ups and downs but we can break it down and simplify things and know that we can reflect, reconnect and repair.



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[stormbreak.org.uk](http://stormbreak.org.uk)