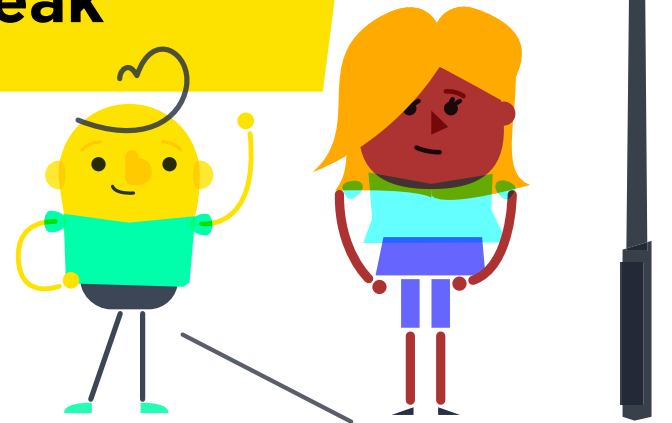


# stormbreak@home

## Support your child's resilience with stormbreak

Have you noticed your child giving up easily?  
Is your child fearful of making mistakes?  
Does your child struggle with perseverance?

Children's mental and physical health has suffered as a result of the pandemic, and stormbreak want to help.



**Resilience is about developing inner strength and courage and growing our ability to keep trying and 'bounce back' from difficult situations.**

For children to develop resilience they need adults who can encourage and empower them through their actions and by the words they say. By showing and communicating belief in children they can develop perseverance and resilience to overcome obstacles and to achieve their goals.

At a time where children may need support in how best to recognise, respond and regulate themselves in challenging situations and show resilience, we want to help. The stormbreak Resilience pathway is a series of short movement-based activities to help children to build resilience and bounce back.

### Get involved

**Step 1:** Watch our resilience animation 



**Step 2:** Sign up [here](#)

Watch our video on how to create an account 

**Step 4:** Complete our [survey](#)



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



stormbreak

# Complete a resilience pathway

Developing inner strength and courage and growing our ability to keep trying and to 'bounce back' from difficult situations.



## Stepping stone 1

Watch our resilience animation with your child



### Try this:

Create an obstacle course with your child and encourage them to jump over each of the obstacles. Talk to them about how it feels to jump over one of the obstacles.

### Try this:

Talk with your child about a time when they were resilient

## Stepping stone 2

stormbreak - Nature's trees

Helps us to develop strength and courage as we grow and change. It helps us to recognise how important it is to notice our feelings and to recognise that we can keep trying even when things feel hard or new.

### Try this:

Notice the ways in which you encourage your child to be resilient - validate and give praise.

## Stepping stone 3

Watch our resilience explainer

For children to develop resilience they need adults who can encourage and empower them through their actions and by the words they say.

### Try this:

Encourage your child to draw or use paints to create an image or symbol of their inner courage, strength and resilience. Celebrate what they draw!

## Stepping stone 4

stormbreak - Pebble meditation

We can all have difficult feelings such as anger, frustration or disappointment. Sometimes we need to notice and take care of these feelings so that we can use them to create our inner strength and courage.

## Things to say to your child

It's ok to make mistakes

It's ok to try again

It's ok to feel frustrated and feel like giving up

It's ok to not feel in control

It's ok to take your time

## Stepping stone 5

Log onto the stormbreak website and try some of the other resilience stormbreaks with your child:



The feeling photo Classroom Friendship & empathy  
photo crosscountry empathy



**stormbreak**