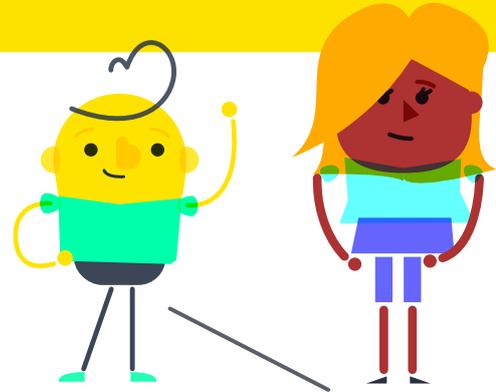


# stormbreak@home

An approach for schools, families, parents, carers and children to support mental health & wellbeing

Stormbreak is a charity that supports young children's mental health through movement, equipping them with sustainable skills and coping strategies to thrive during the complex demands of growth into adult life. The need to support children's mental and physical health is pressing and needed in these recent challenging and uncertain times.



## Our approach

We believe stormbreak is an important part of strengthening children's capacity to cope with the current uncertain and complex situation. Mentally healthy movement can support children and families to build their resilience and enable them to develop a range of skills, attitudes, beliefs and strategies to help them to stay positive, hopeful, energised and mentally well.

Stormbreak have produced '**stormbreak@home**', a free of charge online library for schools, organisations, families, carers and children to support emotional wellbeing through taking part in movement activities together.

Here are two stormbreaks to try:



**Self-care**  
Monkey Mind  
with Kate



**Self-worth**  
Classroom  
Rockstars  
with Darryl

## Creating an account

You do not need to register an account in order to access all the material, however, creating one allows you to take part in the 'stormbreak challenge', tracking your stormbreak progress and earning digital rewards and printable certificates.

If you are a school, **click here** to watch a short video on how to set up your stormbreak account.

If you are a parent, **click here** to watch a short video on how to set up your child's stormbreak account.

**stormbreak.org.uk**



**stormbreak**

# How to stormbreak with your children

Whilst doing **stormbreak@home** we encourage you to:

1. **Be open and talk! It's ok to talk things over.** Be open to talking about mental health, notice how your children are feeling and be responsive to what they may be worried or concerned about. Acknowledge that it is normal to have worries or concerns and that it helps to be able to voice this and talk about it.
2. **Have fun first! It's ok to not get it right.** Enjoy opportunities through stormbreak to engage in the movements themselves rather than worry about how well they are moving, it's more the process than the end result.
3. **Relax and join in!** Focus on allowing the stormbreaks to be open for everyone and accessible so that it is about joining together, connectedness, fun and strengthening our mental health.
4. **Feel good!** Recognise how we can feel good about ourselves through movement, how it can energise and regulate us and this builds our sense of self worth.
5. **Notice our words and body language.** Be aware how our body language and the words we say impact on our children. They are perceptive and will thrive when they feel reassured, encouraged and understood.
6. **Listen and validate!** Children's thoughts and feelings are real to them so we need to acknowledge and hear before those feelings can shift and change or strengthen.
7. **Be playful!** Enjoy fun moments and be playful in tone and action so that we connect and alleviate stress and anxieties.



## Our stormbreak mental health concepts:

Within stormbreak we focus on core mental health concepts as we believe these strengthen, support and build our current, as well as, long term mental health. These are:



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



**Self-worth:** How we feel about ourselves inside, knowing we are important and that we matter.



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



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



**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.

**stormbreak.org.uk**



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# stormbreak challenge

Support children's emotional wellbeing,  
mental and physical health.



Help children develop...



Resilience



Relationships



Self-worth



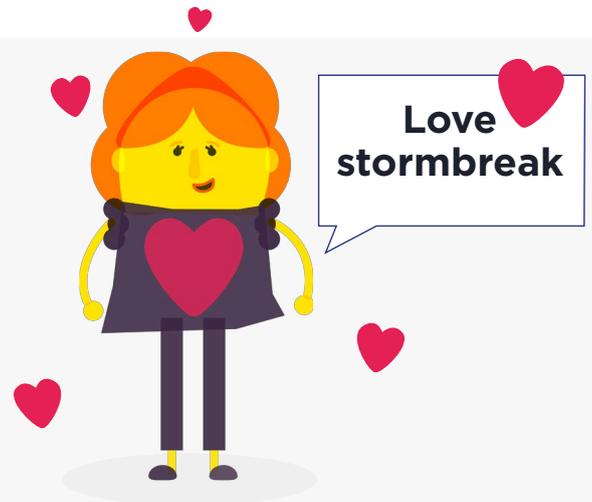
Self-care



Hope and Optimism

Participate as a school, class or  
group or with the children you  
live with, care for or support.

- Watch and participate in stormbreak mentally healthy movement activities
- Can you complete 25 stormbreaks?
- Earn badges and certificates
- Shape mental health and be active



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

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stormbreak