

# Winter Pathway

Winter is a time to look ahead and have hopes and dreams for the changing seasons ahead. It's good to develop hope and optimism at this time, helping us to see that things can change and we can believe in our potential now and in the future.

This winter time, we are setting the challenge to complete nine hope and optimism stormbreaks between now and the end of January. Collect digital badges and rewards as you log stormbreaks!



Hope & optimism



## Step one

Create a free account [here](#) to start logging your stormbreaks



## Step two

Watch the [explainer video](#) to find out why hope and optimism is an important part of mental health and wellbeing



## Step three

Watch the hope and optimism animation [here](#)

## Suggested winter stormbreaks

Ranagram



Mood shift



Cross country challenge



Move to the seasons



Monkey chatter



Lily pad leaps



Roll with it



Brilliant breathers



Moon & stars



Find more stormbreaks here >

For more information on stormbreak for schools, parents and other trusted adults email [hello@stormbreak.org.uk](mailto:hello@stormbreak.org.uk) or visit [stormbreak.org.uk](http://stormbreak.org.uk)



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