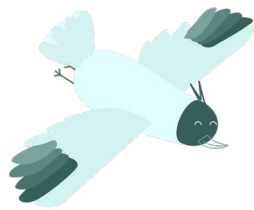


# Join us for a Summer of Stormbreak® (SoS)!



Calling families, parents, carers, children (under 11) this is for you!

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

Take part in a **FREE** live online stormbreak every week. Our expert coaches will lead stormbreak activities, specially designed to get children moving and recognise their feelings.



**Sign up here >**

Kick start each week of the summer holidays by moving, talking and connecting with family and friends for a happy and healthy summer!

The **Summer of Stormbreak** will take place every **Tuesday, 9.30am - 9.50am**, throughout the summer holidays.

Each week will focus on a different theme:

<b>Tuesday 30 July</b>	Our important relationships	
<b>Tuesday 6 August</b>	Self care, taking care	
<b>Tuesday 13 August</b>	Resilient me	
<b>Tuesday 20 August</b>	Wonderful me	
<b>Tuesday 27 August</b>	Optimistic me	



Further resources and activities will be shared in each session, so you can carry on 'stormbreaking' together.

Sign up by scanning the QR code or visit <https://shorturl.at/4b5IL>



**stormbreak**

**stormbreak.org.uk**