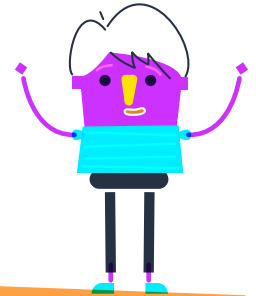
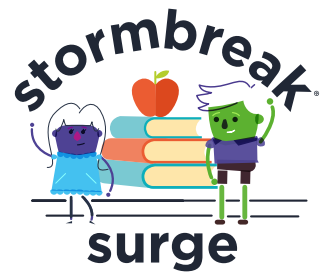


# Stormbreak Surge: mentally healthy movement for primary schools

Our sustainable and impactful whole-school approach to embedding mentally healthy movement every day for every child.



In the last three years the likelihood of children having a mental health problem has **increased by 50%**

**One in five children aged 5 -16**  
(an average of six children in every classroom) are now likely to have mental health problems.

**42% of children**  
say they now worry about their mental health

We know schools need practical, sustainable resources to support their pupils' emotional wellbeing, and we are here to help.

We train trusted adults in schools to embed the stormbreak approach. Stormbreak Surge offers a professional development programme for primary schools, supporting children's mental, physical, and emotional well-being. Surge is a whole-school prevention approach, empowering staff to implement stormbreak sustainably for all children.

Our approach enables schools to focus on a gradual, consistent practice that we know helps develop a sustainable and inclusive strategy, **where small changes make a big difference.**

*We've had to make really small changes  
and the impact has been huge.*

Surge advocate feedback

'Stormbreaks' are short, psychologically informed movement-based activities combined with guided conversation, developed by experts in education and children's mental health and those with lived experience. These activities help children to become happier and healthier humans. Through stormbreaks children will learn how to recognise, respond to and regulate their emotions, making a difference to their lives by succeeding in improving outcomes in relation to relationships, resilience, self-care, self-worth and hope & optimism.

Independent research\* has found that the stormbreak Surge programme can lead to an increase in

1. Children's mental health and wellbeing

2. Children's readiness for learning

3. Easier to manage classrooms

4. Connections between staff & children

5. Children's positivity about the school day

6. Children's coping strategies

\*Research by Bournemouth University

Watch this video about the impact of stormbreak in a primary school >





School Culture Sessions  
for Senior leaders

Mentally healthy movement  
rationale and training

Training sessions for up  
to five members of staff

Online follow  
up sessions

Wider whole school  
rollout session  
resources

A comprehensive  
stormbreak resource  
and delivery pack

Digital support through the stormbreak online  
dashboard with additional functionality

Access to library  
of pre-recorded  
stormbreak videos

Opportunity to engage  
with ongoing research

4 months  
access >



## Surge training includes



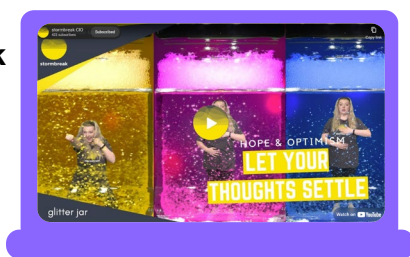
**90%** of Surge participants\* agree participation in stormbreak helps to create a positive learning environment

**63%** of Surge participants\* agree that classrooms are easier to manage when children are taking part in stormbreak regularly

**91%** of Surge participants\* agree that stormbreak supports the connection between children and staff leading stormbreaks

\*2024 cohort data

Example  
stormbreak  
videos:



Glitter Jar >



Make Friends with a Creature >



Friendship and Empathy >

Contact us today to arrange a  
free 30 minute consultation >

Please contact [anji@stormbreak.org.uk](mailto:anji@stormbreak.org.uk) or  
[darryl@stormbreak.org.uk](mailto:darryl@stormbreak.org.uk) for more details.



**stormbreak®**

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MEMBER  
The CPD Certification  
Service