



stormbreak

Let's create more happy, healthy humans...

Support children's emotional, mental and physical health with stormbreak

Embed mentally healthy movement into your school, every day for every child.

Support children's emotional, physical and mental wellbeing resilience, relationships, self-care, self worth and hope and optimism with the stormbreak movement programme specially designed for primary schools and built with teachers, SEMH leads, and educational experts.

Stormbreak is an important part of strengthening children's capacity to cope with the current uncertain and complex situation. We believe that mentally healthy movement can support children in the here and now in building their resilience and enabling them to develop a range of skills, attitudes, beliefs and strategies to enable them to stay positive, hopeful and energised and stay mentally well. This is also essential for their long term mental health and wellbeing.

Click [here](#) to read our Emerging Impact Report to discover more about the impact that stormbreak has already had.

How much does it cost?

The cost of our surge and digital programme is £1500. Signing up for our surge training programme is an ideal use of PE and sports premium funding, click [here](#) to read more about how stormbreak meets many of the fundings key indicators.

Please contact darryl@stormbreak.org.uk if you are interested in our training, or would like to find out more.

"Stormbreak has been so popular. At our school we feel we can embed it every day, in every class, for all children. It is absolutely brilliant because staff can see the benefit, the children can see the benefit and because they are doing it so frequently, they are developing mental health language and also able to use it on their own because they are used to doing it so much."

Deputy Head Teacher

"Children who wouldn't or couldn't open up previously can now express themselves and articulate their emotions more clearly. Stormbreak offers them an opportunity to think about their feelings, whilst moving, in a supportive environment."

Year 5 class teacher

"If we do a 'Classroom Compliments stormbreak I feel a lot more resilient. When someone gives me a compliment, I feel I can do something when I thought I wasn't good at it before."

Year 5 child

Stormbreak: mentally healthy movement every day for every child.

Stormbreak is a Poole based charity that encourages the development of a whole school approach empowering schools to embed mental health benefits, through movement. Our aim is to embed mentally healthy movement, every day for every child. Stormbreak provides a comprehensive training programme for education professionals, a mentally healthy movement activity resource and support for embedding the approach to positively shape the entire school culture.

The benefits?

In partnership with Bournemouth University and the University of Winchester, Stormbreak is undertaking an evidence based evaluation.

Emerging research benefits:

- when pupils did not take part in stormbreak there was a slight decline in resilience, self-worth and hope & optimism.
- when children did take part in stormbreak there was an improvement in self-worth and hope & optimism and levels of resilience were maintained.
- improvements in general wellbeing were greatest amongst those pupils participating in stormbreak.
- for teachers, stormbreak impacted positively on all children universally and on those who needed targeted support. They suggested that mainstreaming conversations reduced stigma and helped children to develop skills in emotional management and to build a repertoire of coping strategies.
- schools have increased their potential to contribute to school improvement plans through self-evaluations by being able to evidence the delivery of a whole-school approach that fosters mental health and well-being amongst all pupils.

The programme

Stormbreak surge is a school staff advocate training programme to make movement simple, inclusive and accessible and equip staff with the delivery confidence to incorporate mentally healthy movement strategies into the daily life of the whole school. It removes barriers to participation and enhances perceptions of the worth of movement in schools for teachers, staff and children, through the delivery of purposeful and intentional movement that is focussed on mental health and establishment of an effective whole school empowering environment. The stormbreak surge programme leads a school community through the principles and practicalities of embedding stormbreak to ensure long lasting, impactful and sustainable change.

The 12 week stormbreak surge pioneer school programme includes:

- Mentally healthy movement rationale and training
- Digital support through the **stormbreak@home** platform
- Support for shaping the school culture through 3 expert leadership sessions
- 5 school advocate network support sessions
- Wider whole school rollout session
- Half day practical workshop for school advocates
- 15 stormbreak comprehensive resource and delivery packs
- Access to library of pre-recorded stormbreak videos
- Opportunity to engage with ongoing research

 **stormbreak**

stormbreak.org.uk
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Surge

Your schools stormbreak journey...

- Identified Advocates
- SLT

