

# Mental Health Awareness Week with stormbreak | 13 - 19th May



At stormbreak we help children to recognise, respond and regulate for better emotional wellbeing through movement. Movement is at the heart of what we do, and we try to challenge pre-conceived ideas about what movement actually is, striving to make movement more accessible and enjoyable for children and their trusted adults in a variety of different ways.

[Watch how stormbreak uses movement in its activities >](#)

There is a growing body of evidence to show that movement can help to support the mental health of children and young people. The Mental Health Foundation shares reasons and tips for finding moments for movement this Mental Health Awareness Week [here](#).

[Watch our 'Why Movement' video >](#)

*"Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines."*

- Mental Health Foundation

**Find your move, read our latest blog >**

## stormbreak day... Let's stormbreak | 15th May

**Let's celebrate a collective Moment for Movement this Mental Health Awareness Week by taking part in a stormbreak on stormbreak day, Wednesday 15th May and be in with a chance to WIN!**

We are inviting you to rock out with one of our most popular stormbreaks, Rockstars. Deliver in person or use one of our video versions:

*Drum up self-worth with Kate's percussion version*

*Rock it out for resilience with Bria and Tom*

*Assemble the band to cultivate self-worth with Darryl*

### How to enter

Make your delivery as big and as fun as you can and tag us in your pictures on social media. Make sure you log a stormbreak on your account on Wednesday 15th May and you will be entered into a draw to win a year of stormbreak Plus access for your whole school. Just make sure you are logged in to your stormbreak account if you're using a video version to rock along to.

[Create a free stormbreak account >](#)

**stormbreak.org.uk**

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#hellostormbreak #MomentsForMovement #MentalHealthAwarenessWeek



**stormbreak®**