

stormbreak pathway

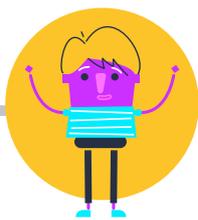
Help support children's mental health through movement

Take part by clicking the icon next each stormbreak on the pathway or choose your own stormbreaks to do by using the stormbreak challenge at stormbreak.org.uk.

You'll need to have registered on stormbreak.org.uk and be logged in.



Nature's trees
Resilience



Monkey mind
Self-care



Buddy run
Relationships



Classroom rockstars
Self-worth



Mood shift
Hope and optimism



Move to
the seasons
Hope and optimism



Class compliments
Self-worth



Monkey chatter
Relationships



Tech stretch
Self-care



Pebble meditation
Resilience



Congratulations

Well done! Please help us and now complete these short, anonymous surveys. Thank you!

Parent/Carer survey

or

Child survey

For more information about stormbreak concepts watch our animations.



stormbreak