

# stormbreak<sup>®</sup> mentally healthy movement



# Introduction



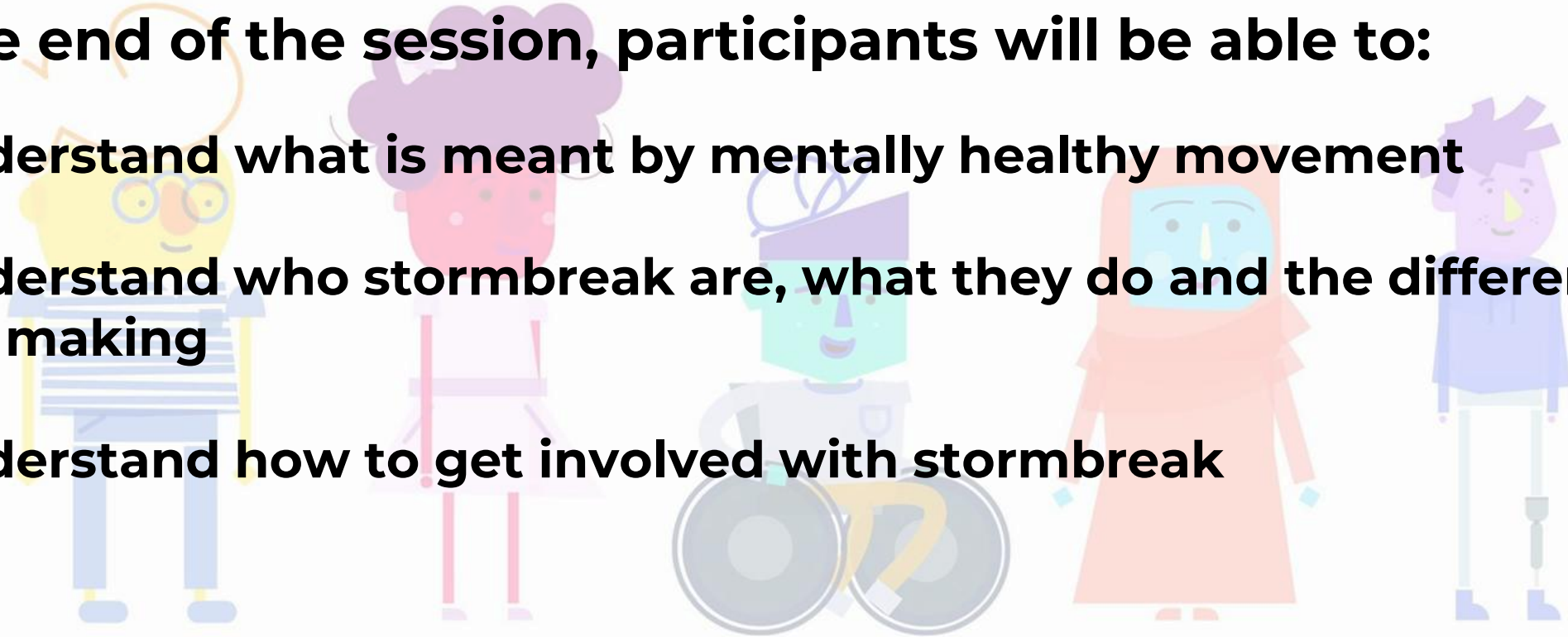
***Darryl Walsh***



# Session outcomes

**By the end of the session, participants will be able to:**

- **Understand what is meant by mentally healthy movement**
- **Understand who stormbreak are, what they do and the difference they are making**
- **Understand how to get involved with stormbreak**





# Let's stormbreak Relationships

**P6 Wind, Water, Fire**

**Resources and space required**  
Indoor or outdoor space

**PLAY MOVES**

- Relationships
- Resilience
- Hope & Optimism

**Overview of stormbreak<sup>®</sup>:**  
This stormbreak play is about finding connection and agreement with someone through play.

Children play in pairs. They start by calling "wind, water, fire" at the same time and then choose one of those elements to perform as a movement.

The aim is to match the same element with their partner. The pair keep playing until they reach a match i.e. they both choose the same element.

If playing in a larger group the children move on to someone else and repeat.



stormbreak



# What is stormbreak<sup>®</sup>

**Registered charity in  
England and Wales**

**Primary schools,  
families, carers**  
(live with, work with,  
help or support children)

**BBC Children in Need**





# When the storm rages we teach children to find shelter and create light, calm and change through movement.

What if we could inspire mentally healthy  
movement to help children become happier,  
healthier humans, forever?

We believe we can.





# What is stormbreak<sup>®</sup>

Our approach is a prevention at scale model, based on whole-school approaches

Transformation of places and people

Collaborating to create lasting change



"How is that tree still standing?" asked Tiny Dragon  
"During better times," said Big Panda,  
"it grew deep roots. Now it can weather any storm."  
jamesatsebury.com | @bigpandaandtinydragon | facebook.com/BigPandaAndTinyDragon

Half of all MH issues start  
**before the age of 14**



**1 million children**  
in the UK  
have MH issues



Record numbers of children  
contacted **NSPCC**  
during lockdown



## Why is stormbreak needed?

**1 in 5 children**  
has a diagnosable  
MH condition



In the last year nearly  
**40,000 children**  
experienced a wait of  
over two years



More than a  
**quarter of a million children**  
are still waiting for  
MH support after being  
referred to CYPMHS



(Children's Commissioner Report 2024)

**32% of children**  
referred to CYPMHS receive support  
**28%** are awaiting support  
**39%** had their referral closed





# Experiences of movement



**Discuss your memories of movement from childhood.**

**What activities did you enjoy?**

**Were there any that you disliked?**

**Is all movement mentally healthy?**

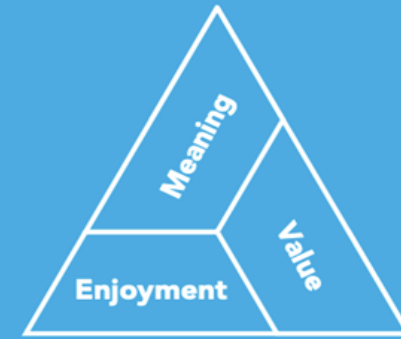


# Physical literacy is our relationship with movement and physical activity throughout life.



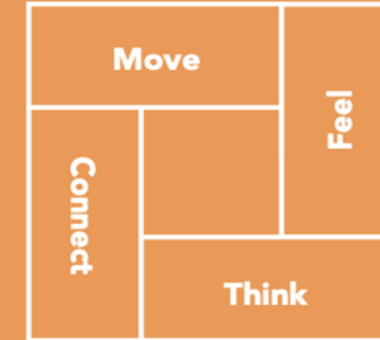
## A personal relationship

Having a positive and meaningful association with movement and physical activity.



## Movement and physical activity

How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



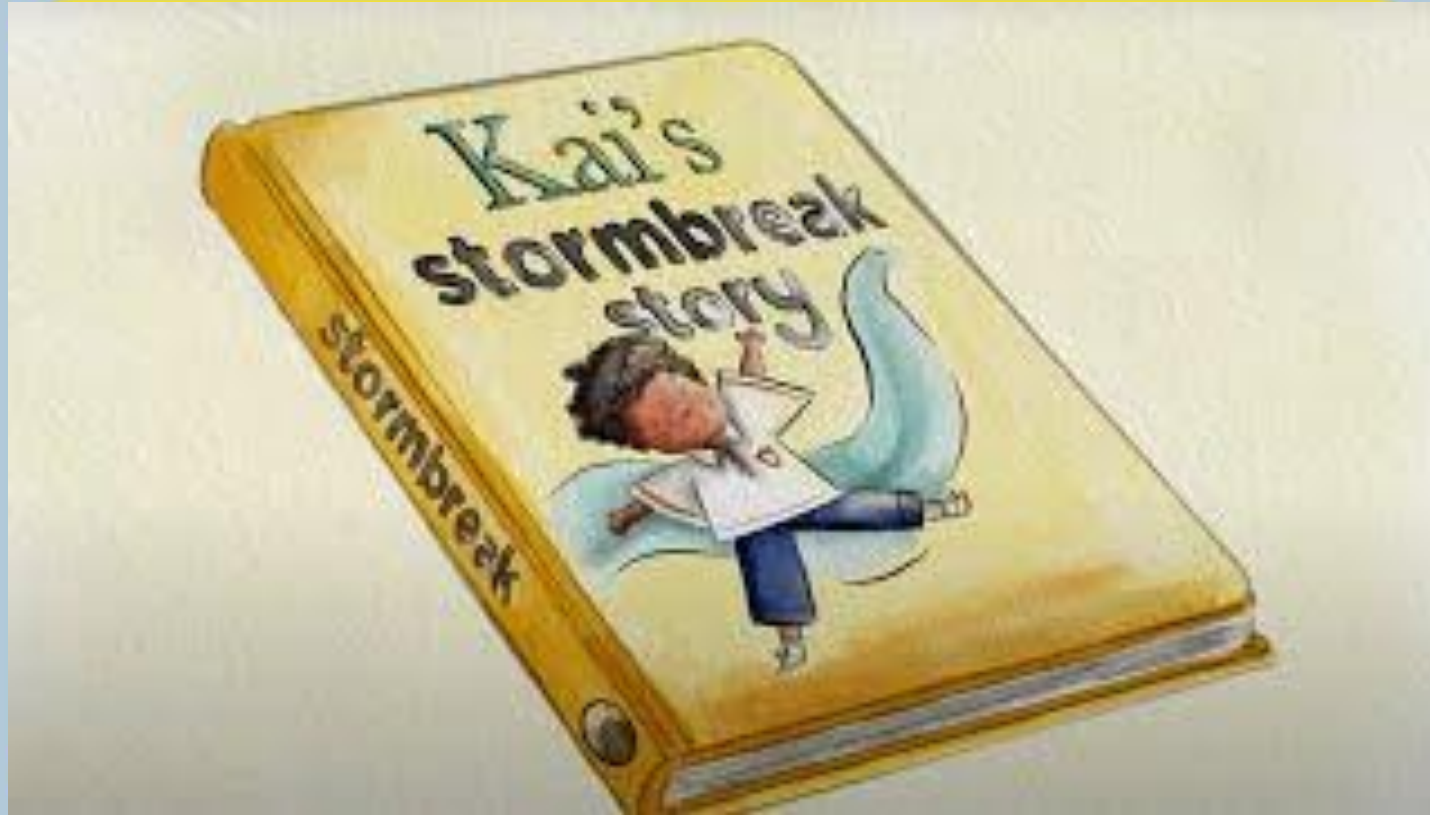
## Throughout life

Influenced across the lifecourse by individual, social and environmental factors.





# Kai's story







## Our stormbreak primary schools map



**School that has  
participated in our  
Surge programme**



**School registered  
with stormbreak to  
use our resources**





# What is a stormbreak?



Short 5-15 minute movement based activities (we call these 'stormbreaks') that over time will provide children with the toolkit they need to support their own wellbeing, now and in the future.



A stormbreak involves movement and associated conversation and discussion around mental health - mentally healthy movement.





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Create positive environments that support emotional wellbeing

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Focus on a strength-based approach as a therapeutic preventative intervention

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Benefits are not accidental bi-products of participation

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Wellbeing is intentional, purposeful and focused.

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# Let's stormbreak Resilience

**F6 Spider-Man**

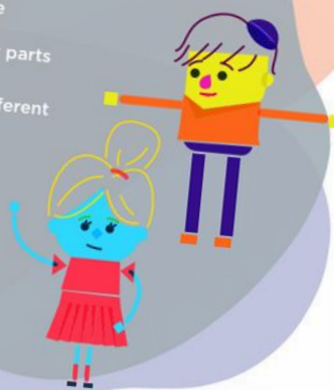
**FREE MOVES**

**Resources and space required**  
A large space, ideally with lots of obstacles such as chairs & tables

**Relationships**

**Resilience**

**Overview of stormbreak<sup>®</sup>:**  
Children move around the space making contact with different obstacles with all different body parts and at all different levels.  
Every contact must be with a different body part than before.



- When the trusted adult instructs them to freeze, they must maintain the position that they are in.
- After they have done this alone, they repeat while being linked with another person (holding hands, linking arms).
- Then with another couple (four linked).
- Then with another four (eight linked).
- Until the whole group is linked.

stormbreak<sup>®</sup>

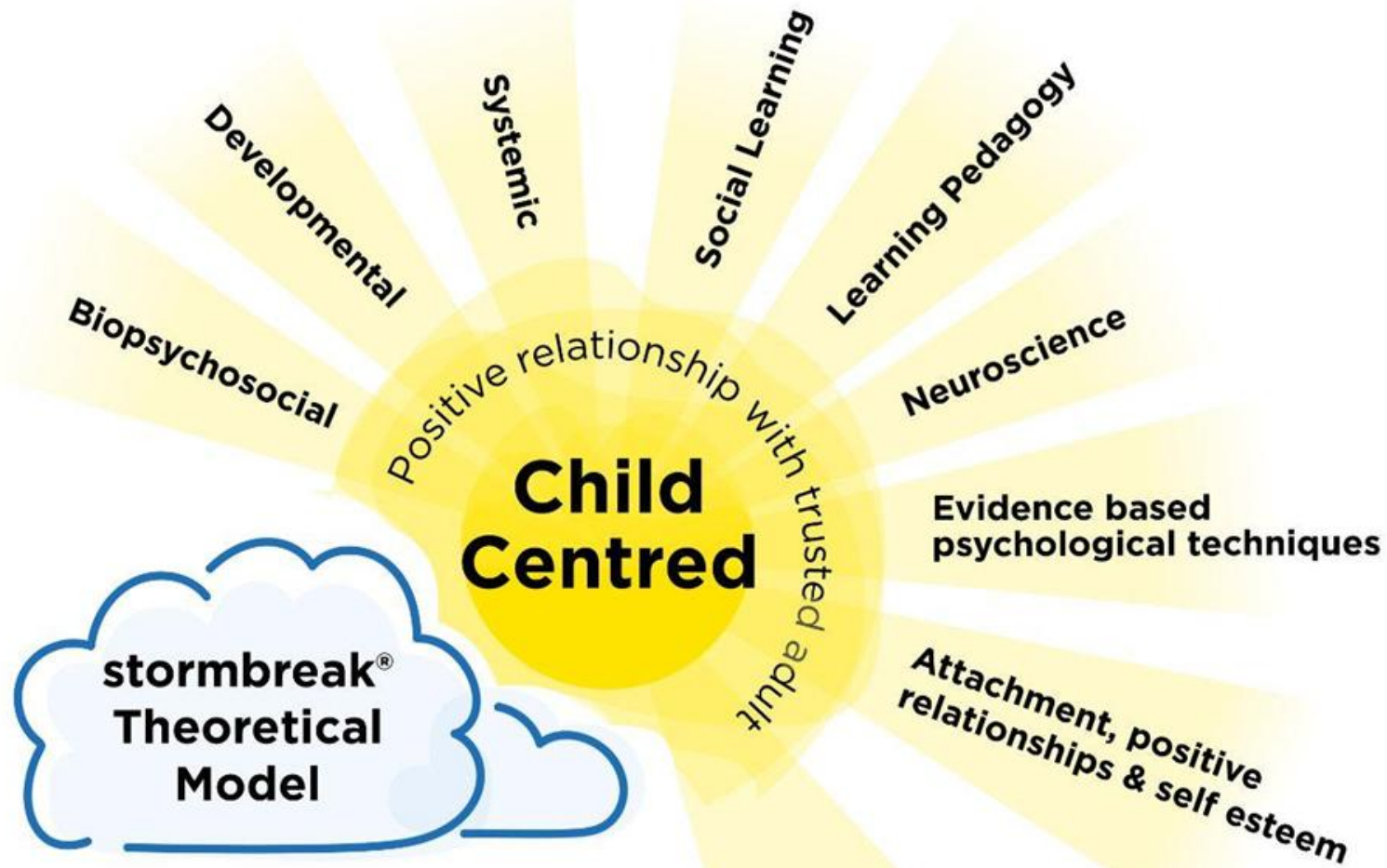




# Let's stormbreak



# The theory behind stormbreak



# Broaden and build

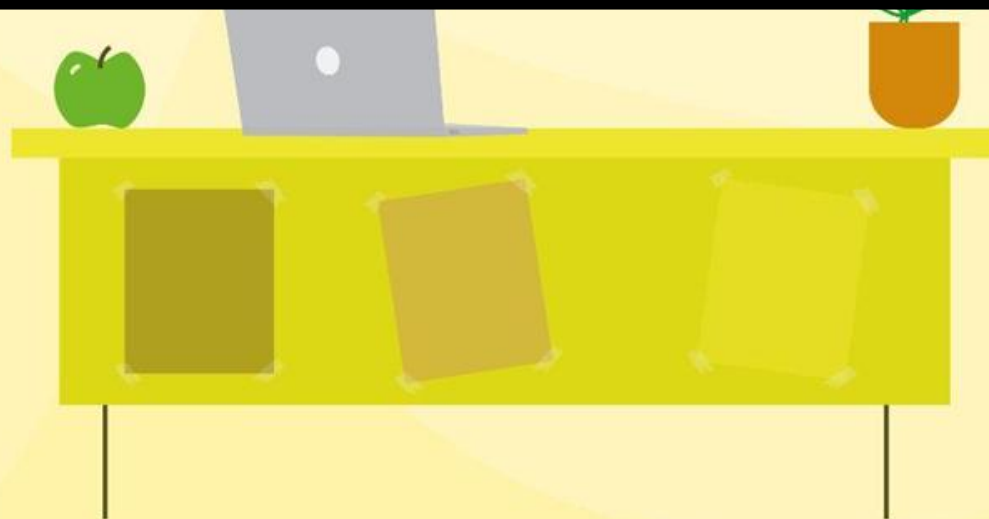


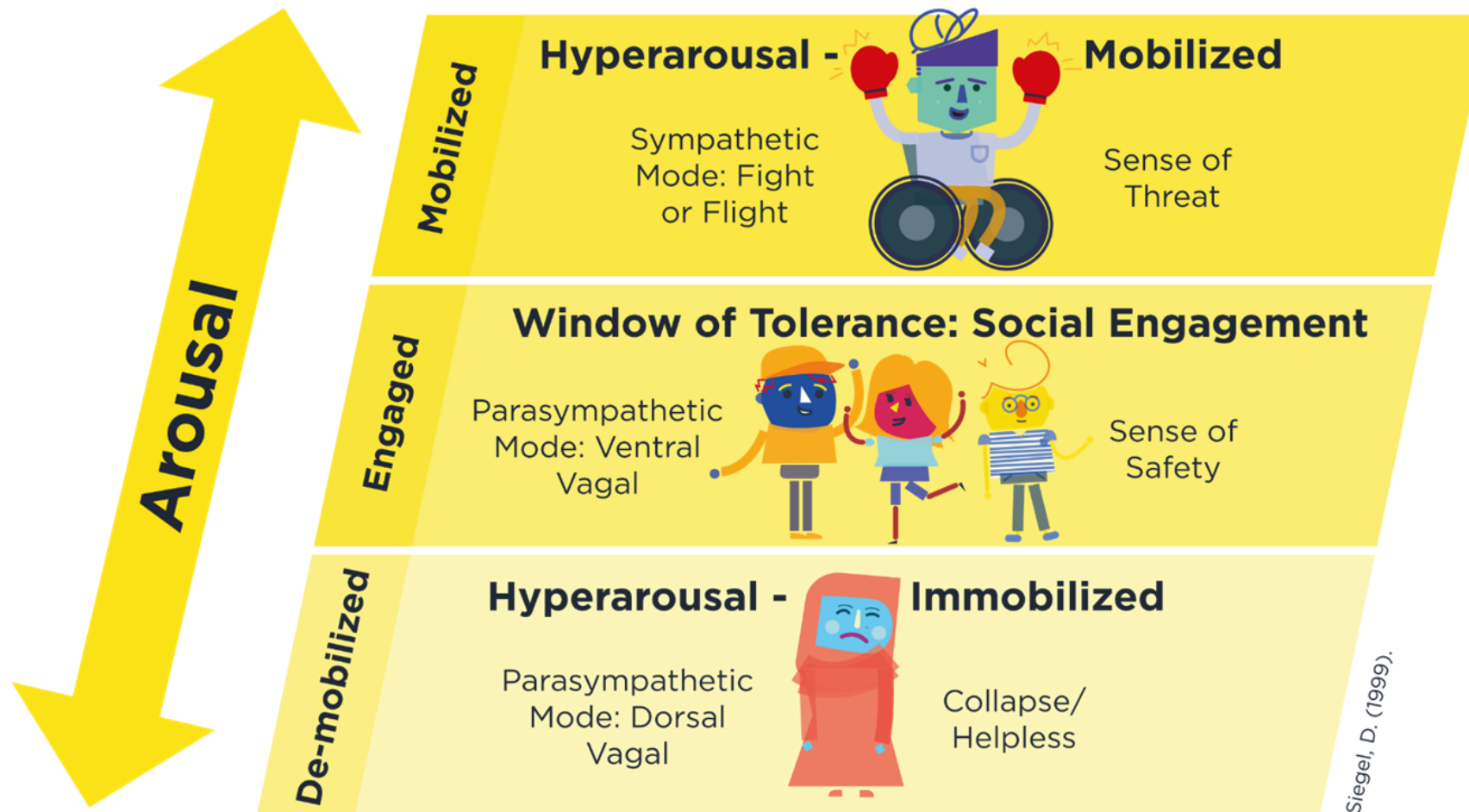


## ***So what does that mean in practice?***

We need to give children access to these 'positive emotions' such as love, joy, gratitude so they can cope better with stress and enhance overall well-being.

## ***How would this look through movement?***





**THE WINDOW OF TOLERANCE:**  
How to better handle stress



Children are happy and positive



Children can discuss their feelings with others



Children have developed their coping skills



Classrooms are easier to manage

Children find it easier to connect positively with their peers

## When doing stormbreaks:



Connections between children and staff are stronger



Children are more aware of their feelings and can identify their emotions



Children find it easier to manage emotionally and socially challenging days.

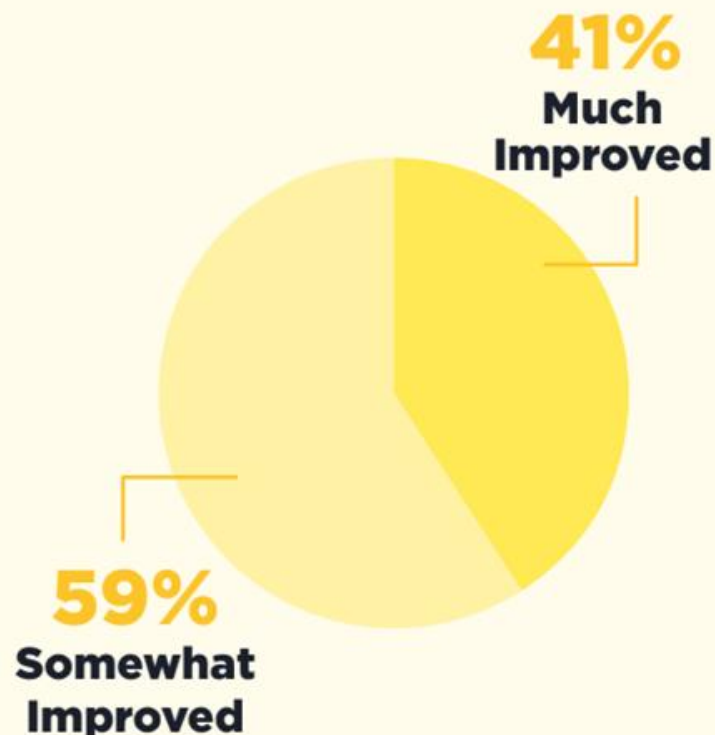


# supporting children's mental health & wellbeing

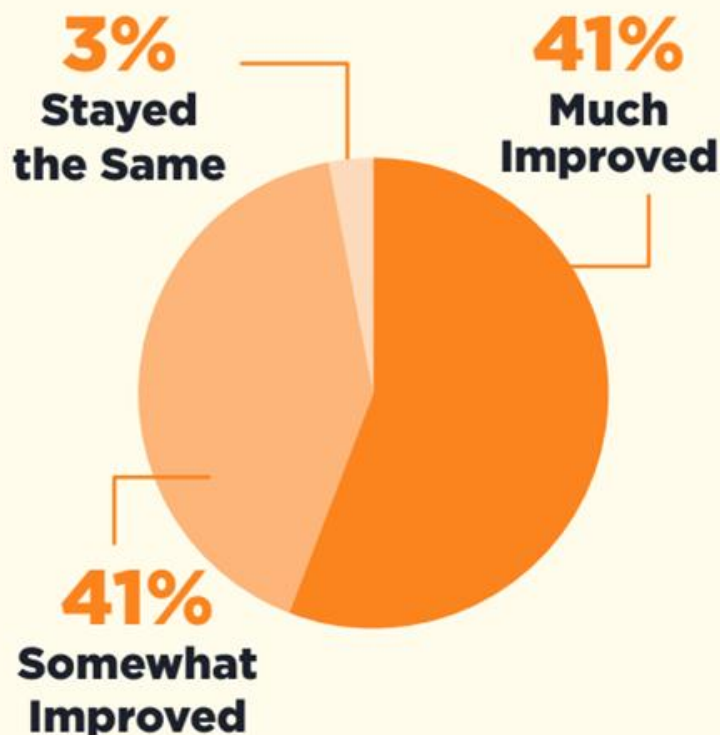


For children who have participated in stormbreak activities to what extent have they experienced an impact on:

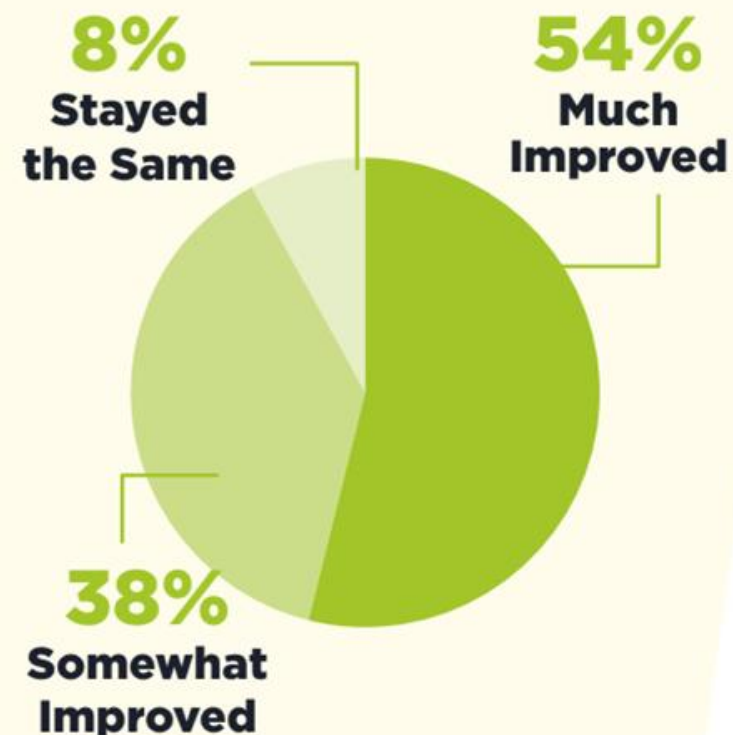
### Their emotional wellbeing



### Their emotional literacy

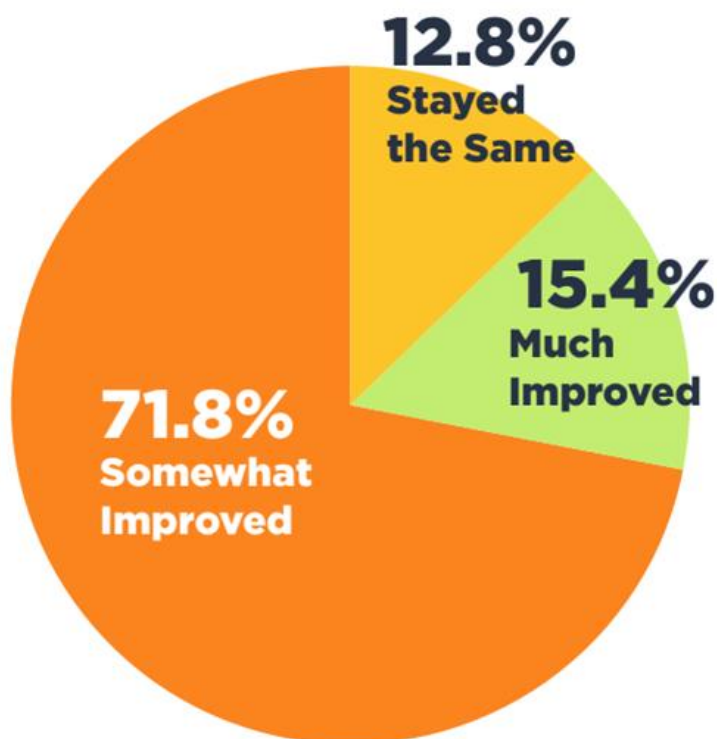


### Their physical literacy



To what extent do you think stormbreak has contributed to:

## Behaviour



"More mutually respectful relationships have developed"

"Children have improved self-regulation skills"

"Children are able to verbalise feelings and improve relationships and resilience"

"Children can talk about their emotions and discuss choices they make"

"Stormbreaks have been useful at catching children before their behaviour worsens"

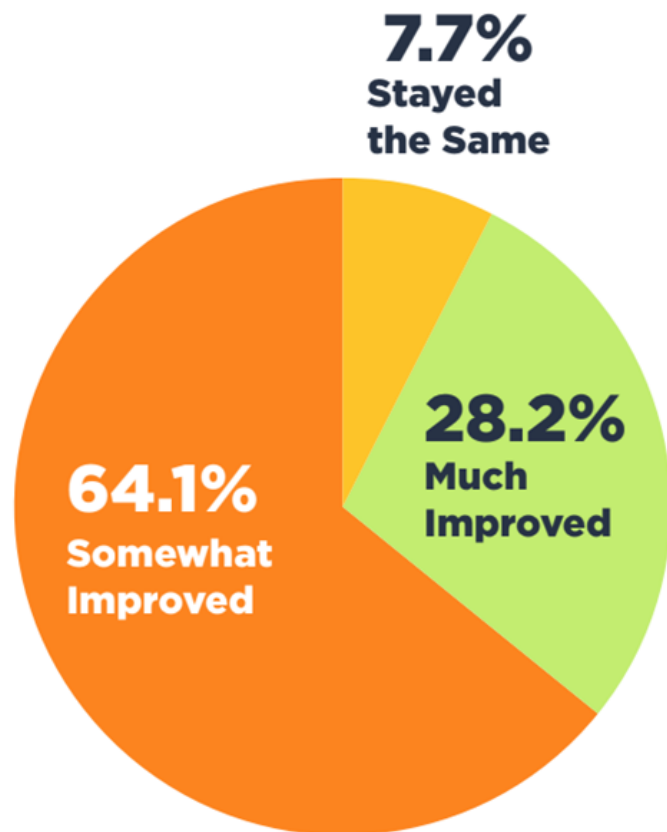
"Stormbreak has helped to calm the children"

"We use stormbreak language across the whole school, which is impacting hugely on behaviour and regulation"



To what extent do you think stormbreak has contributed to:

## Readiness for learning



"Moving helps the children to focus"

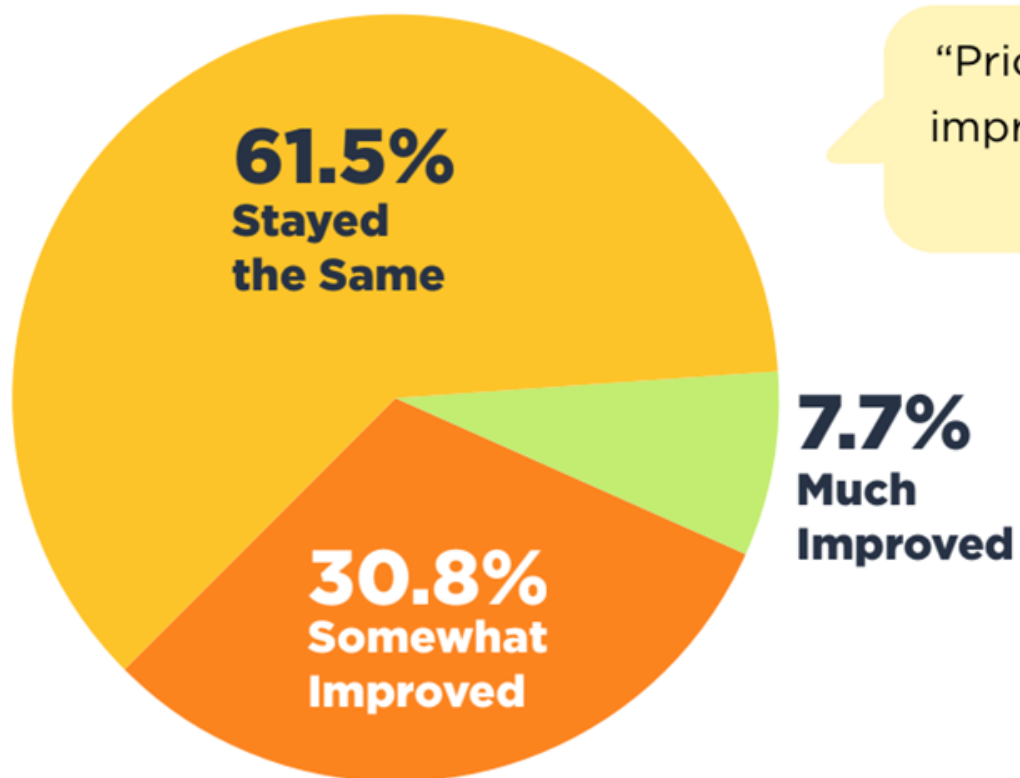
"Children are generally in a good place to start their learning after completing a stormbreak"

"Those who struggle in mainstream look forward to and rely on the opportunity to stormbreak"

"We do a stormbreak after lunch and it helps the mood if lunch has been fractious"

To what extent do you think stormbreak has contributed to:

## Attendance

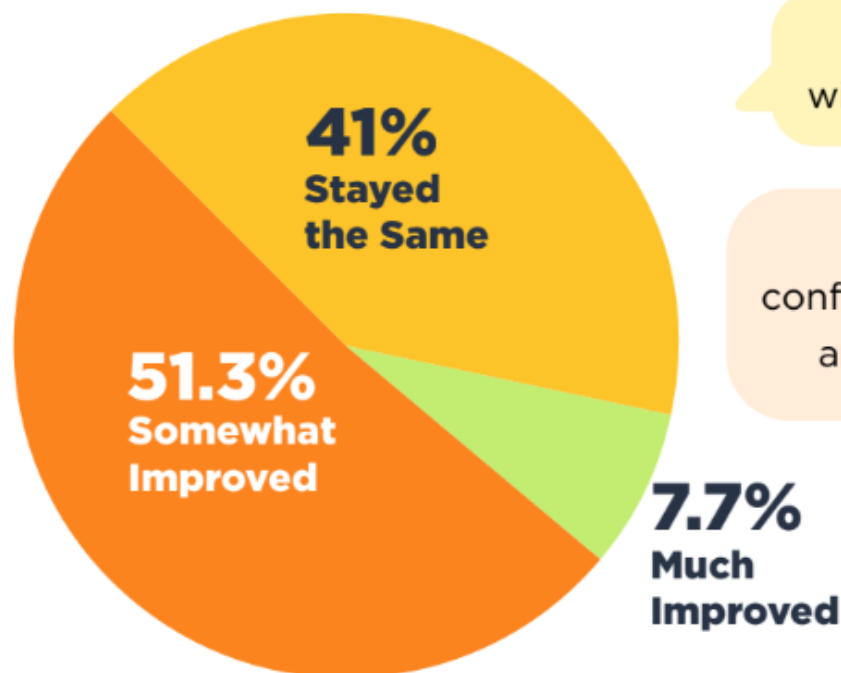


"Prioritising mental health improves all aspects of life for our children"



To what extent do you think stormbreak has contributed to:

## Attainment



"Stormbreak helps with focus and attention"

"Children are more confident to make mistakes and learn from them"

"When children have positive relationships and feel happy they learn more and remember more"

"I think if teaching staff were consistent in delivering stormbreaks the impact would be greater"





# Let's stormbreak Self-worth



# Let's stormbreak Hope & Optimism

C6

## Roll with it

CREATIVE MOVES

### Resources and space required

Any indoor or outdoor space that allows children to have some movement freedom; dice; pen/paper (optional).



Hope & Optimism



Self-care



Relationships

### Overview of stormbreak<sup>®</sup>:

A dice game exploring different feelings and movements, leading to a movement flow illustrating our changing emotions throughout the day.

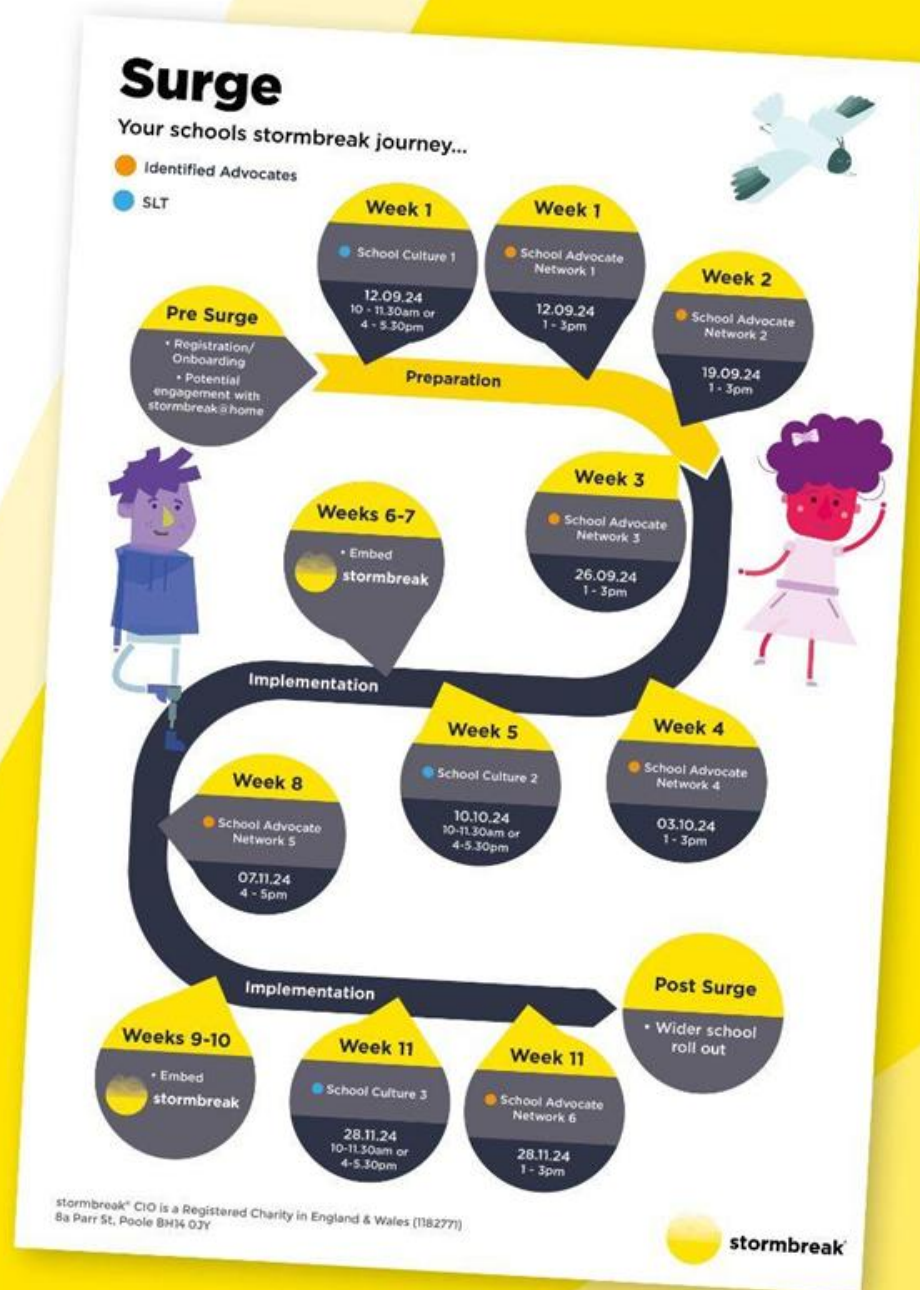
- 1 Start a conversation with the children about how they currently feel. What word best describes that feeling? Could they put that word into a movement e.g. tired - a long slow stretch, or frustrated - a stamp of the feet. Expand the conversation to explore how they have felt over the past week, month, year?
- 2 With a partner list six different feelings that each of them has thought of, using a movement to illustrate each one. Label each feeling/movement 1 - 6.
- 3 Take it in turns to roll the dice and see which number appears and what feeling they have a go at experiencing. See if they can create a sequence of movements determined by the roll of the dice.







# The training



# The offer

The Surge Light programme usually costs £550 but funding support from the amazing Milton Keynes Community Foundation & Leap means we are able to offer the training for a limited number of primary schools in Milton Keynes for FREE.



# The training



## Suggested Surge Light Timings



| Part  | Stage     | Title                               | Time                                  | Week/Date              |
|-------|-----------|-------------------------------------|---------------------------------------|------------------------|
| One   | Get Ready | Introduction (online session)*      | 4.00 - 5.00pm                         | 3rd Nov                |
| One   | Stage 1   | What is stormbreak?                 | 30 mins                               | Week 1<br>w/c 3rd Nov  |
|       | Stage 2   | Principles of Engagement & Sunrise  | 60 mins                               |                        |
|       | Stage 3   | Why Movement & Why Outside?         | 30 mins                               |                        |
| Two   | Stage 4   | Learning about Resilience           | 60 mins                               | Week 2<br>w/c 10th Nov |
|       |           | Try out Resilience stormbreaks      | 30 - 60 mins                          |                        |
|       | Stage 5   | Learning about Self-care            | 60 mins                               | Week 3<br>w/c 17th Nov |
|       |           | Try out Self-care stormbreaks       | 30 - 60 mins                          |                        |
|       | Stage 6   | Learning about Relationships        | 60 mins                               | Week 4<br>w/c 24th Nov |
|       |           | Try out Relationships stormbreaks   | 30 - 60 mins                          |                        |
|       | Stage 7   | Learning about Self-worth           | 60 mins                               | Week 5<br>w/c 1st Dec  |
|       |           | Try out Self-worth stormbreaks      | 30 - 60 mins                          |                        |
| Two   | Stage 8   | Learning about Hope & Optimism      | 60 mins                               | Week 6<br>w/c 8th Dec  |
|       |           | Try out Hope & Optimism stormbreaks | 30 - 60 mins                          |                        |
|       | Stage 8   | How's it going? (online session)*   | 4.00 - 5.00pm                         | 6th Jan                |
| Three | Stage 9   | Implementation Planning             | 60 mins                               | Weeks 7-9              |
|       | Stage 10  | Next steps (online session)*        | 4.00 - 5.00pm                         | 26th Jan               |
|       | Stage 11  | Wider School Training               | 60 mins planning<br>120 mins delivery | Within a term of Stage |

\*Links for the 3 online sessions will be sent out nearer the time.



stormbreak®

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# Website & dashboard

Your school dashboard allows your school to track, monitor and gain insight from the stormbreaks you participate in.

- **Create an account** (one per school)
- **Add a group or groups**

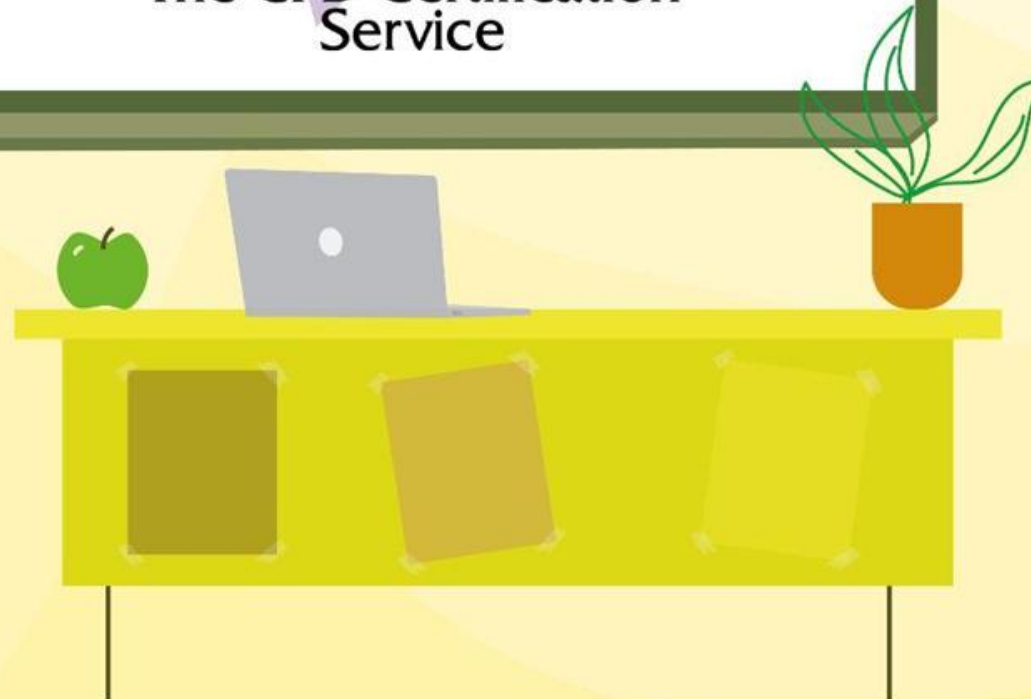


Register for your free stormbreak account.



stormbreaks you watch are automatically added to groups' progress.





**sign up now...**

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# Any questions?

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**stormbreak®**



Thank you  
& goodbye

