

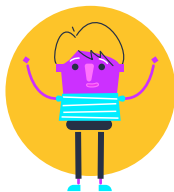
Children's mental health week

Stormbreak helps children to learn their voice matters through five mental health concepts



Through **resilience** stormbreaks, children can say, *"I can keep going and I can bounce back from difficult situations."*

▶ Watch the resilience animation



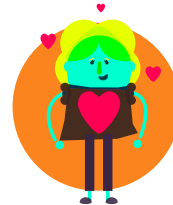
Children learning about **self-care** can say, *"I can notice how I am feeling and choose ways to care for myself."*

▶ The self-care animation has more



When talking about **relationships**, children can say, *"I know I have special bonds with people around me, I know some friendships can change and that's ok."*

▶ Watch the relationships animation



In the area of **self-worth**, children can use their voice to say *"I know I am important, I'm special and I matter."*

▶ Watch the self-worth animation



Through learning about **hope & optimism** children can say, *"I can look forward to the future, and I can have hopes and dreams."*

▶ Watch the hope & optimism animation

Let's stormbreak!

We have compiled a list of stormbreaks to do with the children you live with, work with or care for during Children's Mental Health Week and beyond.



A relationships stormbreak to show we can talk about how we feel.

[Roll with it >](#)



A self-worth stormbreak that reminds us it's good to be heard and listened to.

[Pathfinder >](#)



A resilience stormbreak to ignore negative self-talk and turn up the positive!

[Don't forget your cheerleader >](#)



A hope and optimism stormbreak in which we can share feelings with others.

[Lily pad leaps >](#)



A self-care stormbreak in which we know when to take time out and care for ourselves.

[Self-care safari >](#)

Remember, creating a stormbreak account is free. You can log your stormbreak activity and collect digital badges and downloadable certificates throughout your journey.

[Sign up here >](#)

[What we do >](#)

stormbreak.org.uk



"Hope and optimism may help children to find their voice and speak their mind - in a way that they will be listened to,"
Victoria Stamp, director of emotional and mental wellbeing at stormbreak.

[Read the Hope & Optimism blog >](#)