

stormbreak challenge

Support children's emotional wellbeing, mental and physical health.



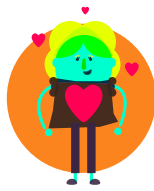
Help children develop...



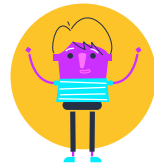
resilience



relationships



self-worth



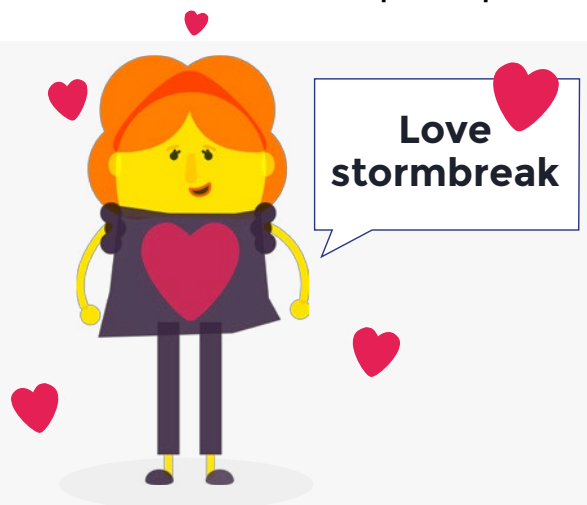
self-care



hope & optimism

Participate as a school, class or group or with the children you live with, care for or support.

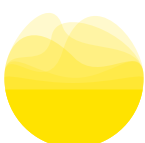
- Watch and participate in stormbreak mentally healthy movement activities
- Can you complete 25 stormbreaks?
- Earn badges and certificates
- Shape mental health and be active



Take part at stormbreak.org.uk

hello@stormbreak.org.uk

#stormbreakchallenge
#hellostormbreak



stormbreak

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