

stormbreak summer challenge

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



Help children develop...



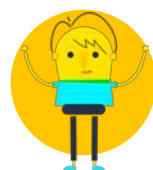
resilience



relationships



self-worth



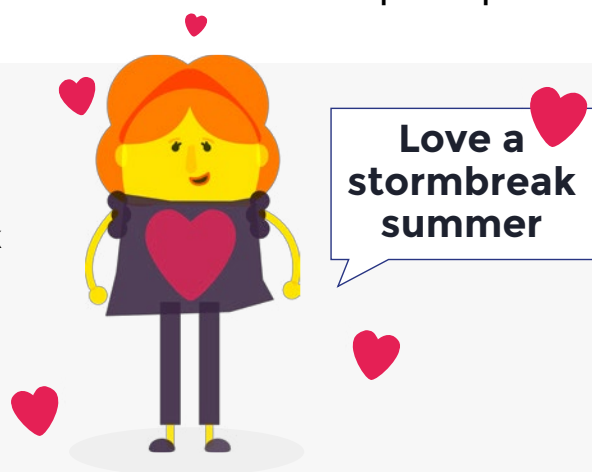
self-care



hope & optimism

Participate with children you live with, care for, or support.

- Sign up from August 1st at stormbreak.org.uk
- Watch and participate in daily stormbreak mentally healthy movement challenges
- Shape mental health and be active
- Earn badges and certificates



be brave

be kind

be hopeful

keep trying

know you matter

value yourself and others

Take part at stormbreak.org.uk

hello@stormbreak.org.uk

#stormbreaksummer
#hellostormbreak



stormbreak

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