Stormbreak Pathway:
Commonwealth Games Celebration!

This July the Commonwealth Games (CWG) take place in Birmingham. They have 5 main aims, one of which is **"To improve health and wellbeing"**. The CWG mission is to "**Inspire, engage, and connect communities and athletes to realise their full potential and live happier, healthier lives"**. At stormbreak we believe in the power of movement to support children and young people's mental health and wellbeing. Use this pathway to consider the wellbeing of those children you live or work with whilst considering our 5 core mental health concepts; **Resilience, Relationships, Self-care, Self-worth and Hope & Optimism**.



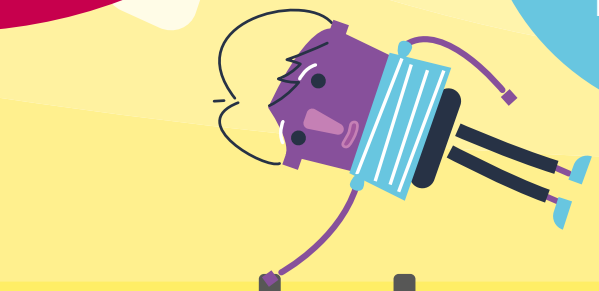
Resilience
Watch our resilience animation

Developing inner strength and courage and growing our ability to keep trying and to 'bounce back' from difficult situations.

stormbreak Champion Resilience Video

Classroom cross country stormbreak

Try this
Find yourself a bat and ball (table tennis, cricket, badminton and squash are all Commonwealth Games sports but you could even use your hand and a rolled up pair of socks!). Bounce your ball on your bat without dropping it - it's ok to make a mistake and start again, just try to keep going and remember to bounce back! What's the highest number you can reach?



Self-care
Watch our self-care animation



Looking after our mental and physical health, noticing our feelings and choosing ways to care for ourselves.

stormbreak Champion Self-care Video

Life in balance stormbreak

Try this
Find something soft to balance on your head and walk from one point to another without dropping it. Focus on your balance and remaining steady, think about what makes you feel less wobbly. Now try to walk faster, or even run. Add some obstacles and see how well you can remain balanced!ok to make a mistake and start again, just try to keep going and remember to bounce back! What's the highest number you can reach?

Relationships

Watch our relationships animation

It is important to have relationships with the people around us that help us to feel special and safe.

stormbreak Champion Relationships Video

Spiderman stormbreak

Try this

Find several safe and sensible items you can stack - toilet rolls, flower pots, plastic cups - and work with a partner or small group to see how high you can build a tower. Take it in turns to stack your items as high as you can without the tower tumbling! Remember to listen to ideas, communicate clearly and show each other respect.



Self-worth

Watch our self-worth animation

Self-worth is knowing that we matter and can believe in ourselves to reach our goals.

stormbreak Champion Self-worth Video

Classroom rockstars stormbreak

Try this

Mark out a start line in a large, safe space and jump with both feet together. How far can you jump? Mark your landing spot with a small item and see if you can beat it next time. If you have a tape measure, record how far you can jump. Work with a partner to record all your jumps and add them together - how far can you jump in total? How many jumps does it take you to reach the Commonwealth Long Jump record of 8m 41cm? Celebrate your achievements, each jump counts!



Hope & optimism

Watch our hope & optimism animation

Having hope and optimism means feeling positive now and in the future. It means being able to change some of our negative thoughts or feelings and remembering that things can change and get better.

stormbreak Champion Hope & Optimism Video

Ranagram stormbreak

Try this

Find some soft items to throw and something to use as a target. Set yourself a goal - how many items will land in the target zone? Be brave, move further away, enjoy the challenge!

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stormbreak.org.uk

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