

Five ways that stormbreak can help children's mental health

1. Build Resilience

Resilience is created through connection and enabling children to understand difficulties, uncertainties and barriers they face and to then be able to 'bounce back' and to strengthen and grow despite adversity.



2. Connect in Relationships

Having fun, sharing time together and building a trusted sense of belonging is essential for wellbeing. Connection with children helps them to feel secure, loved and cared for and is important especially in difficult times.



3. Take notice of Self care

Noticing how we're feeling and taking care of ourselves is important. Walk in nature, do mindful movement that helps breathe and relax or try activities that energise them and helps keep them mentally and physically well.



4. Celebrate Self worth

Knowing we matter and valuing ourselves is important for our wellbeing. Encourage children to notice their personality strengths. Help them give themselves a compliment or affirmation each day.



5. Share Hope and Optimism

It is tricky to keep a positive mindset all of the time but we can help children feel optimistic and hopeful by listening to and validating their ideas and interests, by encouraging them to have a go at something new.

