

The #DailyMileAtHome

WEEK 3



Great to see you all again, and this time, it's Children's Mental Health week!

Our mental health is very important as it affects how we feel. Are you happy today? Are you feeling a little bit tired?

However you are feeling, different things can help to boost our mental health and make us feel a little bit better – like The Daily Mile!

THANKS – I'M READY

Excellent! The #DailyMileAtHome basics first: you just need to head outside for a jog or a run. Or even a walk-jog. Or a walk-run. Or even a walk-jog-run-walk if you like. You get the idea – just keep moving for 15 minutes from front door to front door.

So far so simple, but what we'd really like you to do is take on some challenges while doing your #DailyMileAtHome – just to make it a little more interesting, and fun of course!

Find out more in the boxes below.

WHY DO THE #DAILYMILEATHOME?

Things are a bit different at the moment, and looking after how we are feeling is really, really important.

Talk to someone close to you – why not ask them how they are today?

GREAT – I'M REALLY READY NOW!

One more thing. Actually, two...

Firstly, we'd love to see some pictures of you doing The #DailyMileAtHome. If you'd like to show us what you've been up to, ask your grown-up to take a picture, then post it on Twitter or Instagram using #DailyMileAtHome.

Secondly, and very importantly: listen to what your grown-up tells you about keeping a safe distance from other people. Wash your hands as soon as you're back home.

Have fun!



CHALLENGE 1

COLOUR YOUR FEELINGS

Wear a colour that matches how you feel, and have a chat about it.

If you are feeling blue, what could help you turn into a sunshine yellow?

What colour makes you happy?

Wear as many of your favourite jazzy colours as you can.

Brighten everyone's day on your #DailyMileAtHome.



CHALLENGE 2

HAPPY PLACES

Today, plan your route so that it goes past one of your favourite places.

What are your memories of that place?

Does it remind you of a special person? Of something fun?

It could be a bench, a certain street, a funny-looking tree.

Talk about why it makes you happy, and enjoy being there for a little while.

Share a picture of your special place at #DailyMileAtHome.



CHALLENGE 3

PICK A NUMBER

Imagine it's race day.

It could be school sports day, a race in the playground, or even the Olympic Games!

Make a running number to go on your front. Fill it with things that you enjoy doing and make you happy – what makes you smile?

You could draw anything you like – just keep it fun! Pick your favourite number, and away you go.

Show us your efforts at #DailyMileAtHome.