



The #DailyMileAtHome

WEEK 8 (MONDAY 25 MAY)



Hello there – how are you?

**FANTASTIC. TICKETY-BOO.
THANKS FOR ASKING.**

Pleasure. And thank you for taking a look at The #DailyMileAtHome. It's a super-easy way of staying fit and healthy – 15 minutes of walking, jogging or running outside.

Just make sure you get out of breath – that will help keep your heart and lungs nice and strong.

The #DailyMileAtHome also works wonders for your wellbeing, helping you to feel happy and calm (you might have to get your breath back first though!).

ANYTHING ELSE?

Yes – while you're out doing The #DailyMileAtHome have a go at one of our fun challenges. There are three each week. Take a look at this week's challenges at the bottom of the page.

Ask your grown-up to take a picture when you do each challenge and share at #DailyMileAtHome – we love to see you taking part and completing the challenges.

SOUNDS GOOD, LET'S GO!

Hang on, just one very important thing left: Stay safe. Listen to your grown-up when you're out and about. Keep a safe distance from other people and wash your hands as soon as you get home.



CHALLENGE 18

MONDAY 25 AND TUESDAY 26 MAY

BEACH DAYS

Have you ever been to the beach?

What did you wear?

Today, put something on that you'd normally wear to the beach.

Sun hat
Beach shorts
Sunglasses

No one is brave enough to do their #DailyMileAtHome wearing swimming goggles... or are they?

Share a picture with us at #DailyMileAtHome

CHALLENGE 19

WEDNESDAY 27 AND THURSDAY 28 MAY

ODD SOCKS DAYS

What's your sock drawer looking like?

All neat and tidy? Well, it's time to mix it up a bit – wear a wacky pair of socks today.

One green, one orange. One long, one short. One of your school socks, maybe?

Or wear a blue one to show support for our wonderful #NHS workers.

Share a picture with us at #DailyMileAtHome

CHALLENGE 20

FRIDAY 29 MAY AND THE WEEKEND

THREE-WORD CHALLENGE

So, head out and do your #DailyMileAtHome as normal – enjoy your usual route.

Then, when you're back, have a think and tell us three words that describe your #DailyMileAtHome.

Was it fun? Exhilarating? How about tiring? Sweaty? (or maybe that's just me?)

Write them down and share them at #DailyMileAtHome