

The #DailyMileAtHome

MONDAY 15 JUNE

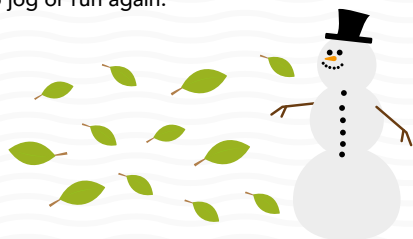
Thanks for taking a look at The #DailyMileAtHome!

TELL ME MORE...

The #DailyMileAtHome is a super simple idea. Just go outside for 15 minutes of jogging or running at your own pace. No need to get changed – head out in whatever you're wearing (unless you have ballet shoes on, or a pair of high heels, in which case you'd best put on some trainers).

DO I HAVE TO RUN OR JOG THE WHOLE WAY?

If you can. But stop for a breather if you need to. Remember, it's good for your body to get out of breath and it's best to slow down rather than stop completely – you'll soon feel ready to jog or run again.



CHALLENGE 1

TALK ABOUT THE SEASONS

Which season do you like best?

Do you love it when it's hot in the summer?

Or do you prefer crisp autumn days?

What about spring when the days start to get brighter?

Or wrapping up warm in winter?

Chat to whoever you're doing The #DailyMileAtHome with and tell them about your favourite seasons!



CHALLENGE 2

LET'S DRAW

Head out for your #DailyMileAtHome and choose something to draw when you get back.

It can be whatever you choose.

A building.

A car.

A tree.

A flower.

Send your sketches to #DailyMileAtHome

DO I HAVE TO GO OUTSIDE?

Absolutely!

The fresh air will do you good and help you stay alert. You'll see and hear different things – a bird, maybe, or a beautiful flower. It helps keep our brains and bodies happy. You'll feel great when you get back home – promise!

ANYTHING ELSE?

Yes – while you're out doing The #DailyMileAtHome try one of our fun challenges. 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.

Just one more thing: as always, stay safe. Listen to your grown-up when out and about. Keep a safe distance from other people. Wash your hands regularly.



CHALLENGE 3

DRESS BACK-TO-FRONT

Let's have some fun at the end of the week.

Choose your favourite The #DailyMileAtHome T-shirt – something you feel comfy in.

But wear it backwards.

Feeling brave?

Can you try wearing your shorts or jeans the wrong way round?

We'd love to see your crazy costumes at #DailyMileAtHome