



The #DailyMileAtHome

(AND MAYBE AT SCHOOL!)

MONDAY 1 JUNE



Can you believe it's June already?

Hopefully we'll have lots of lovely, bright days where we can all do The Daily Mile outside!

WHAT'S NEW?

Well, some of you will still be at home during the day so can still do your #DailyMileAtHome.

But, depending on where you live and how old you are, you may be heading back to school. Your school may decide to do The Daily Mile – in a safe way – so you can keep fit. Brilliant! You can now do your #DailyMileAtSchool.

WHAT'S THE DIFFERENCE?

Excellent question. The answer is 'not much'.

Keep doing The Daily Mile – 15 minutes of walking, jogging or running at your own pace. Keep doing the challenges below and send us a picture if you like. Keep listening to your grown-ups about staying safe – keeping your distance and washing your hands. You know the drill!

The only difference is you can do the challenges at home or at school – they're for everyone, wherever you are. If your school is doing The Daily Mile then your teacher might ask you to try the challenges below.

TELL ME ABOUT THIS WEEK'S CHALLENGES

They're all about having a chat, a chin-wag, a pow-wow, a catch-up – you know, just shooting the breeze with people you care about.

Remember, you should be a bit out of puff when you do your Daily Mile, so don't worry if you need a breather!

And see if your grown-up can take a picture when you do each challenge and share on Twitter at #DailyMileAtHome or #DailyMileAtSchool – we love to see you taking part and completing the challenges.

CHALLENGE 1

TALK ABOUT... THE WEATHER

Everyone's favourite subject (well, it is for grown-ups)...

What's the weather like today?

Do you like sunshine? How do you feel when it rains?

And – what's your favourite season? Crisp, chilly winter? Crunchy, blowy autumn?

CHALLENGE 2

TALK ABOUT... FOOD

What do you like to eat?

What's your dream dinner? Is breakfast your favourite meal?

What's the strangest food you've ever eaten?

What food makes you go 'yuck'?

If you could invent a food, what would it be like?

CHALLENGE 3

TALK ABOUT... NATURE

What animals can you see from where you are?

Are there any birds in the sky?

Can you see any minibeasts?

Are there trees and plants nearby? Are there any flowers in bloom – what colours are they?

What does the sky look like?

HAVE A NATTER AND TELL US ALL ABOUT IT ON TWITTER:
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