



England Does The Daily Mile!  
9am-3pm on Friday 5<sup>th</sup> February 2021

## Back Signs: How-To

**Thank you** once again, for registering to take part in our nation-wide, mass participation event on Friday 5<sup>th</sup> February. Within this document, you will find everything you need to **create your Back Signs** for better mental health awareness!

### What?

The Back Signs are ready to be downloaded and printed, with both colour and non-colour versions available, for children to wear on the day.

There are 4 versions they can choose from – we have left one blank for you to colour in yourselves.

Simply print, fill-out, and attach to shirts however you like, using the corner holes provided.

If you can't wear them on the day, why not create a classroom display instead?





## Why?

We all know that being more active, more often, makes us feel that little bit better — especially in light of the events last year. We thought it would be a great opportunity to get children thinking more about their own mental health, and what makes them feel that bit happier.

So we would love to hear from children around England about how The Daily Mile™ helps them and their friends with their mental wellbeing!

Worn like race numbers, these signs give children a place to consider **why** they do their Daily Mile. E.g. I do my Daily Mile because....

- “I get to be with my friends”
- “It gives me a clearer head to think”
- “It makes me smile and I can run around”
- “It helps me to concentrate more”

**And we would absolutely love to see photos of these!**

Once your students have had a think, and filled them out, please take a photo and either email them to us, or tag us...

### **Tagged Accounts:**

- Tag The Daily Mile Foundation: @\_thedailymile
- Tag Place2Be: @Place2Be
- Tag Sport England: @Sport\_England
- Please also try to tag your local **Active Partnership** if you can!

### **Campaign hashtags:**

- England Does the #DailyMile
- #1MillionMoving
- #ChildrensMentalHealthWeek