**Northern Ireland Does The Daily Mile!**

**9am-3pm on Friday 28th May 2021**

**Back Signs: How-To**

Thank you once again, for registering to take part in our nation-wide, mass participation event on

Friday 28th May. 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 Northern Ireland 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 [physical.activity@southerntrust.hscni.net](mailto:physical.activity@southerntrust.hscni.net)

or tag us as below:

Tagged Accounts:

• Tag The Daily Mile Foundation: @\_thedailymile

Campaign hashtags:

• Northern Ireland Does the #DailyMile

Thank you!