



Northern Ireland Does The Daily Mile Santa Run!

9am-3pm on Friday 3rd December 2021

Back Signs: How-To

Thank you once again, for registering to take part in our nation-wide, mass participation event on Friday 3rd December 2021. Within this document, you will find everything you need to create your Back Signs for the day!

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 3 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 Santa Run.

E.g. I do my Daily Mile Santa Run 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”



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 at physical.activity@southerntrust.hscni.net

OR tag us: @_thedailymile @SouthernHSCT

#TheDailyMile #dailymilesanatarun #teamSHSCT