

The #DailyMileAtHome

WEEK 7 (MONDAY 18 MAY)



A great big, friendly, smiley welcome to Week 7 of The #DailyMileAtHome!

Life's a bit strange at the moment isn't it? But keeping active and doing The #DailyMileAtHome is a great way to stay healthy and happy.

WHAT IS THE DAILY MILE AT HOME?

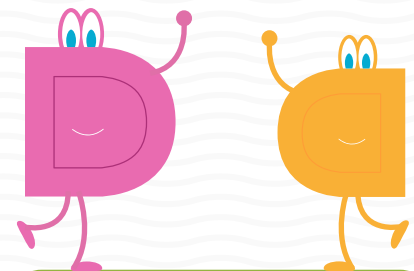
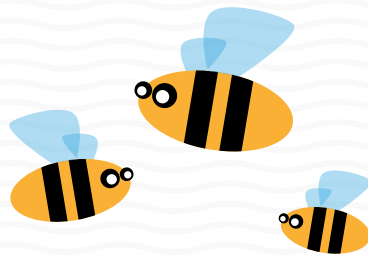
In school, The Daily Mile is 15 minutes of jogging or running at your own pace from classroom door to classroom door. It's the same at home: 15 minutes of jogging or running at your own pace, but this time from your front door and back to your front door. If you have to you can slow down and walk or do a jog-run – but it's important to get out of breath and get your heart pumping!

WHAT ARE THE CHALLENGES?

Each week, we set three different Challenges – some fun things for you to do while taking part in your #DailyMileAtHome. This week's Challenges are below. If you can, ask your grown-up to take a picture when you do your Challenge and share it #DailyMileAtHome – we'd love to see lots of you taking part and staying fit and healthy!

ANYTHING ELSE?

Just one very important thing. Stay safe. Listen to your grown-up when you're out and about. Keep a safe distance from other people and wash your hands as soon as you get home.



CHALLENGE 15

MONDAY 18 AND TUESDAY 19 MAY

MAP CHALLENGE

Where do you go for your #DailyMileAtHome?

What do you see along the way?

Do you turn left or right or go straight on?

Think carefully about your route and draw a map of it when you get home.

Share a picture with us at #DailyMileAtHome

CHALLENGE 16

WEDNESDAY 20 AND THURSDAY 21 MAY

UN WORLD BEE DAY

It's UN World Bee Day on 20 May.

Bees are amazing – they carry pollen and help our plants grow. This means we can eat lots of lovely, healthy food!

Are there any flowers where you live and can you spot bees buzzing around them?

Could you buzz like a bee on your #DailyMileAtHome?

How about wearing black and yellow when you head outside?

CHALLENGE 17

FRIDAY 22 MAY AND THE WEEKEND

FRIENDLY WAVE

Spread some cheer on your #DailyMileAtHome.

Have you noticed that when someone smiles at you, you smile too?

These are tough times for a lot of people, so head out for your #DailyMileAtHome and give someone a friendly smile and wave as you pass by.

And let us know if you get a wave and smile back in return!