

Dear Educators,

As we gear up for the 2020-2021 school year, many school districts are offering Remote Learning options. However, as one Superintendent described it, "Online coursework is not a vacation." The transition, hours of workload, and new responsibilities will have students searching for a daily brain break. Luckily, The Daily Mile can be part of remote learning methods.

Help keep your remote learners healthy, active, and focused with these tips!

- Encourage students to head outside to walk, jog, or run with their family.
- Stress that 15 minutes is all it takes as a break to the rigors of the day.
- Set activity goals of being able to jog for the 15 minutes!
- Set conversational goals targeting student interests. Encourage participation by sharing the conversation topic idea list with students and staff.
- A Daily Mile in the neighborhood may be a great way to connect with students. Talk to your PTA/PTO to explore the possibility of neighborhood Daily Mile programs with trusted teachers, parents, or volunteers.
- Consider hosting The Daily Mile on the school's track/field throughout the day (ex: before meal pick-up), or a few times a week.

Let The Daily Mile be the intervention that keeps us fit and connected while students meet their academic goals.

Be safe and have fun!
Bill Russell
The Daily Mile USA



CONVERSATION TOPIC IDEAS

- **Goals**
 - What goals do you have for yourself? How do you plan to reach them? What help do you need to active them?
- **School**
 - What is your favorite subject and why? What is your least favorite subject and why? What do you like about your school/teachers?
- **Books**
 - What is the best book you ever read and why? What was your least favorite book and why? If you could write any book, what would it be?
- **Time**
 - What is your favorite thing to do with your free time and why? If you had unlimited time, what would you do first?
- **Favorites**
 - What is your favorite game? Animal? Cereal? Holiday? Fruit? Vegetable? Song? Color?
- **Accomplishments**
 - What is the coolest thing you've ever built? What piece of artwork are you most proud of?
- **Would You Rather**
 - Walk or run? Be five years older or two years younger? Eat watermelon or apples? Fly or be invisible?
- **Safety**
 - Do you feel at home/school/daycare? Where you feel most safe and why? Where do you feel the least safe?
- **Character**
 - What do you like most about your best friend? What characteristics do you think make a good/bad person? What do you think are your best characteristics?
- **Problem Solving**
 - What is a problem you have recently faced? Did you solve it? Why/Why Not? If you solved it, how so?