



**The Daily Mile &  
Remote Learning**



**A guide to keeping kids active  
during remote learning**



## WELL, NOW WHAT?

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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.

Please take a few moments to review the resources provided in this document. Decide what resources best fit your district needs and share with your staff, parents, PTA/PTOs, and other district leaders.

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

Bill Russell  
The Daily Mile USA



# CONVERSATION TOPIC IDEAS

Remote learning delivers a curriculum to children by teachers through online learning programs. The transition to this new learning model can be stressful for both children and parents. In addition, the hours of workload will no doubt have children searching for a daily brain break. Luckily, The Daily Mile is a free, all-inclusive program that families can start at home today as part of their remote learning program. The Daily Mile gets kids outside to run, jog, or walk for just 15-minutes, and the benefits are simply amazing ...

- Improved focus, concentration and behavior by providing a 15-minute brain break
- Improved communication – The short exercise offers opportunity for quality side-by-side conversations between parents and children. See below for some conversation topic ideas!
- Improved health – The Daily Mile helps kids meet the recommendations for daily physical activity
- Avoid arguments – The 15-minute goal takes the guesswork, arguments, and debate out of the equation. Everyone in the family can agree on this quick, fun break!

## • **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?



# THE WALKING BUS

A Daily Mile “Walking Bus” in the neighborhood may be a great way to connect with students as well as completing wellness checks. Talk to your PTA/PTO to explore the possibility of neighborhood Daily Mile Walking Bus program with trusted teachers, school personnel, parents, community leaders, or volunteers. Check out the tips below for some ideas!

- **Bus Stops** - Create a predetermined route, and/or a variety of routes targeting different areas of the community. Use known landmarks as bus stops.
- **Timing** - Consider timing and possibility for the Walking Bus to happen every hour/every half hour/a few times a day/etc. depending on the ability of the community.
- **Have Fun** - Use drums or bells to signal the arrival of The Daily Mile Walking Bus.
- **Stay Together** – Use a brisk walk as the groups will need to stay together. Don’t run.
- **Take Turns** – Allow children to take turns “driving” the Walking Bus.
- **Stay Safe** - Maintain COVID safety precautions by wearing masks while practicing social distancing. Set a limit for small groups on the routes.





# CAMPUS "SAFE ZONE"

**Take these simple steps to open The Daily Mile as a healthy intervention on your school campus:**

1.) Pre-plan a route or two for students and their families to walk The Daily Mile on school campus. Have a route painted or coned off to make the site easy to identify.

2.) Invite students and their families to walk, jog, or run The Daily Mile for 15-minutes each day.

3.) Open the school campus route three days a week, at different times allowing flexibility for each family to take advantage of the safe campus.

4.) Designate a school staff or trusted community member to supervise the route.

5.) Maintain COVID safety precautions by wearing masks while practicing social distancing



A 21-DAY COUNTDOWN TO

# DEVELOP THE DAILY MILE HABIT



Many people believe that habits are formed by completing the same task for 21 consecutive days. We challenge you to make The Daily Mile part of your routine! Download, print, and post this 21-Day Countdown Tracker in your home or class. Color, check off, or put a sticker over each shoe when you complete The Daily Mile that day. See for yourself how you feel after 21 days!



#DailyMile

# What is The Daily Mile?



[www.thedailymile.us](http://www.thedailymile.us)

## The Daily Mile

IS

IS NOT



Running, Jogging,  
or Walking



Riding Bikes, Scooters,  
or Rollerskates



15 minutes



Simple, Fun, & FREE



Inside



Competitive



Outside



About Distance

The Daily Mile is a social and physical activity, with children running or jogging at their own pace - in the fresh air with friends. The goal should be to run or jog for the full 15 minutes.

# Increase the self-esteem of your students!



Want your students to feel better about themselves? The Daily Mile has children feeling happy!

Students with healthy self-confidence levels have less anxiety, are more motivated, and have better relationships.

The third grade was difficult for Louie. He often struggled with anxiety and making friends. But once his teacher introduced the class to The Daily Mile, Louie 's life improved.

Running has increased his self-confidence. It's shown him that he can achieve goals. He feels better physically, his stress levels have reduced and running helps him to feel more calm. The 15-minute daily brain break has even helped him make a few friends. "I enjoy it because I feel good about myself now."

## What is The Daily Mile?

The Daily Mile is a FREE, simple, sensible program. It's a fun, social 15-minute exercise and brain break during curricular time. It's been proven to improve the physical, social, emotional and mental health, and wellbeing of our children - regardless of age, ability or personal circumstances.

## What is The Daily Mile?

Introduce The Daily Mile to a classroom teacher. Begin a Daily Mile pilot in your school today!

## Contact Us

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