



**A guide to keeping kids active with  
The Daily Mile during eLearning**



# WELL, NOW WHAT?

---

Elearning has become an avenue for education in across the nation. Our students' physical, social, and emotional wellbeing is affected by this new style of school.

Luckily, The Daily Mile is not only built to help those in classrooms. It can be part of eLearning methods. The Daily Mile gets kids outside to walk, run, or jog for 15 minutes each day. It is free, simple, and all-inclusive. The screen-free refresher improves health and wellbeing of all students. University research backs The Daily Mile as a physical activity initiative that improves the mind and the body.

The Daily Mile offers many free resources that teachers may incorporate into their virtual classrooms. These include SEL-related tools. They are available under the Classroom & Teacher Resources section at [thedailymile.us/resources/](https://thedailymile.us/resources/).

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

Let The Daily Mile be the investment in our children that keeps us fit and connected while achieving academic goals.

Bill Russell  
The Daily Mile USA





## The Daily Mile is a **FREE**, safe, all-inclusive program that gets elementary school children outside for 15 minutes a day to run, walk, jog, or roll.

The simple yet groundbreaking program delivers measurable results in just four weeks. Teachers know when The Daily Mile works best and many do it when ...

- ✓ Students need to burn off excess energy
- ✓ Students are having trouble focusing
- ✓ Before difficult subject matters or lessons
- ✓ Teachers need to reconnect with students

Backed by university research, The Daily Mile is an evidence-based initiative for improved physical, mental, emotional, and social health and wellbeing.



### Increase Physical & Mental Health

The Daily Mile improves heart health, reduces body fat, and promotes healthy body composition.



### Improve Emotional Wellbeing

The Daily Mile supports self-esteem and happiness. It helps reduce anxiety and increases confidence.



### Improve Virtual Classroom Focus

The program improves concentration and memory. Students return to class focused and eager to learn.



### Boost School Morale

Teachers and students appreciate this self-care time to reconnect and refocus outside of the classroom.



# ENJOY THESE FREE RESOURCES TODAY

---

Use the following resources to help incorporate The Daily Mile into your virtual classroom today. Or visit the Classroom & Teacher Resources section at [www.thedailymile.us/resources/](http://www.thedailymile.us/resources/) for even more free resources!

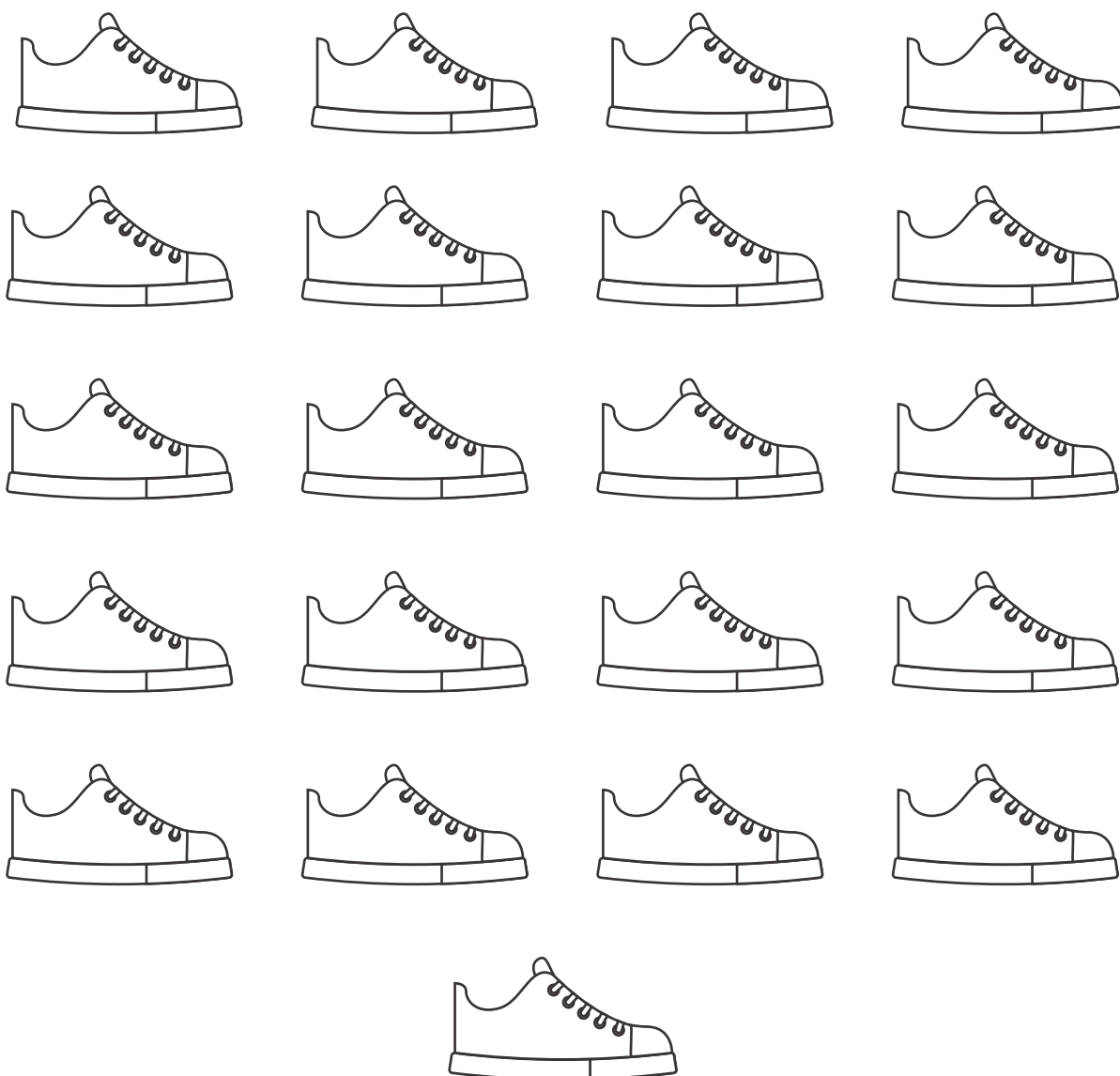


A 21-DAY COUNTDOWN TO

# 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!



# 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 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? If you had unlimited time, what would you do?

## • **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**

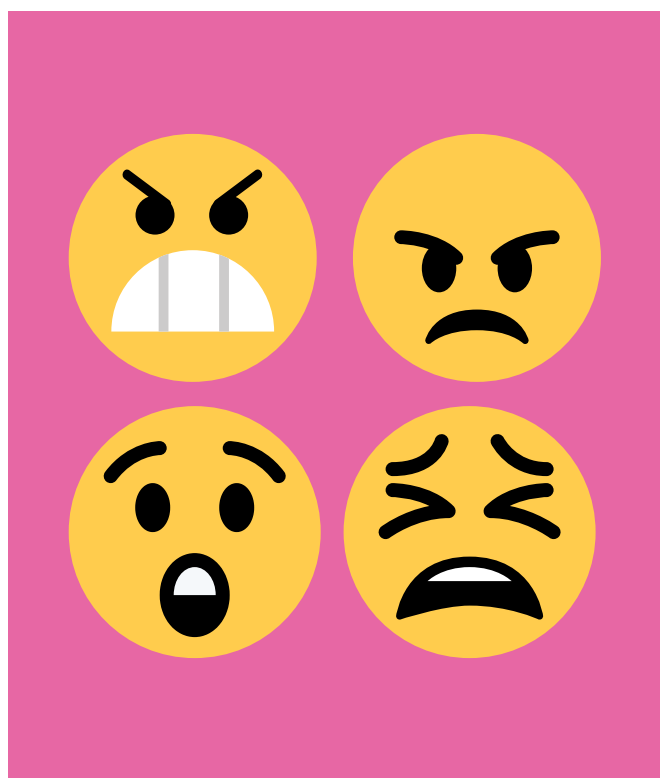
- What do you like most about your best friend? What characteristics do you think make a good/bad person? What do you think are your best characteristics?

## • **Problem Solving**

- What is a problem you have recently faced? Did you solve it? Why/Why Not? If you solved it, how so?

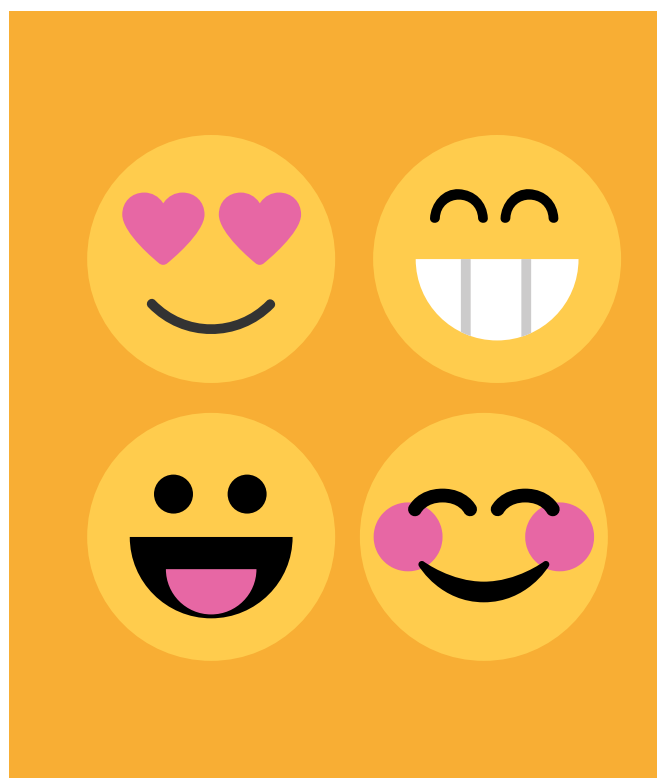
# The Daily Mile Mood Meter

How are you feeling today?

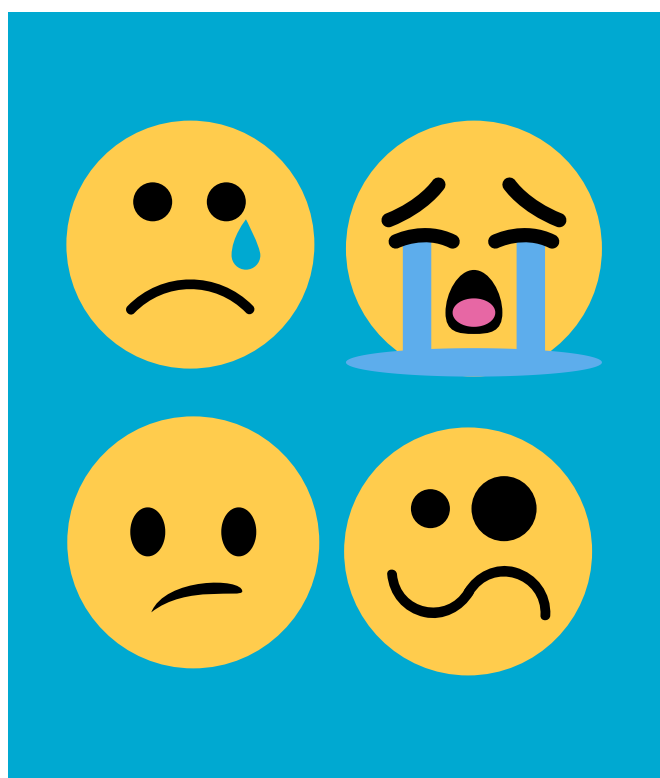


Negative

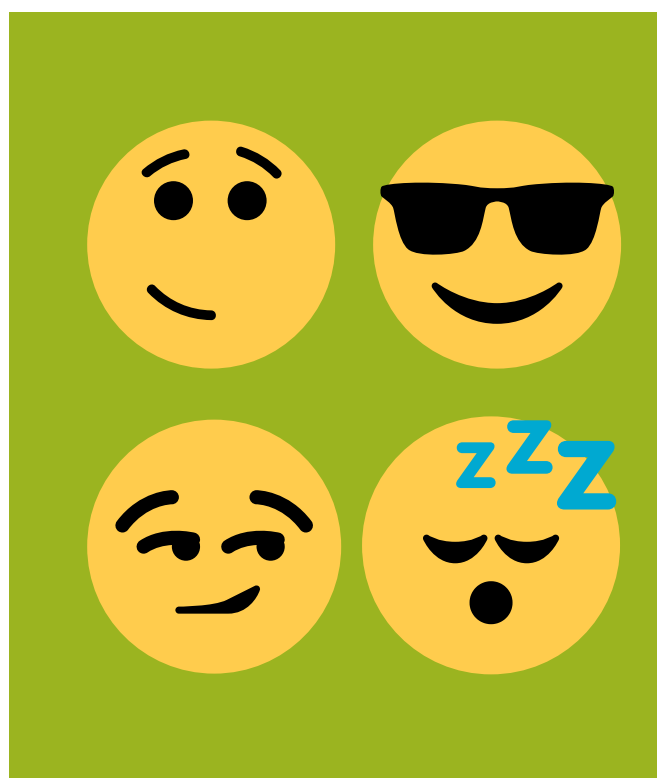
High Energy



Positive



Low Energy



# Bingo

Wave to  
everyone  
you see

Drink water  
after you  
run



Count how  
many steps  
you take

Take a  
new  
route

Pick up  
a piece of  
trash

Count the  
number of  
cars you see

Do 5  
jumping  
jacks first

Do The  
Daily Mile  
in the a.m.

Use  
sunscreen  
today



Run faster  
than you've  
ever run

Talk about  
something  
fun you did

Look for 10  
things that  
are green



Run your  
route in  
reverse

Be very  
quiet to  
hear birds



Sing a  
song while  
walking

Say "hi" in  
a different  
language

Wear blue  
on your  
Daily Mile

Wear a hat  
on your  
Daily Mile



Do The  
Daily Mile  
in the p.m.

Look for  
your  
shadow

Eat fruit  
after  
you run



Find 5  
blue  
objects

Do The  
Daily Mile  
twice today

Give a  
friend a  
compliment





## INSTRUCTIONS

1. Provide your students with a copy of the BINGO card. Students can download multiple versions of the card at [www.thedailymile.us/resources/](http://www.thedailymile.us/resources/) under "Parent & Home Resources".
2. Encourage students to download and print two cards. They will use one card for the game, and another to pull cards from.
3. Have students cut out the BINGO squares from the extra card and put the cards into a bag.
4. Each day, ask the student to pull a BINGO square from the bag. Ask students to complete the activity for that day, then cross the activity off their BINGO cards. The center square is free.
5. When the student has crossed off all activities in a row (up and down, across, or diagonally), give them a special treat! For example, let them do a virtual Show & Tell, or give them extra time to talk.
6. Repeat the game as many times as you'd like to encourage your students to stay active!



# WRITE TO FEEL BETTER

Use the words in the blue, pink, and green boxes below to finish the sentence.

Sad  
Angry  
Scared  
Confused  
Worried  
Embarrassed  
Unsafe  
Stress

Happy  
Calm  
Safe  
Focused  
Better  
Accepted  
Okay  
Good

Go for a walk or run  
Draw or color  
Count to 10  
Read a book  
Ask for help  
Write in my journal  
Take slow breaths  
Do a puzzle  
Stretch  
Give myself a hug  
Help someone  
Do a chore

I feel \_\_\_\_\_. To help me feel \_\_\_\_\_, I will \_\_\_\_\_.

Example: I feel **worried**. To help me feel **calm**, I will **go for a walk**.

---

---

---

---

---

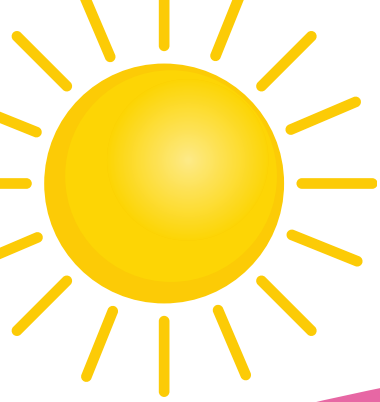
---

---

---







THE DAILY MILE MAKES ME FEEL ...



# ALL ABOUT ME!

What are 5 things  
that I am really good at?

What makes me feel  
the best about myself?

What makes me different?

What is the best thing about me?

# WHAT OTHERS SEE IN ME

Use the bubbles below to write in nice things  
your friends and family say about you.







Student Name \_\_\_\_\_

# WENT THE EXTRA MILE TODAY BY

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> Helping a Friend | <input type="checkbox"/> Participating        | <input type="checkbox"/> Working Hard      | <input type="checkbox"/> Telling the Truth |
| <input type="checkbox"/> Showing Respect  | <input type="checkbox"/> Listening            | <input type="checkbox"/> Being Responsible | <input type="checkbox"/> Learning          |
| <input type="checkbox"/> Caring           | <input type="checkbox"/> Following Directions | <input type="checkbox"/> Not Giving Up     | <input type="checkbox"/> Other: _____      |

Additional Info: \_\_\_\_\_

Date: \_\_\_\_\_



Nombre del estudiante \_\_\_\_\_

# HOY FUI UNA MILLA EXTRA PORQUE

- |   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> Ayudé a un amigo | <input type="checkbox"/> Participo             | <input type="checkbox"/> Trabaje arduamente   | <input type="checkbox"/> Dije la verdad     |
| <input type="checkbox"/> Demostré respeto | <input type="checkbox"/> Escuche               | <input type="checkbox"/> Fui responsable      | <input type="checkbox"/> Aprendí algo nuevo |
| <input type="checkbox"/> Fui cariñoso     | <input type="checkbox"/> Seguí las direcciones | <input type="checkbox"/> No me di por vencido | <input type="checkbox"/> Otra razón: _____  |

Información adicional \_\_\_\_\_

Fecha: \_\_\_\_\_



# Sign Up & Get More!

Get access to even more free resources.

Sign up your school for The Daily Mile today!

[www.thedailymile.us/school-signup/](http://www.thedailymile.us/school-signup/)

