The Daily Mile

MARCH MADNESS

PHYSICAL CHALLENGES

- Keep your arms out or raised.
- Run faster than you've ever ran.
- Run for 5 consecutive minutes.
- Pick your own physical challenge.

EMOTIONAL CHALLENGES

- Talk to a friend about what's on your mind.
- Talk about your favorite memory.
- Make a friend laugh with a joke.
- Sing your favorite song.

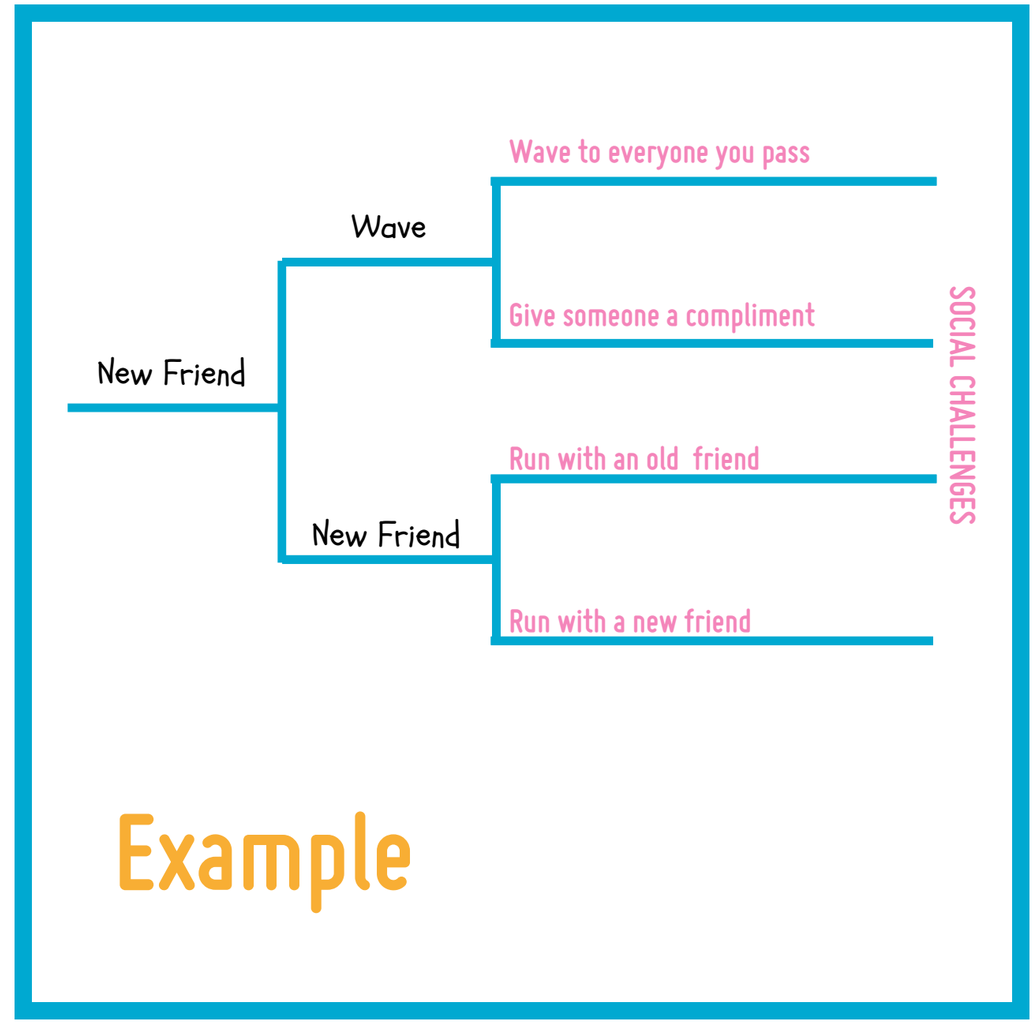
MENTAL CHALLENGES

- Would you ever want to live on the moon? Discuss with a friend.
- Count the number of steps you take.
- Pick an object. Count how many you see.
- Come up with a new invention. Discuss with a friend.

SOCIAL CHALLENGES

- Wave to everyone you pass.
- Give someone a compliment.
- Run with an old friend.
- Run with a new friend.

MARCH MADNESS

DIRECTIONS:

- Allow students to select one of the physical, mental, emotional, or social challenge brackets.
  - In the example, students selected the Social Challenge bracket.
- Ask students to complete one challenge in that bracket.
  - In the example, students completed the "Wave to everyone you pass" challenge.
- Then, have students do the other competing challenge in that bracket the next time they do The Daily Mile.
  - In the example, students then completed the "Give someone a compliment" challenge.
- After completing both challenges in one bracket, have students vote on which challenge they liked most. Write the winning challenge in the blank bracket.
  - In the example, students voted that they liked the "Wave to everyone you pass" challenge more than the "Give someone a compliment" challenge. The teacher would write "Wave" in the winning bracket line.
- Continue this process until a final winning challenge is selected.