

# Ideas to Integrate The Daily Mile into Your Curriculum



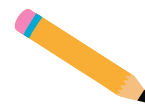
## SCIENCE

- Study the weather and learn about different weather patterns including cloud formations.
- Look at different habitats or food chains.
- Discover names and identify types of plants and animals.
- Discuss different phases of the sun and how it's different during each season.
- Think about life cycles and metamorphosis of butterflies and other insects.



## WRITING

- Use The Daily Mile Journal of Joy.
- Write poetry about how you feel doing The Daily Mile.
- Write a letter to a friend about your favorite part of The Daily Mile.
- Identify different objects you see on your Daily Mile journey (ex: nature, insects).
- Describe your favorite way to do The Daily Mile. Who are you with? Where do you run? What time do you go?



## SOCIAL STUDIES

- Use The Daily Mile to discover the world with the Destinations Map.
- Help students to travel the world through the Badges Challenge.

## SOCIAL EMOTIONAL LEARNING

- Help students recognize & express emotions with the Mood Meter.
- Have students express their emotions with the Class Bubble Poster.
- Use The Daily Mile Kindness Calendars (Volume 1, Volume 2, & Volume 3).
- Write Friendly Notes.
- Celebrate the school year with a Time Capsule.
- Visit [www.thedailymile.us/sel](http://www.thedailymile.us/sel) for more ideas!



## MATH

- Learn a heart rate formula and calculate your heart rate after The Daily Mile.
- Count the number of laps you run during The Daily Mile then average how many you would complete in one year.
- See if you can track the number of steps you take during one minute of doing The Daily Mile.



## ART & MUSIC

- Draw and color a picture of yourself doing running The Daily Mile.
- Listen to uplifting music with 130+ BPM (beats per minute) during The Daily Mile.



## These ideas come from teachers like you!

Special thanks to Daily Mile Champions Amy Hathaway, Mark Torrie, & Heather Davis-Kohli for sharing their ideas. We'd love to hear from you, too! How do YOU integrate The Daily Mile into your curriculum? Share your thoughts with us at [team@thedailymile.us](mailto:team@thedailymile.us).