

BUILDING

A CLASS

COMMUNITY

A Back-to-School Resource for teachers



LESSON PLAN

Grade:

Lesson:

Lesson Goal

Help your students build a positive classroom environment and better relationships more quickly with The Daily Mile.

Expected Outcome

Students will build healthy relationships with their peers. They will provide and receive support and encouragement. Students will be healthier and happier leading to a positive classroom environment.

Materials

1. Classroom Rules Poster Template
2. Let's Get To Know One Another Discussion Topics Sheet
3. Student Evaluation Sheet (How do you feel?)

Strategies

1. Co-create classroom rules with students
2. Focus on building relationships
3. Use The Daily Mile as a tool to implement 1 and 2

Activities

1. Explain the importance of building a class community. Ask students why they think this is important.
2. Allow students to participate in setting the Classroom Rules. Define what rules are and explain why students need to follow them. Encourage discussion as to why students think it's important to follow rules. Examples: be kind, support each other, pay attention, take care of school property. Material: Classroom Rules Poster Template
3. Introduce The Daily Mile.
 - a. The Daily Mile began in Scotland (United Kingdom) in 2012. It was created by Principal Elaine Wyllie and her students. By chance, the children discovered that most of them could not run for very long. They would feel exhausted very quickly after they started running. However, the kids took ownership and solved the problem by running each day. The students were supportive and encouraged each other. After four weeks, most of the students could run for a full 15 minutes. They called this run The Daily Mile.
 - i. Student Discussion Topics: How do you think these students felt when they first started running? How do you think you will feel when you start The Daily Mile?
4. Explain how the Classroom Rules apply to The Daily Mile. For example, students are expected to be supportive and kind to everyone. Do not make fun of or be rude to students who move at different speeds. The Daily Mile is not a race.
5. Select a Discussion Topic for students to talk about on The Daily Mile. Prime the students by answering the question first and giving examples. Material: Let's Get To Know One Another Discussion Topics Sheet.
6. Do The Daily Mile. Take your students outdoors to run, jog, walk, or roll for 15 minutes. Repeat The Daily Mile (using new discussion topics) three times a week or more for four weeks.

Assessment

After four weeks, have students complete the Student Evaluation Sheet to reflect on the success of this lesson plan and The Daily Mile on classroom community.

TEACHER'S NOTES

Grade:

Lesson:

- **Classroom Rules:** Limit the number of rules to 5–6 so students are not overwhelmed by the number of rules. Keep rules more general than specific (ex: be kind, support each other, pay attention in class, take care of school property). See the Classroom Rules Example for ideas.
- **The Daily Mile Route:** The route just needs to be safe, social, and fun. Most schools utilize a field close to their existing playground. The route should be small enough that students pass each other 6–8 times during the 15 minutes of The Daily Mile.
- **The Daily Mile:** As a friendly, non-competitive activity, students benefit emotionally, socially, and academically. Use the Discussion Topics to select a question before going outdoors for The Daily Mile. Encourage students to discuss the topic during The Daily Mile to help build a class community. Remember to keep The Daily Mile fun and simple. There's no need to measure distance or track miles.
- **Physical Health:** It's acceptable for students to walk, but the goal is to get students to run during the whole 15 minutes of The Daily Mile. Encourage students to take ownership of their physical health and run as much as possible.
- **Your Involvement:** Your students experience the maximum relationship benefit when teachers are engaged. Walk, jog, or run with your students during The Daily Mile. Be prepared for students to open up about what's going on in their lives. Use the opportunity to identify students who may need some emotional support.

LET'S GET TO KNOW ONE ANOTHER

DISCUSSION TOPICS FOR THE DAILY MILE



What do you want to be when you grow up?

If you could tell your future self anything, what would it be?

What qualities do you want in a friend? Why?

What can you say or do to help someone feel better?

What is something you are good at?

What do you think the world will look like in 300 years?

What are some ways someone could be a good friend to other people?

How does being kind to someone make you feel?

What is something new you want to learn how to do this year?

What three words do you think others use to describe you? What three words do you want others to use?

Discuss a time when someone was kind to you.

What is the best quality to have in a friend?

What is the first thing you do when you get home from school?

What do you like most about the Earth?

When are you happiest?
Who are you with?
Where are you going?
What are you doing?

Who is the kindest person you know?
Why?

If you were a superhero, who would you help and why?

How old do you wish you could be? Why?

What is your favorite thing about yourself?
Why?

Do you think it's more important to be kind or smart?

What are a few of your favorite things (sports, movies, books, toys, hobbies, color, etc.)

When do you do your best thinking? Why?

What is the kindest gift you ever received?

Pick any question or come up with your own!

EXAMPLE ONLY



CLASSROOM RULES

1. Be kind.
2. Play & work safely.
3. Be a good listener.
4. Support one another.
5. Believe in yourself.



CLASSROOM RULES



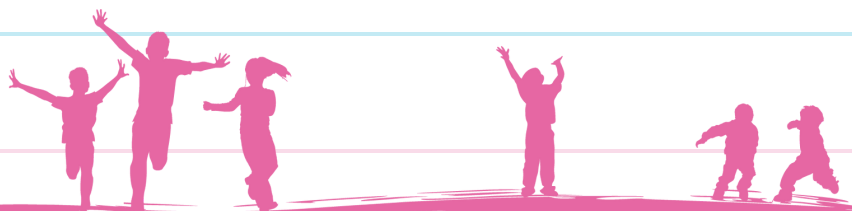
1.

2.

3.

4.

5.



Name: _____

Date: _____

How do you feel?



Yes, this is true.



Most of the time, this is true.



No, this is not true.

I followed our classroom rules on The Daily Mile.	
I made friends while doing The Daily Mile.	
I felt encouraged and supported during The Daily Mile.	
I encouraged and supported others during The Daily Mile.	
Doing The Daily Mile made me feel happier and healthier.	
Doing The Daily Mile helped me get to know my classmates.	

Two things The Daily Mile helped me do:

1

2
