



ADMINS ADMIRE THE PROOF

By starting small, administrators will see The Daily Mile's impact on whole-child wellness. This will help them make informed decisions about scaling the program to an entire grade or the whole school.

1

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STAFF LOVE THE STORIES

Pilot teachers can build support by chatting with colleagues on campus or sharing their experiences during professional development or staff meetings. After just one month, they often have a personal story to tell.



3

STUDENTS NEED STRUCTURE

Teachers introduce The Daily Mile to students, setting expectations for participation and behavior, often through a grade or school-wide assembly to promote community building.



SCHEDULING HACKS

- Connect different classes and grades by sharing the same Daily Mile time and space.
- Foster inclusivity by partnering general education and SPED classes to do The Daily Mile.
- Implement a Big/Little system for older and younger grades to do The Daily Mile together.
- Strengthen school community by inviting the Principal, Counselor and other school leaders to participate in The Daily Mile with students.
- Check out the attached sample schedules for ideas on how to schedule The Daily Mile in your school day.

4



Full School Daily Mile Schedule Sample

TIME	ACTIVITY	TIME	ACTIVITY
6:00		2:00	Grade 5 - Teacher C
6:15		2:15	Grade 5 - Teacher D
6:30		2:30	
6:45		2:45	
7:00		3:00	
7:15		3:15	
7:30		3:30	
7:45		3:45	Release
8:00		4:00	
8:15	Morning Bell	4:15	
8:30	Morning Announcements	4:30	
8:45	PreK - Teachers A & B	4:45	
9:00	Grade 3 - Teacher A	5:00	
9:15	Grade 3 - Teacher B	5:15	
9:30	Grade 3 - Teacher C	5:30	
9:45	Grade 3 - Teacher D	5:45	
10:00	Grade 1 - Teacher A, and SPED	6:00	
10:15	Grade 1 - Teacher B	6:15	
10:30	Grade 1 - Teacher C	6:30	
10:45	Grade 1 - Teacher D	6:45	
11:00	Grade 2 - Teacher A	7:00	
11:15	Lunch - PreK Grade 2 - Teacher B	7:15	
11:30	Grade 2 - Teacher C	7:30	
11:45	Lunch - 3rd & 4th Grade 2 - Teacher D	7:45	
12:00		8:00	
12:15	Lunch - 1st & 2nd	8:15	
12:30	Grade 4 - Teacher A, and SPED	8:30	
12:45	Grade 4 - Teacher B	8:45	
1:00	Grade 4 - Teacher C	9:00	
1:15	Grade 4 - Teacher D	9:15	
1:30	Grade 5 - Teacher A	9:30	
1:45	Grade 5 - Teacher B	9:45	

Full School Daily Mile Schedule Sample (Buddy System)

TIME	ACTIVITY	TIME	ACTIVITY
6:00		2:00	
6:15		2:15	PreK - Teachers A & B
6:30		2:30	PreK - Teachers C & D
6:45		2:45	
7:00		3:00	
7:15		3:15	
7:30		3:30	
7:45		3:45	Release
8:00		4:00	
8:15	Morning Bell	4:15	
8:30	Morning Announcements	4:30	
8:45		4:45	
9:00	Grade 3 - Teachers A & B	5:00	
9:15	Grade 3 - Teachers C & D	5:15	
9:30		5:30	
9:45		5:45	
10:00	Grade 1 - Teachers A & B, and SPED	6:00	
10:15	Grade 1 - Teachers C & D	6:15	
10:30	Snack Time	6:30	
10:45	Grade 2 - Teachers A & B	6:45	
11:00	Grade 2 - Teachers C & D	7:00	
11:15	Lunch - PreK	7:15	
11:30		7:30	
11:45	Lunch - 1st & 2nd	7:45	
12:00		8:00	
12:15	Lunch - 3rd & 4th	8:15	
12:30		8:30	
12:45	Grade 4 - Teachers A & B, and SPED	8:45	
1:00	Grade 4 - Teachers C & D	9:00	
1:15		9:15	
1:30	Grade 5 - Teachers A & B	9:30	
1:45	Grade 5 - Teachers C & D	9:45	