

15 TIPS & TRICKS

you'll love to do with  The Daily Mile

1

BUILD A BUDDY SYSTEM



By sharing the same Daily Mile time & space, students from different classes can get to know each other better. This will help build new friendships and help teachers connect with their students.

2

BUILD A COMMUNITY

Strengthen school community by inviting the principal, counselor and other school leaders to participate, like other Daily Mile schools do!



3

INCENTIVIZE

One school rewards teachers who do The Daily Mile. Each day a teacher adds their name to a fishbowl. At the end of the week, a lucky teacher wins a \$5 Starbucks Gift Card. Even students were eager to participate because they wanted to help their teacher win!



4

TAKE CARE OF FOOTWEAR

Let teachers wear sneakers or appropriate walking/running footwear if they participate in The Daily Mile. This is a particularly good idea for schools that have strict dress codes.



5

HIGHLIGHT BENEFITS

Remind your school family that The Daily Mile will reduce stress levels. This can lead to a happier and more productive learning environment for everyone! It also gives teachers time to connect with their students to build positive, healthy relationships.



6

PHONES DOWN EYES UP

At one school, teachers were using Daily Mile time to text on their phones, causing some issues. To address this, the school implemented a new rule prohibiting phone use and reminded teachers that this time was meant for connecting with students. As a result, teachers enjoyed the initiative even more.



7

PROVIDE RESOURCES

Provide teachers with resources to help them incorporate The Daily Mile into their classroom culture. Visit thedailymile.us/resources/ for free downloadables like The Journal of Joy, Trackers, Class Reward Coupons and more!



8

ADDRESS CONCERNS

Ease teachers' worries about The Daily Mile by offering solutions for fitting it into the school day and ensuring a supervised, safe route.



9

CELEBRATE SUCCESSES

Recognize and celebrate Daily Mile participants' achievements through newsletters, assemblies, or rewards like stickers or certificates.



10

FOSTER INCLUSIVITY

By partnering general education and SPED classes to do The Daily Mile, administrators can promote inclusivity and build a stronger school community.



11

GIVE TIME BACK

Provide extra planning time for teachers implementing The Daily Mile to alleviate added workload stress.



12

MENTORS & PROTÉGÉES

Offer veteran Daily Mile teachers the chance to mentor new Daily Mile teachers which provide opportunity for growth for both educators. Mentors can take on leadership roles while protégées can feel invested in teaching and motivate to continue.



13

GIVE CREDIT



Consider offering Professional Development Credits to teachers who participate in The Daily Mile through the whole school year.

14

ONLINE GROUP

Remind teachers that The Daily Mile Facebook Group Community is just a click away and all are welcome! It's a supportive place to share ideas, ask questions, and share successes. Search for "The Daily Mile Community" on Facebook to join.



15



BRING IT HOME

Encourage parents do The Daily Mile with their kids at home on weekends, Spring Break, or holidays. It's a great way to reinforce healthy habits and fosters stronger school-home connections.