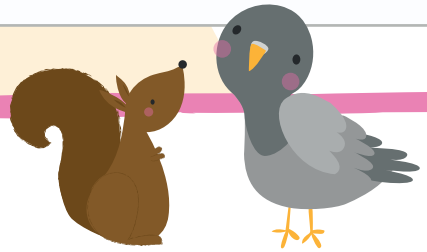
Name _____

I Spy...



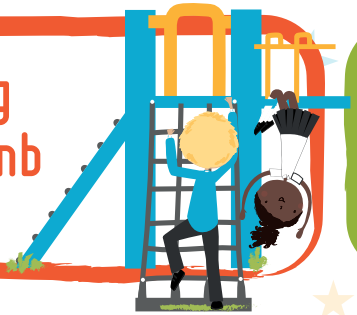
- ◯ an animal or a bird



- ◯ a friend



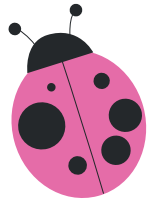
- ◯ something with wheels



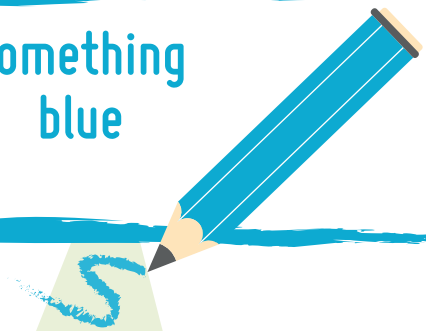
- ◯ something you can climb



- ◯ something that grows



- ◯ something round



- ◯ something blue



- ◯ something very small



- ◯ a game to play with friends

CONNECT · BE ACTIVE · TAKE NOTICE · LEARN · GIVE

SAMH
Scottish Action for Mental Health

The Daily Mile™
children fit for life

Tier 1 - I Spy

Outcomes:

Curriculum for Excellence: Health and Wellbeing

The national curriculum in England: PSHE

Area of learning and experience: Health and Wellbeing

Personal Develpoment and Mutual understanding

Equipment:

'I Spy' sheet (digital or printed).

Time needed:

1 - 2 minutes

Participants:

3 - 7 years

How to:

1. Give each child a printed copy of the I Spy sheet or use the interactive digital version.

2. Either:

- Choose one of the items on the list for the children to look out for when they are doing their Daily Mile

OR

- Ask the children to look at the activity sheet before a Daily Mile and see how many items they can see and remember while outside.

3. Once back in to the classroom, ask them to tick the circle on their sheet or click on the circle of the digital version of what they saw.

Teacher Tips:

Suggested conversation starters and finishers:

Introduce the activity by saying:
"Today for our Daily Mile, we're going to do something different! We're going to take a moment to really notice what's around us. I've got an 'I Spy' sheet with things we might spot along the way."

close the activity by saying:
"Well done everyone! I loved how you all took the time to really notice the world around you during our Daily Mile today. It just shows how much there is to see when we pay attention. Keep using those observation skills every day,you never know what you might spot next time!

Other ways to use this activity:

a. **1-2-1 setting:** could be used for an individual session asking the child to take notice and fill in what they see on their Daily Mile.

b. **Longer group activity:** ask the children to create their own "I Spy" sheet for other classes to try.

c. **Take home activity:** ask the children to repeat the exercise while they are at home and see if the notice any differences in what they find.