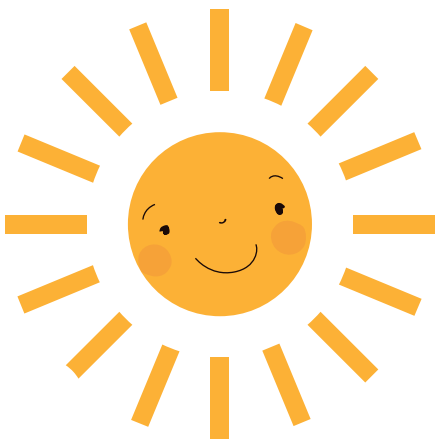


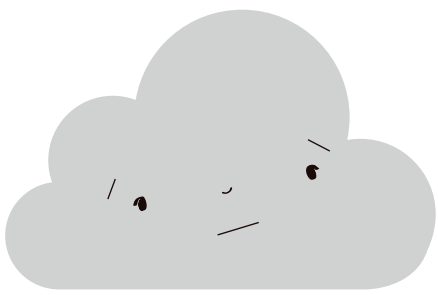
How are you feeling before doing The Daily Mile?
How are you feeling after doing The Daily Mile? Has the feeling changed?



Happy | Excited | Energised | Focused | Positive

Before your Daily Mile

After your Daily Mile



OK | Fine | Tired | Unsure | Restless

Before your Daily Mile

After your Daily Mile



Worried | Frustrated | Sad | Nervous | Angry

Before your Daily Mile

After your Daily Mile

CONNECT | BE ACTIVE | TAKE NOTICE | LEARN | GIVE

SAMH
Scottish Action for Mental Health

The Daily Mile™
children fit for life

Tier 1 - Moodboard

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:

Moodboard (printed or digital), stickers. If laminated, board pens

Time needed:

1 - 2 minutes

Participants:

All ages

How to:

1. Print and display the Moodboard in your classroom and ensure you have temporary markers available.

2. Before the children complete their Daily Mile give each child a marker and ask them to think about how they feel and place it in the scetion that is the closest match.

3. Complete your Daily Mile

4. Once childen return to the classroom, revisit the board and ask children to repeat the process and put their marker on how they now feel.

Teacher Tips:

Suggested conversation starters and finishers:

Introduce the activity by saying:
"Today we're going to notice how we feel before doing our Daily Mile and then seeing if we feel different once we've done it. This is to show how being active in our bodies can change our thoughts and feelings."

close the activity by saying:
"Well done everyone, hopefully now you've been active doing your Daily Mile, you might feel energised and happier and your mind might feel clearer which can help for the rest of the day. Moving our bodies, especially in fresh air, can have a really positive impact on how we feel".

Other ways to use this activity:

a. **1-2-1 setting:** could be used for an individual session asking the child how they feel before and after. This can help the child learn about feelings and how being active can be of benefit without the pressure of a group.

b. **Longer group activity:** ask the children to discuss how doing The Daily Mile has changed how they feel that day. They could also create a chart for themselves or the class to keep track for a week/month.

c. **Take home activity:** ask the children to make a chart to fill in for themselves/family/carers for a period of time.