Survey Incentive Pack: 3-5/5-7 years

1. Our Senses

the Daily Mile

Powered by LONDON MARATHON FOUNDATION

During The Daily Mile, use your senses to notice the world around you. What can you see, hear, feel and smell? If your teacher says it is safe, you might also notice a taste, such as fresh air or your water afterwards.

Match the Senses

Can you write the correct sense under each picture?
The first one is done for you!



sight _____ _____ _____ _____

Word bank: hearing • taste • smell • touch



Everyone can belong to The Daily Mile! Moving together helps us to feel like we belong. How can you make someone feel like they belong when you are taking part in your Daily Mile?

Survey Incentive Pack: 3-5/5-7 years
1. Our Senses

the Daily Mile

Powered by London Marathon Foundation

Senses Spy Challenge

During your Daily Mile today, notice what is around you using your senses. You can write or draw your answers in the spaces below.

5



5 things you can see

4



4 things you can hear

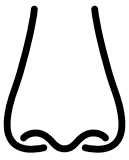
3



3 things you can touch

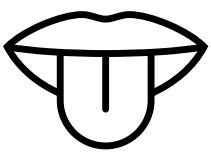
2

2 things you can smell



1

1 thing I could taste safely



Using our senses can help calm us if we feel worried or anxious. Can you draw yourself moving in a way that helps you feel calm?

Survey Incentive Pack: 7-11 years

2. Daily Mile ‘Movement Map’

the Daily Mile

Powered by LONDON MARATHON FOUNDATION

As you complete your Daily Mile, notice your route. Where do people move in different ways? Where do people cheer each other on? Where might someone need support?

Draw a simple map of your Daily Mile route

Don’t forget to include:

1. The key **human** and **physical** features that are on your route
2. Where the Daily Mile starts and ends
3. Where people might move differently
4. Where people might need encouragement

You can also add prompts or symbols to show:

- Encouragement spot
- Move and talk zone
- Belonging point
- Speedy movement zone
- Finish together point

Can you think of a motto that might be suitable for your ‘Movement Map’? It could be something like... ‘different movement, one team’

Survey Incentive Pack: 5-7/7-11 years

3. Design Your Own Daily Mile T-shirt

the Daily Mile

Powered by LONDON MARATHON FOUNDATION

Design a t-shirt that celebrates The Daily Mile. Use colours, words, pictures, patterns or slogans to show movement that is fun, welcoming and for everyone.



Your design challenge: Decorate the t-shirt to share the spirit of The Daily Mile.

- **BELONGING** — how can your design help everyone feel part of a team?
- **DAILY MOVEMENT** — how can you show children walking, running, wheeling or moving in their own way?
- **FUN** — what colours, shapes or words make your t-shirt feel joyful, welcoming or fun?
- **FOR EVERYONE** — how can your design show that every child can enjoy The Daily Mile in their own way?

You could use colouring pencils, fabric, sequins or recycled materials to bring your design to life!

Time to Reflect

When you have finished your design, tell us about your t-shirt using the prompts below:

My t-shirt shows belonging by...

My design shows daily movement, fun and inclusivity by...

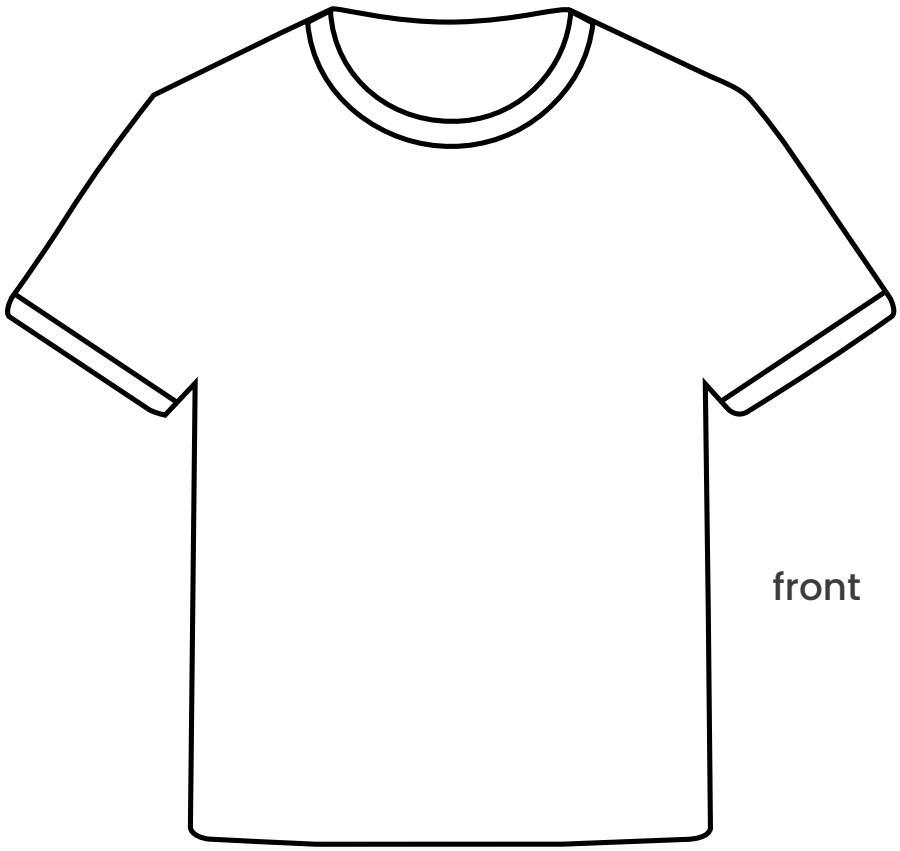
We LOVE seeing your decorative designs!
Don't forget to submit your finished Daily Mile t-shirt designs to our team for a chance to be featured in a 'Daily Mile Spotlight' on our socials. Submit your artwork to team@thedailymile.co.uk SUBJECT: Daily Mile T-Shirt design.

Survey Incentive Pack: 5-7/7-11 years

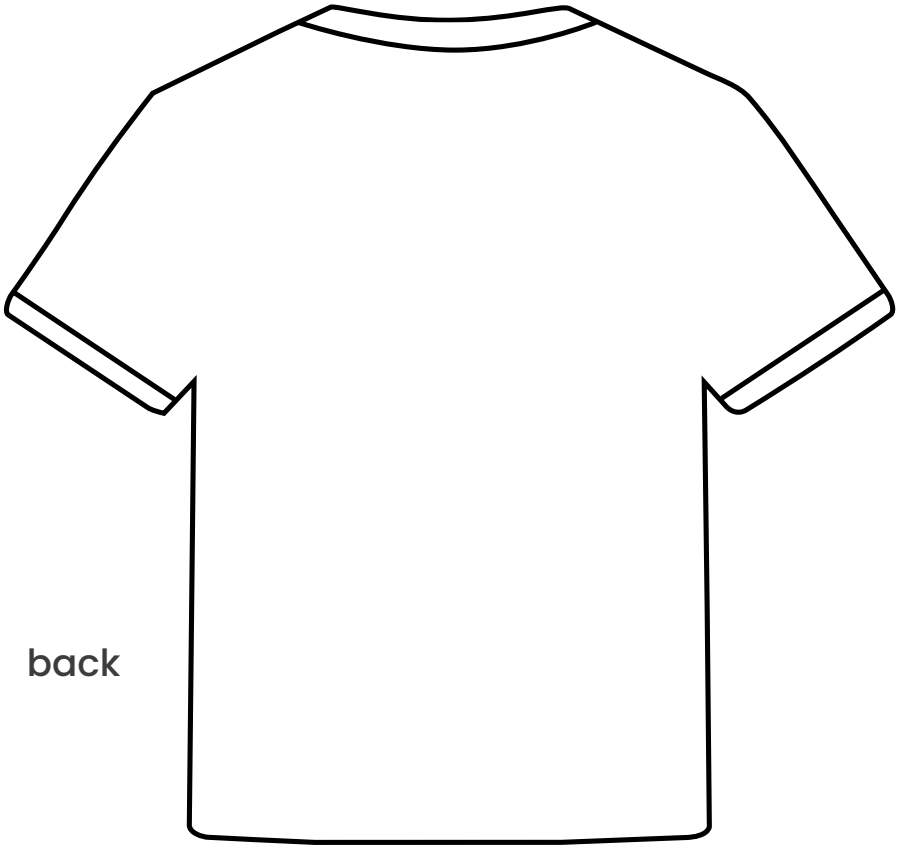
3. Design Your Own Daily Mile T-shirt

the Daily Mile

Powered by LONDON MARATHON FOUNDATION



front



back

Survey Incentive Pack: 5-7 years

4. Your Daily Mile Poem

the Daily Mile

Powered by LONDON MARATHON FOUNDATION

Notice something during The Daily Mile: a colour, sound, smell, feeling, object, season or place. Use it as the starting point for your poem.

Acrostic

An acrostic poem is a poem where the first letter of each line spells out a word... Have a go with 'Daily Mile'.

D

A utumn leaves fall all around me as I move,

I

L

Y

M arching through the conkers,

I

L

E

Now try your own word (belonging, inclusive, move...)

Survey Incentive Pack: 7-11 years
4. Your Daily Mile Poem

the Daily Mile

Powered by London Marathon Foundation

Warm Up

Joseph Coelho, a former Children's Laureate, uses the acrostic 'MORERAPS' to spark poetry ideas. Try writing an observation poem inspired by your Daily Mile, using the shortened P O E M prompts below.

Each letter of the word 'P O E M' stands for a poetic device.

A poetic device is a technique poets use to help make their writing expressive.

P is for personification	Describe a thing as if it a person.... The sun dances its rays in the blue sky as I do my Daily Mile
O is for onomatopoeia	Words that sound like the noises they make... Bang! Crash! Thud! Hooray!
E is for emotion	All the different ways we feel... Jubilantly, I complete my Daily Mile, surrounded by friends
M is for metaphor	Describe something by saying it is something else The autumn leaves are little lanterns, glowing in the trees

Get Ready

1. Choose one thing you noticed during the Daily Mile, such as a colour, sound, feeling, object, season or place.
2. Use each P O E M prompt to write one line of your poem.
3. Add to your lines, move them around or repeat a prompt to create new line.

Go!

Write your observation poem on the back of this sheet. Try to use as many literary techniques in your poem as you can.

Survey Incentive Pack:
3-5/5-7/7-11 years

5. Autumn Leaf Printing Activity

the Daily Mile
Powered by LONDON MARATHON FOUNDATION

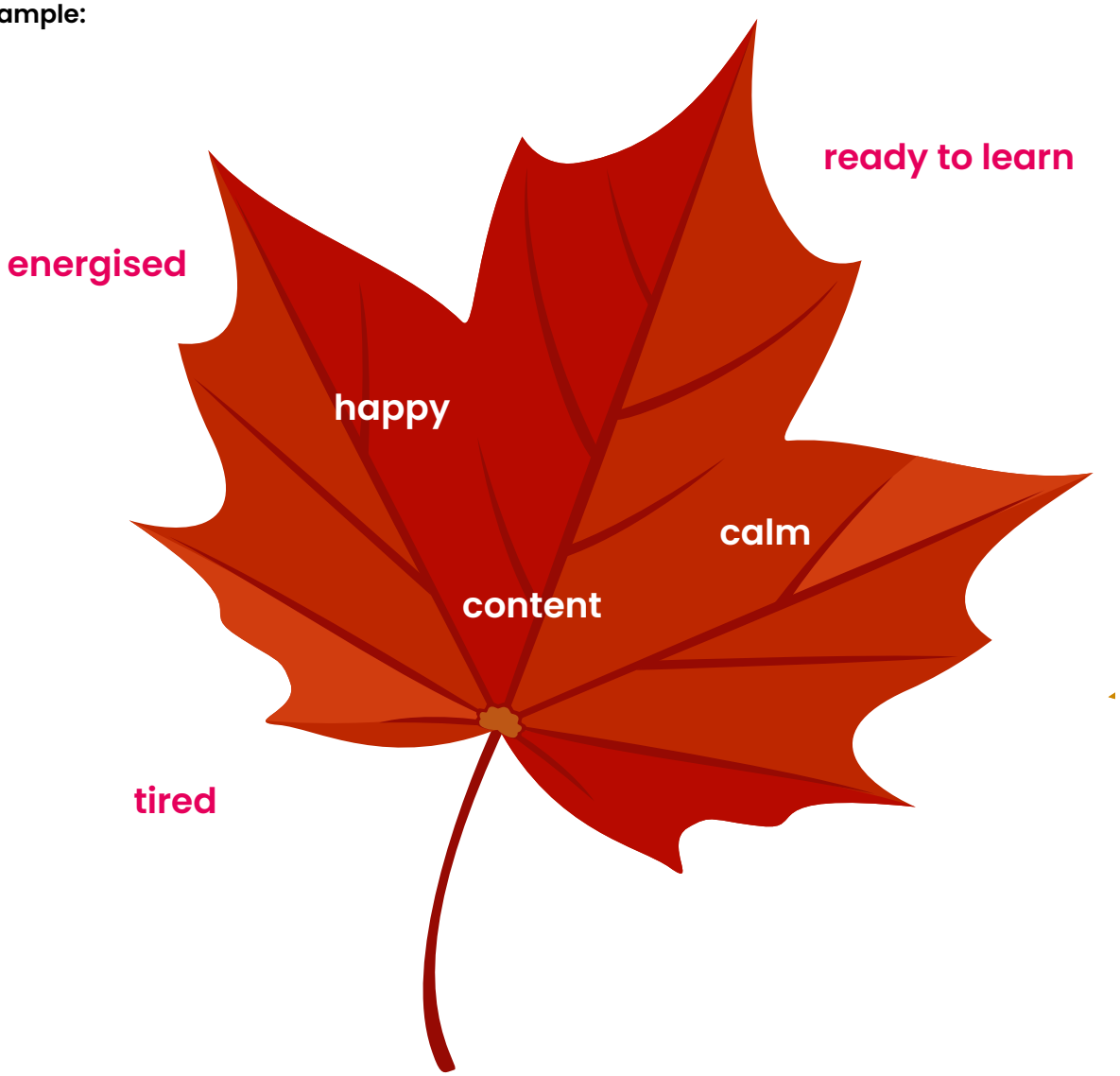
Collect a leaf during your Daily Mile today.

Back in the classroom, draw around your leaf or use paint to print it in the space below.

When your leaf is dry, write feeling words **inside** it to show how you feel after the Daily Mile.

Write about how your body feels after your Daily Mile on the **outside** of your leaf.

Example:



Survey Incentive Pack:
3-5/5-7/7-11 years
5. Autumn Leaf Printing Activity

the Daily Mile

Powered by LONDON MARATHON FOUNDATION

My Daily Mile Autumn Feelings Leaf

Instructions:

1. Collect a leaf during your Daily Mile today.
2. Draw around your leaf, print your leaf design using paint or even stick your leaf in the smaller box in the middle.
3. Write feelings words **inside** to show how you feel after your Daily Mile.
4. Write about how your body feels after your Daily Mile on the **outside** of your leaf.

Survey Incentive Pack: 3-5/5-7 years

6. The Daily Mile Colour Catcher

the Daily Mile

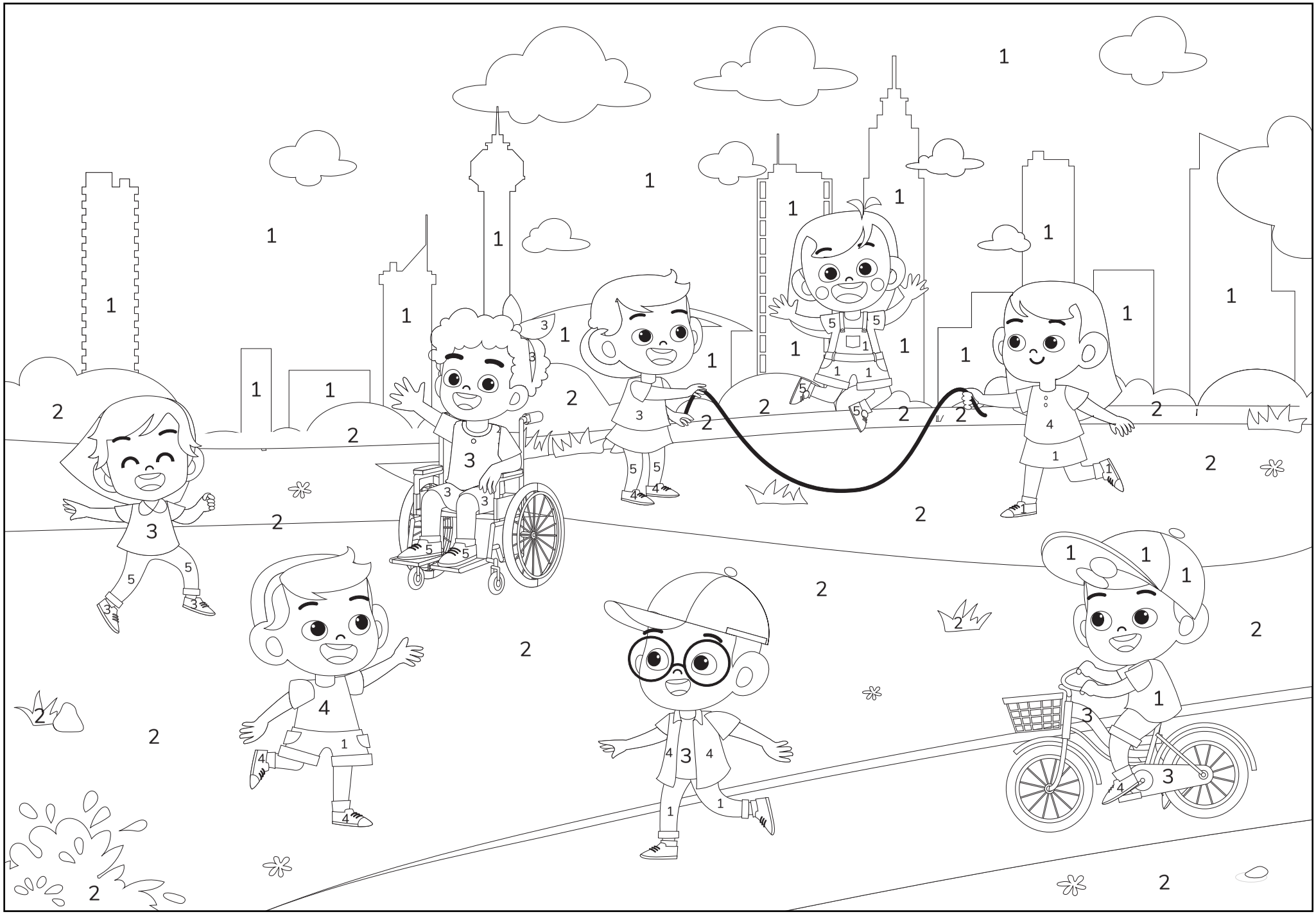
Powered by LONDON MARATHON FOUNDATION

Imagine you have a special 'colour catching net'. During your Daily Mile, look carefully around you and 'catch' five different colours to bring back to the classroom.

Use the colours you caught to colour your picture. If you can, catch a new set of colours each day this week and notice how your picture changes.

1. **Colour Catcher Day 1 - Blue**
2. **Colour Catcher Day 2 - Green**
3. **Colour Catcher Day 3 - Purple**
4. **Colour Catcher Day 4 - Orange**
5. **Colour Catcher Day 5 - Pink**





Survey Incentive Pack: 7-11 years

7. The Daily Mile ‘Move Together’

the Daily Mile

Powered by LONDON MARATHON FOUNDATION

The Daily Mile is for **everyone**. Complete it with a partner or small group, moving in a way that helps everyone take part, feel included and enjoy The Daily Mile in their own way.

Before you begin your Daily Mile

1. Decide on a group name!
2. Choose how each person will move today. You might walk, run, wheel or move in a way that works for you.
3. Agree how you will check in with each other. Could you use a code word or signal?
4. How can you encourage each other along the route?
5. What does completing The Daily Mile together mean for your group?

Survey Incentive Pack: 7-11 years
7. The Daily Mile 'Move Together'

the Daily Mile

Powered by LONDON MARATHON FOUNDATION

After your Daily Mile

Write a short paragraph, or use the sentence starters below, to reflect on your group Daily Mile.

Moving together meant....

Everyone belongs to the Daily Mile because...

One thing I did to help today was...

One thing my partner did that encouraged me was...

Next time, the things I would do differently are...

Extension Challenges

Can you write your reflections as a newspaper report about your Daily Mile today?

Can you create a 'Move Together Promise' poster or certificate to encourage teamwork in other classes or year groups?