The Daily Mile

DISCUSSION & WRITING Topics



- [ ] How does participating in The Daily Mile make you feel physically and emotionally?
- [ ] Discuss the importance of taking breaks throughout the day for physical activity.
- [ ] Share one positive experience or feeling you've had while doing The Daily Mile.
- [ ] How do you think regular physical activity can help us focus better in class?
- [ ] Write about a time when you overcame a challenge during The Daily Mile.
- [ ] Write a story about the benefits of The Daily Mile for your mind and body.
- [ ] Share one goal you have for improving your overall wellness through The Daily Mile.
- [ ] Write about a time when you felt proud of yourself during The Daily Mile and why.
- [ ] How does participating in The Daily Mile help you feel more relaxed?
- [ ] Discuss self-care and how The Daily Mile plays a role in taking care of yourself.
- [ ] Share how you motivate yourself to participate in The Daily Mile on challenging days.
- [ ] Discuss the connection between The Daily Mile and academic success.
- [ ] Write about a time when you felt supported by your classmates during The Daily Mile.
- [ ] Discuss the differences between indoor and outdoor activity on your overall well-being.
- [ ] Discuss how The Daily Mile has changed your attitude towards school.