Teacher Notes

Focus area: Inclusive Participation – Move, Belong, Thrive

These Daily Mile resources help children explore what it means to belong and how taking part in The Daily Mile can contribute to a stronger sense of belonging and community.

The whole school assembly encourages discussion about belonging, how it feels to belong and how everyone can take part in The Daily Mile. It also gives children opportunities to discuss the different ways in which they belong and sets simple challenges to help children encourage and connect with others while they complete their Daily Mile.

Assembly Notes

Slide 1	**Title page: The Daily Mile Foundation** **Inclusive Participation: Move, Belong, Thrive**
Slide 2	**Discuss the idea of 'belonging'.** If appropriate for your school, ask children to use talk partners to suggest different definitions of 'belonging'. Encourage examples of different ways of belonging (for example to different clubs, families, faiths etc.) and share examples with the group.
Slide 3	**Add to the slide using the children's own suggestions.** Create a 'word cloud' for belonging with the suggested ideas: https://wordart.com (Example of completed Word Cloud in Inclusive Participation Resource Pack)
Slide 4	https://www.bbc.co.uk/bitesize/articles/zqvtfdm *(Stop at 1 minute in)* Show the BBC Bitesize video and stop at 1 minute. Encourage children to suggest adjectives that describe how they feel when they belong, such as "safe", "accepted" and "valued". Use the examples on the slide if children need a prompt.
Slide 5	**We can all belong to The Daily Mile** • It's Inclusive • It's Fun • It's Global
Slide 6	**Are you ready...?** Encourage additional contributions from the children regarding what they can do during their Daily Mile today. Focus on belonging, friendship and inclusion.

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Classroom Resources

Each age grouping includes whole class activity ideas, smaller group activities and individual activities. Optional printable resources and resource lists are also provided to support teaching and learning. Use the activities that will suit your cohort best, and mix and match between the different resources where helpful.

Teachers can adapt the activities to reflect the needs, interests and experiences of their class. Some children may benefit from additional examples, adult support or alternative ways to share their ideas.

Age group	Whole class activities	Small group activities	Individual activities
3-5 years	What does 'belonging' mean?	'We All Belong' resource sheet	Create your own Coat of Arms
5-7 years	Adapting The Daily Mile to help overcome barriers and demonstrate a growth mindset	• Belonging Bingo game • Drama activity – Celebrating Differences	Creating inspirational posters for display
7-11 years	**Identifying welcoming and unwelcoming behaviours**	Suggesting how barriers to exercise can be overcome Diversity and Inspiration – famous athletes overcoming adversity and inequality	Script or storyboard an advert demonstrating how exercising together can create a sense of belonging



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the Daily Mile Foundation

Additional videos and resources

Please preview all videos and external resources before using them with children to ensure they are suitable for your setting and age group.

https://youtu.be/NXCi_p_AQdk?si=GLiwssSXZsX7olbB
You Really, Truly Do Belong – book read aloud

https://youtu.be/D61RKIvcDJk?si=UFiDY_uEwYovSdCk
A Kids Book about Belonging by Kevin Carroll
What to do if you feel like you don't belong

https://youtu.be/QHRaeZePGyg?si=jfvf7U5DtqPSDV8X
Place2Be's Children's Mental Health Week – art activity to help children create their own personal sense of belonging

https://youtu.be/Gy3KU5Vp_M4?si=y-gxDc3F20ZhKbqx
A Little Spot of Belonging song – EYFS song



Join thousands of schools, all over the world, already taking part. Help your children feel healthier, happier and create lifelong healthier habits.

Register at:
thedailymile.co.uk