Inclusive Participation: Move, Belong and Thrive

Ages 3-5

the Daily Mile Foundation



This pack supports children aged 3-5 to explore belonging through movement, talk and creative choices. Use it alongside The Daily Mile by connecting each short activity to the shared experience of moving together outside or around your setting. The aim is to help children notice that people can belong in many ways, including through things they enjoy, celebrations, teams, languages, songs, homes and communities.

Belief

At The Daily Mile Foundation, we believe that:

- Every child should feel welcomed, included and able to take part.
- Barriers to participation should be recognised, reduced and removed whenever possible.
- Participation should be flexible, positive and adapted to suit different children and school contexts.
- The focus should be on belonging, confidence and enjoyment, not performance or comparison!

I Can!

The Daily Mile 'I Can' statements:

- I can take part in The Daily Mile in a way that feels right for me.
- I can help others feel welcome and included.
- I can notice when someone might need support to join in.
- I can encourage others without comparing or judging them.
- I can celebrate effort, confidence and enjoyment.
- I can understand that everyone moves differently, and that is okay!

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

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Whole Class Activities

Ideas

15 min

Explore the word 'belong' with the children, drawing on the assembly for ideas.

Use the **sentence examples** on the board to encourage full sentences with appropriate detail. If time, discuss how belonging to a particular club or group makes them feel. *(slide 9)*

Use the **pictorial examples** to facilitate discussion of belonging. *(slide 10)*

Read one of the books from the suggested reading list to further explore the idea of 'belonging'.

MOVEMENT INCLUSION: When linking this activity to The Daily Mile, remind children that everyone can take part in their own way. Children might walk, job, wheel, move with support, pause, watch, cheer or rejoin. The shared goal is BELONGING not distance!

Resources

Inclusive Participation: Move, Belong and Thrive Assembly and Classroom Resources deck

Reading List for 3-5 years

Small Group Activities

10 min

We all belong in different ways. In talk partners, ask the children to discuss the different ways we may belong. Listen, share and celebrate what makes each person part of our class community.

Use the **Belonging Sheet** to show different ways the children belong. This could be printed out for small group use or displayed on the board.

Take turns answering the *'Pair and Share'* questions, remembering to listen carefully and respond kindly.

FACILITATION NOTE: Children may share different family structures, languages, celebrations, interests, mobility needs or ways of taking part. Model curiosity and respect by saying, 'That is special to you.', 'Tell us more if you want to.', and 'We can all belong even when we are different.'. Avoid asking children to represent a whole culture, religion or community.

Resources

'We All Belong' resource sheet



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Individual Activities

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15 min

Individual Activities

Children to create their own 'Coats of Arms' drawing to show where they feel a sense of belonging. If appropriate, children could label their pictures.

Once children have completed their pictures, encourage them to share them with their peers and note similarities and differences. Reinforce how moving together creates a sense of belonging. Gather children's ideas about how they can help others feel like they belong whilst taking part in The Daily Mile.

TEACHER REFLECTION: After the activity/ activities, notice which children joined in confidently, which children needed support to share and whether the examples reflected the children in your setting. Use children's responses to plan future Daily Mile moments that celebrate different languages, families, interests, celebrations and ways of moving.

Possible Curriculum Links

History - Knights and Castles

RE - Belonging (different faiths)

PSHE - Belonging to a community

Additional Daily Mile Foundation Resource Links

Children's Mental Health Week This is My Place - resource pack

SAMH Mental Health Toolkit - resource pack

Let's Get Moving – assembly video

Getting to Know You Bingo – activities (general)

Resources

Coats of Arms resource sheet



Additional External Resources

'Link Together' classroom activity (20 minutes)

https://www.youngminds.org.uk/media/juhdzkag/link-together.pdf

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We All Belong

Point • Circle • Colour • Draw • Talk

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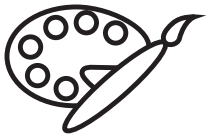
We all belong in different ways. Look at the pictures with a partner. Talk about what you like, what you celebrate, who you cheer for and the words or songs you hear at home or at school or nursery.

What I like

Talk about what you like on your Daily Mile

Circle what you like.


Football


Art


Music


Stories


Swim


Dance

We Celebrate

Tell a friend about something you celebrate during your Daily Mile

Point to or circle any celebrations you know, have seen or would like to learn about.


Birthday


Christmas


Diwali


Eid


Hanukkah


New Year

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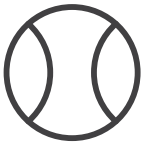
We cheer for teams

Can you cheer for someone on The Daily Mile?

Point to or circle a sport, team or colour you like.


Football


Rugby


Cricket


Red


Blue


Green

Words we hear

Can you listen for any different languages on your Daily Mile?


Hello


Hola


Salam


BSL


Home words


Songs

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Reflection

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I belong when I feel welcome, included and safe. I can help others belong by listening, taking turns and using kind words.

Draw, or tell an adult, one kind thing you can do today to help someone feel they belong when they are doing The Daily Mile.

Pair and share questions

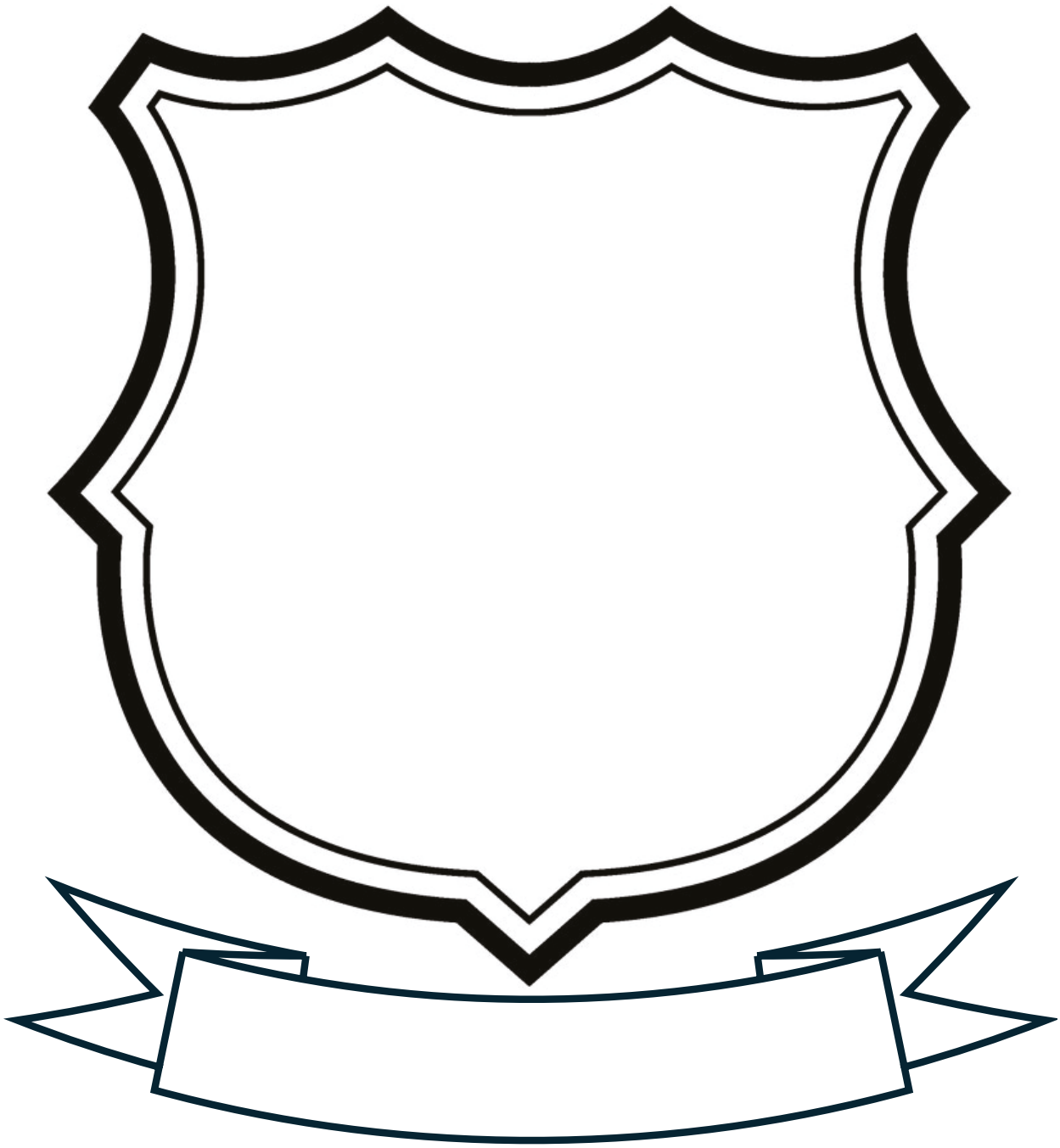
- What is one thing you like that is the same as your partner?
- What is one thing you like that is different?
- How can we make someone feel welcome when they like something different from us?
- What celebration, word, song or team is special to you or your family?
- What can we say or do when someone shares something new with us?
- How can we make everyone feel welcome when we are doing The Daily Mile?

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Coat of Arms

the Daily Mile Foundation

Design your own ‘Belonging’ Coat of Arms



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?