Inclusive Participation: Move, Belong and Thrive

Ages 5-7

the Daily Mile Foundation

This resource pack supports children aged 5–7 to explore inclusion, belonging and participation through movement, discussion, bingo and drama. The activities are designed to help children recognise kind, welcoming behaviours and practise simple ways to help everyone feel able to join in.



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

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15 min

Ideas

Give the children different scenarios and ask them to discuss how they might adapt their Daily Mile to accommodate these barriers. *(slide 11)*

Split the class/group into two and ask one group to suggest alternative barriers to the Daily Mile. The second group works together to see if they can suggest adaptations to overcome these barriers (demonstrating a growth mindset). *(slide 12)*

If time allows, facilitate discussion about recognising when their peers are having difficulties. How can we be encouraging and supportive friends whilst moving during The Daily Mile?

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

Resources

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

Reading List for 5-7 years

20 min

Small Group Activities

Recap that your school/class taking part in The Daily Mile is a community in itself. If time, discuss belonging to different communities (faiths, sports clubs, families).

1 Play 'Belonging Bingo' with the group using the templates provided or ask the children to create their own 'Bingo Boards' in their exercise books. Look at the 'Belonging Words' included in the cards and discuss some of them, praising kind ideas and inclusive language such as 'That would make someone feel very welcome!'. Model each word with a simple action or sentence.

PREPARATION: Print or copy one bingo card per child or ask children to draw a 4 by 4 grid in their exercise books. Choose whether children will cover, cross out or tick words before the game begins. You may also want to choose a few words in advance for follow-up discussion.

When playing the game, allow children to point, cover or mark words in a way that works for them. They could also use counters to cover the Bingo words.

Following the game, ask children to choose one belonging word that they want to use today. Create some class sentences together, such as: 'We belong when we include everyone.'. Children could draw one way they can help someone feel welcome when participating in The Daily Mile.

2 **DRAMA ACTIVITY**: Celebrating Differences. This activity helps children use drama to create their own mini-plays about belonging. The aim is for children to feel confident, enjoy taking part and show how people can celebrate differences in kind and positive ways. Use the Drama Activity: Celebrating Differences instruction sheet to facilitate this activity.

Resources

Diversity and Inspiration resource sheet
Belonging Bingo activity sheet
Drama Activity: Celebrating Differences guidance sheet

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Individual Activities



Individual Activities

20 min

Create inspirational posters for display in the classroom/school to encourage their classmates to do their best, celebrate differences, focus on confidence and enjoyment.

Look at the example 'The Daily Mile posters' for inspiration, if needed.

Share completed poster with classmates and reiterate that these adaptations demonstrate a 'growth mindset'.

Resources

The Daily Mile Inspirational Poster worksheet

Possible Curriculum Links

Drama/English – role play, performance and teamwork, giving constructive feedback

RE – Belonging (different faiths)

PSHE – Belonging to a Community, problem solving and overcoming difficulties, growth mindset

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)

Additional External Resources

'Link Together' classroom activity (20 minutes)

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

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Belonging Bingo

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How to play

1. Give each child one bingo card (or draw their own 4 x 4 grid in their exercise books and pick words to fill each square from the list)
2. Read out one 'belonging' word at a time from the word list
3. Children cover/cross out/tick the word if it is on their Bingo Card
4. The first child to cover a row, column or diagonal shouts 'Bingo'
5. After each round, choose some belonging words and ask the group 'How can we show this whilst doing The Daily Mile?'



Belonging words to call out

Use these simple words, or ask the group to suggest some of their own words about belonging:

kind, friend, smile, share, help, listen, welcome, safe, fair, care, play, team, respect, include, together, brave, thank you, happy, calm, join, ask, sorry, hello, trust

Inclusion Reminder

Children can point to, cover, cross out, tick or say the word depending on what works best for them. Adults can read words aloud, repeat them or use actions to support understanding.

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Bingo Cards

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Card 1

kind	friend	smile	share
help	listen	welcome	safe
fair	care	play	team
respect	include	together	brave

Card 3

play	thank you	include	smile
brave	share	friend	calm
listen	sorry	team	welcome
care	safe	hello	kind

Card 2

hello	care	team	listen
join	kind	safe	friend
share	respect	happy	help
together	ask	welcome	fair

Card 4

trust	help	fair	join
respect	hello	care	together
ask	happy	kind	play
welcome	brave	listen	friend

Discussion Prompts:

- 'What does this word mean?'
- 'Can you show this with your hands, face or words whilst moving?'
- 'How have you helped someone feel welcome during The Daily Mile?'
- 'What can we do if someone feels left out during The Daily Mile?'

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Drama Activity: Celebrating Differences

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This activity helps children use drama to create mini-plays about belonging. The aim is for children to enjoy taking part, feel confident performing in front of their classmates and show how people can celebrate differences in kind and positive ways.

Activity Aim

Children work in small groups to create a simple play about a character who feels unsure, left out or different whilst participating in The Daily Mile. The group then shows how classmates, friends or teammates help that character feel included, valued and confident.

Preparation

Children can work in groups of 3-5. Allow a few minutes for choosing a theme, 10-15 minutes for rehearsal and time for each group to share their mini-play and reflect afterwards. Display the 'Suggested Themes' and 'Steps to Success' on the board for reference throughout the activity.

Suggested Themes

- A child is new to a class, club or sports day team
- A child has a different way of moving, speaking, learning or playing
- A child feels nervous about taking part in The Daily Mile
- A team learns that effort, kindness and enjoyment matter more than coming first.

Steps to Success

1. Choose a setting: school, playground, PE lesson, Sports Day, club, classroom or The Daily Mile
2. Choose a character: someone who feels different, worried, unsure about joining in or shy
3. Show the challenge: What is making the character feel left out or unsure?
4. Show support: How do others help? They might listen, invite, adapt the activity, cheer, share or say kind words.
5. Show the celebration: End with everyone taking part in a way that works for them. For example; jogging, wheeling or walking to complete The Daily Mile.

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Reminders

- Keep the focus on enjoyment, teamwork and belonging, rather than competition.
- Show differences respectfully. Do not copy someone's movement, speech, learning style or behaviour in a teasing way.
- Use simple dialogue, facial expressions, freeze frames, movement or mime.
- Create positive endings where the character is included and their difference is valued.

Reflections

- What differences did you notice in the play?
- How did the character feel at the start?
- What helped the character feel included when doing The Daily Mile?
- How did the group celebrate difference?
- How did they show confidence, kindness and teamwork?
- What could we do in real life to help someone feel like they belong?
- How can we encourage our friends and classmates to join in with The Daily Mile in a way that works for them?

How can I include others during The Daily Mile?

Can you notice when someone needs support to join in with The Daily Mile?

How can I help others feel welcome when joining in The Daily Mile?

How can I celebrate others' differences when doing The Daily Mile?



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My Daily Mile Poster

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Don't Forget

Try to make your poster:

- Engaging
- Colourful
- Encouraging
- Inspiring
- Eye-catching