Child-centred Practice: My Choice, My Voice, My Wellbeing Ages 3-5

the Daily Mile Foundation





This pack supports children aged 3-5 to explore positive choices that affect their physical and mental wellbeing through movement, talk and creative choices. Use it alongside The Daily Mile by connecting each short activity to the benefits of moving together outside or around your setting. The aim is to help children notice that daily movement can positively impact their physical and mental wellbeing.

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 spot how regular movement, like The Daily Mile, helps my body become healthier and stronger.
- I can talk about how The Daily Mile helps my physical wellbeing and my mental wellbeing.
- I can explain how the choices I make can help or harm my physical health and mental wellbeing.

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

Child-centred Practice: My Choice, My Voice, My Wellbeing
Ages 3-5

Whole Class Activities

the Daily Mile Foundation

15 min

Ideas

Play 'Simon Says' with the class. Ask the children to identify different parts of their body by following instructions such as, *'Simon says touch your head', 'Simon says touch your knees'*, or *'Simon says touch your shoulders'*.

Next, explain that our bodies also have important organs inside them. Although we cannot see or touch these organs, we can point to the part of our body where we think they are. Encourage correct identification of different body parts (*slide 10*). Continue the game by asking children to point to where different organs are found.

After the game, gather the children together for a discussion. Talk about how **regular movement**, including **The Daily Mile**, helps to keep these parts of our body healthy. Encourage children to share their ideas, using the prompts in the slide notes (slide 11).

Ask the children how they will **choose** to move today and how they like to move. Encourage them to share their experiences with the group e.g. walking/wheeling to school each day, moving to get to the shops, after school clubs etc.

Resources

Child-centred Practice: My Choice, My Voice, My Wellbeing Assembly and Classroom Resources deck

Reading List for 3-5 years

10 min

Small Group Activities

Introduce the 'Labelling the Body' activity to the class – can they identify the organ and where it lives inside our body?

Use the discussion questions to facilitate small group discussion about the benefits of regular movement on specific parts of the body. Reinforce the importance of **regular movement**, like The Daily Mile, to help support a healthy body and mind.

Resources

Labelling the Body resource sheet

Benefits of Movement resource sheet



Child-centred Practice: My Choice, My Voice, My Wellbeing
Ages 3-5

Individual Activities

the Daily Mile Foundation



Individual Activities

Look at the Benefits of Regular Movement resource sheet with the children. Encourage them to identify the ways moving regularly can help our bodies and our minds.

Ask the children to tick or cross to show whether the picture/statement is a benefit of regular movement or not.

EXTENSION: *Can children write some simple sentences about how daily movement helps them. Give a simple sentence starter to help structure their independent writing:*

'When I move daily, I feel….'

'When I move daily, I improve…'

'When I move daily, I am….'

Resources

Benefits of Movement resource sheet

Possible Curriculum Links

Science: Identifying body parts

English: Labelling

PSHE/RSE: It's My Body

Additional Daily Mile Foundation Resource Links

Daily Mile Mood Board – whole class activity

21-Day Tracker – activities (general)

Why We Do The Daily Mile – poster/display

What is The Daily Mile? – poster/display

Research Information (The benefits of Physical Activity Information Sheet) – teacher tips and resources

Moving for Mental Health – teacher tips and resources

Assembly 2: Move Your Body, Boost Your Mood – assembly resources

Assembly 3: Moving for a Healthy You – assembly resources

Additional External Resources

Why is physical activity important? BBC Bitesize Resource with simple quiz.

https://www.bbc.co.uk/bitesize/articles/zbvrcmn#z9c8dp3

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

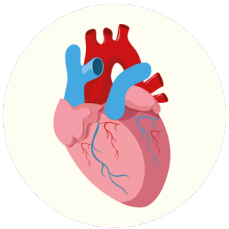
Child-centred Practice: My Choice, My Voice, My Wellbeing
Ages 3-5

Labelling the Body

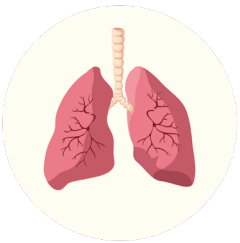
the Daily Mile Foundation

Can you match the pictures to the correct part of the body?











Can you label the features with their correct names?

brain stomach lungs heart

Discussion Questions

- How does movement help our heart?
- Why are our lungs important when we move?
- How does movement help our brain to feel happy and ready to learn?
- How can our stomach feel better with regular movement?
- How does moving our bodies during The Daily Mile help us to feel happy and healthy?

Child-centred Practice: My Choice, My Voice, My Wellbeing
Ages 3-5

Benefits of Regular Movement

the Daily Mile Foundation

Regular movement, like taking part in The Daily Mile, helps us stay healthy!

Look at each picture and sentence.

✓ **Tick it if movement helps us do this**

✗ **Cross it if movement does not help us do this**

Picture	Movement helps me...	✓ or ✗
	have strong muscles	
	feel sad	
	have a good sleep	
	feel tired all the time	
	want to play with my friends	
	feel happy	
	become fitter	
	concentrate and listen	

Draw a picture of you doing The Daily Mile. Can you show how regular movement helps you?