Child-centred Practice: My Choice, My Voice, My Wellbeing Ages 5-7

the Daily Mile Foundation



This pack supports children aged 5-7 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 identify how my physical health changes and improves with regular movement, such as The Daily Mile
- I can identify ways in which my physical wellbeing and mental wellbeing can be improved by taking part in The Daily Mile
- I understand how my choices can affect my physical 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

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Whole Class Activities

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15 min

Ideas

Introduce the idea of 'My Choices, My Body' and how we have the control to make choices that are good for our mental and physical wellbeing. Read through the statements one-by-one as a class and ask the children to show 'thumbs up or thumbs down' to indicate whether they think it is helpful for their body or less helpful for their body.

1. Read each card together and check the children understand it.
2. Ask a child to drag each card into the green '**helps my body**' box or the red '**less helpful for my body**' box.
3. Demonstrate curiosity each time, so children explain their thinking and talk about how the choice helps or potentially harms our body.
4. You can edit the cards, or add blank ones, to best suit your class.

TALK ABOUT IT: *Remind children that some choices, like sweets or screen time, are fine sometimes – the important thing is balance. Encourage the message that moving, resting and eating well help us feel strong, happy and healthy. Ask them to discuss how they will choose to move today.*

Resources

Child-centred Practice: My Choice, My Voice, My Wellbeing Assembly and Classroom Resources deck (*slide 12*)

Reading List for 5-7 years

15 min

Small Group Activities

Continuing with the same theme of sorting statements, provide small groups with the 'Newspaper Headlines: True or False' resource sheet (slide 13). Ask the group to read through the headline(s) and discuss whether it might be true or false and why.

Use the slide notes to facilitate discussion about the following areas:

- How did you know that story was made-up? What was the clue?
- Which headline is your favourite true one, and why?
- If we don't know if something is true, who could we ask to check?
- Can you make up your own TRUE headline about how The Daily Mile helps you stay healthy?

Resources

Child-centred Practice: My Choice, My Voice, My Wellbeing Assembly and Classroom Resources deck (*slide 13*)



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Individual Activities

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Individual Activities

Imagine you are a reporter for The Daily Mile Newspaper. Children should write a TRUE news story about how movement helps our bodies.

Refer back to the assembly slides and the 'benefits of movement' slide (*slide 11*) to support the focus of the newspaper report.

If possible, have some physical newspapers for children to look at before beginning their task. Identify the key features of newspaper writing and the type of language employed to pique readers' interest. Challenge the children to use some of these words and phrases in their own writing.

EXTENSION: *If time and resources allow, children could work in small groups to film their news reports.*

Please send your newspaper reports into The Daily Mile, we'd love to see the children's efforts and feature them in our socials!

Possible Curriculum Links

Science: Body parts and the five senses

English: Newspaper features and headlines

PSHE/RSE: Making good choices

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

Resources

Child-centred Practice: My Choice, My Voice, My Wellbeing Assembly and Classroom Resources deck (*slide 14*)

Newspapers for children to explore before beginning their independent tasks (not provided)

Additional External Resources

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

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

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