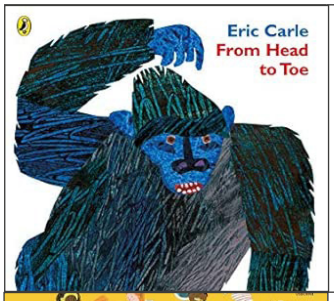
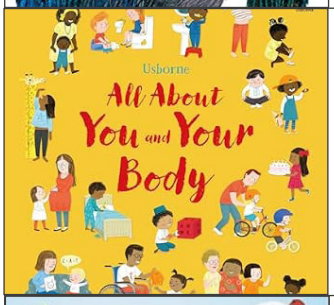
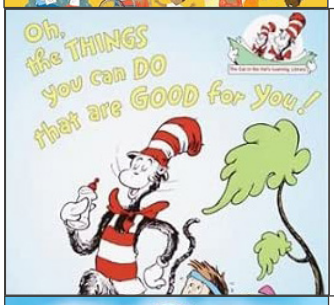
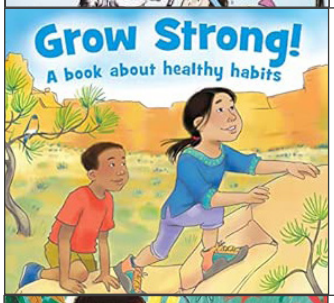
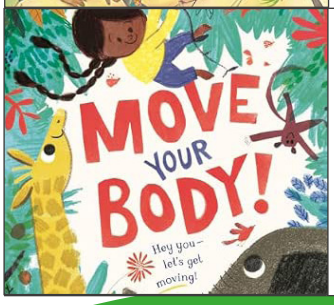
Child-centred Practice: My Choice, My Voice, My Wellbeing

Story Book Suggestions
3-5 years

the Daily Mile Foundation

	**From Head to Toe by Eric Carle**	An interactive classic encouraging children to mimic various animals as they stomp, thump and bend.
	**All About You and Your Body by Felicity Brooks**	A vibrant book featuring relatable characters and simple explanations on why bodies need food, sleep, and exercise.
	**Oh, the Things You Can Do That Are Good For You! by Tish Rabe**	Featuring the Cat in the Hat, this Dr. Seuss rhyming story playfully introduces healthy eating, exercise and good hygiene.
	**Grow Strong! A Book About Healthy Habits by Cheri J. Meiners**	A gentle guide that teaches younger children about making healthy food choices, enjoying daily movement and listening to what your body needs.
	**Move Your Body! by Madhvi Ramani and Anuska Allepuz**	Did you know that your body is magic? You can be anything if you just move. Embark on a joyous journey to the moon and back again in this uplifting, encouraging story about the joy of moving in your own way. Perfect for sharing with young children for a happy and active reading moment.

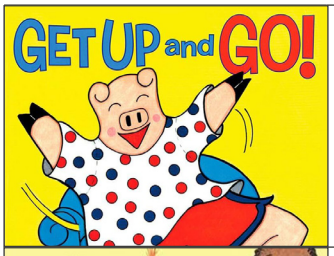
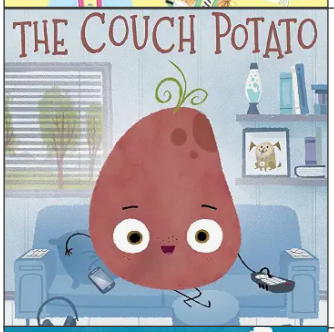
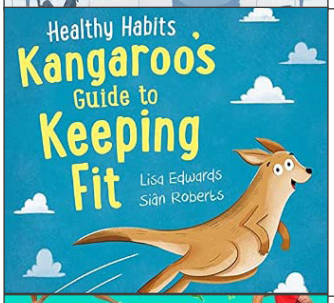
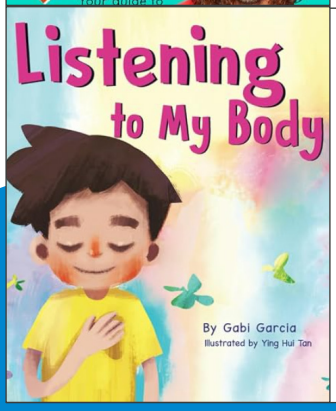
Join thousands of schools, all over the world, already taking part. Help your children feel healthier, happier and create lifelong healthier habits.

Register at:
thedailymile.co.uk

Child-centred Practice: My Choice, My Voice, My Wellbeing

Story Book Suggestions
5-7 years

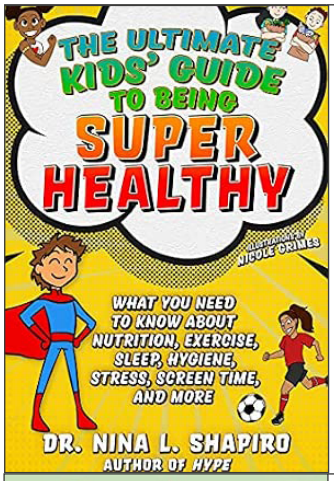
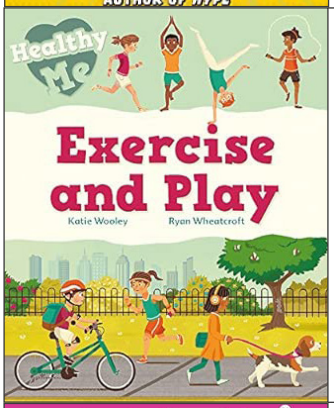
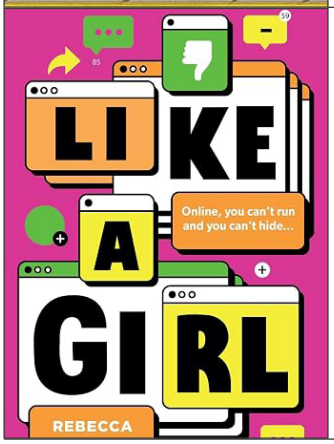
the Daily Mile Foundation

	**Get Up and Go! by Nancy Carlson**	This book uses encouraging text and fun illustrations to show children the many different ways they can exercise—from running and swimming to jumping and stretching.
	**The Busy Body Book by Lizzy Rockwell**	A vibrant, child-friendly guide by Lizzy Rockwell that breaks down basic anatomy and explains how bones, muscles, and the heart work together when we move.
	**The Couch Potato by Jory John and Pete Oswald**	If you've ever made a New Year's resolution to improve your fitness or get outside more, you might just relate to the journey of this hilarious spud. This is a funny book and is always a winner with children. As well as guaranteeing giggles, this story can provide an opportunity to reflect on healthy lifestyles, screentime limits and personal resolutions.
	**Kangaroo's Guide to Keeping Fit by Lisa Edwards and Sian Roberts**	Kangaroo and his family love keeping fit. This book follows a day in the life of the kangaroos to find out how keeping fit helps them, and it provides lots of advice for its human readers. Information includes the different types of exercise children can try and how to exercise safely.
	**Fitter, Healthier, Happier by Joe Wicks**	From Joe Wicks – fitness phenomenon and creator of PE with Joe and Activate – comes a breakthrough book to get young readers moving and feeling good.
	**Listening to My Body by Gabi Garcia**	Listening to My Body is an engaging and interactive picture book that introduces children to the practice of listening to their bodies. Through a combination of story and simple experiential activities, it guides them through the process of noticing and naming their feelings and the physical sensations that accompany them, while helping them build on their capacity to engage mindfully, self-regulate, and develop a better sense of well-being.

Child-centred Practice: My Choice, My Voice, My Wellbeing

Story Book Suggestions
7-11 years

the Daily Mile Foundation

	**Ultimate Kids' Guide to Being Super Healthy by Dr. Nina L. Shapiro**	In this book, Dr. Nina L. Shapiro embarks on an amazing journey through the body as it gets fed, protected, exercised, cleaned, energized, and rested. Each chapter provides kids with age-appropriate explanations and illustrations that address their very good questions about their bodies and health with solid (and fun!) science-based answers. By receiving an in-depth understanding of what it means to be healthy, strong, clean, rested, and energized, kids will soon be able to make smart decisions on their own.
	**Healthy Me: Exercise and Play by Katie Wooley and Ryan Wheatcroft**	Why do I have to exercise? Why is it fun to play? The answers to these and many other questions about exercise and play can be discovered in this lively and informative series. The topics of fitness and fun are complemented by charming and humorous illustrations. This book is designed for children to begin to learn about the importance of being healthy, and the ways in which we can look after our bodies to keep fit and well.
	**Like a Girl by Rebecca Westcott**	A fiction novel for older kids (ages 9–11) that explores school social pressures, bullying, and the immense mental relief and joy that can be found specifically through the focus of running and exercise. *CONTENT WARNING – may not be suitable for younger readers. We advise you pre-read to ensure this text is appropriate for your cohort before sharing.*

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