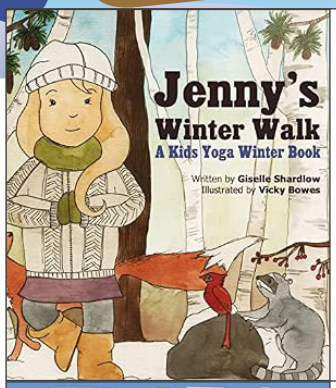
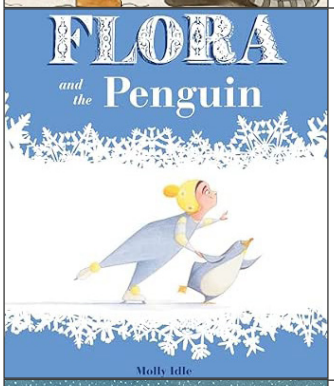
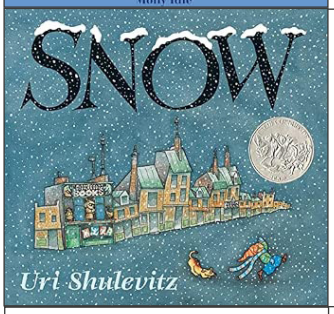
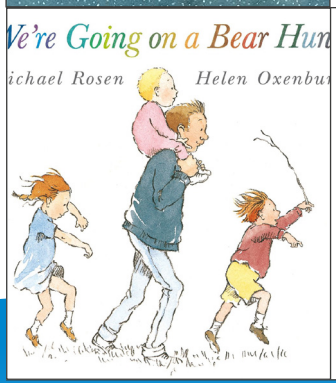
Santa's Daily Mile: 3-5 years

3. Story Book Suggestions

the Daily Mile Foundation



	**Jenny's Winter Walk: A Kids Yoga Winter Book by Giselle Shardlow**	Join a young girl and her mother as they warm up with jumping jacks and stretches before heading on a snowy trail. Children can follow along and act the yoga poses, forest animals and sights through a sequence of beginner yoga poses. It includes an integrated parent-teacher guide to help lead the movements. Also available to watch and listen on YouTube: https://www.youtube.com/watch?v=yfSa2pQq4S0
	**Flora and the Penguin by Molly Idle**	Learn about teamwork and friendship when Flora laces up her skates and hits the ice with her new penguin pal. Having mastered ballet in Flora and the Flamingo, Flora takes to the ice and forms an unexpected friendship with a penguin. ***Activity suggestion:*** *Copy the movement and see if you can hold the poses as gracefully as you wake your body up and prepare to take part in your Daily Mile.*
	**Snow by Uri Shulevitz**	This book captures the magical transformation of a city as snowflakes fall. As you read to the children, encourage them to interpret the movements depicted in the book. ***Activity suggestion***: *Identify the verbs and allow the children to act out how the snow drifts, swirls and tumbles.*
	**We're Going on a Bear Hunt by Michael Rosen**	A well-loved and classic tale, the family's journey involves trudging through a roaring swirling snowstorm. Children can stomp, shiver and mimic navigating heavy snowdrifts while chanting along. ***Activity suggestion:*** *Can the children think of different weather conditions not included within the book? What movements might they need to make to safely navigate these different conditions?*

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

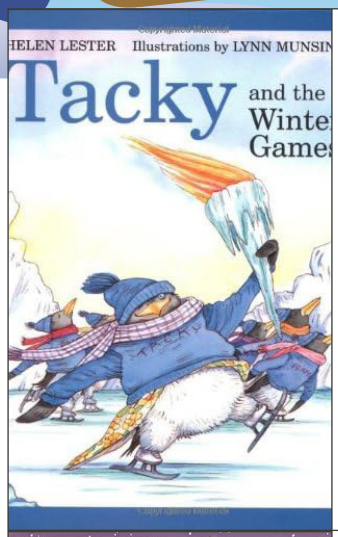
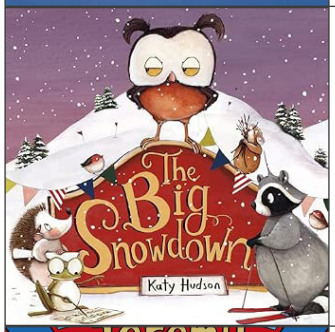
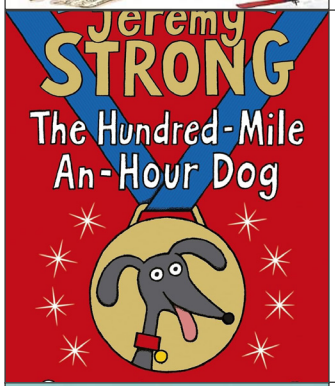
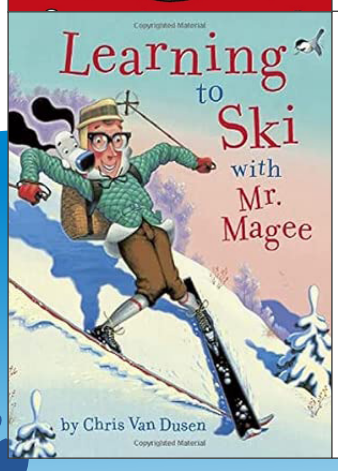
Register at: thedailymile.co.uk

Santa's Daily Mile: 5-7 years

3. Story Book Suggestions

the Daily Mile Foundation



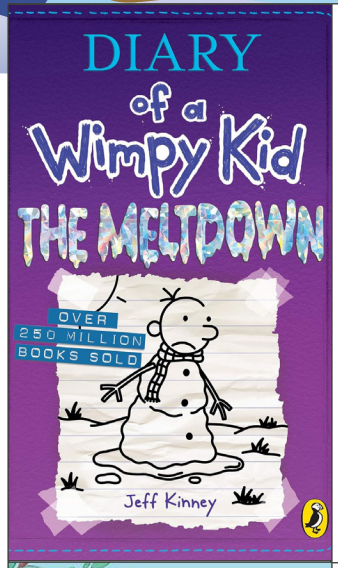
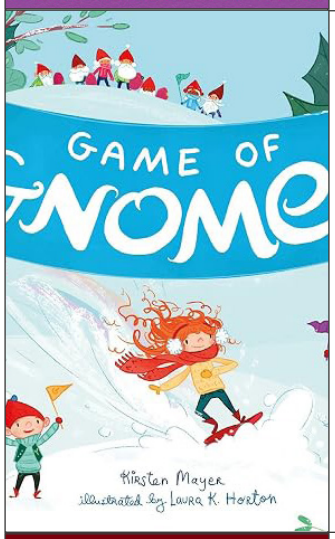
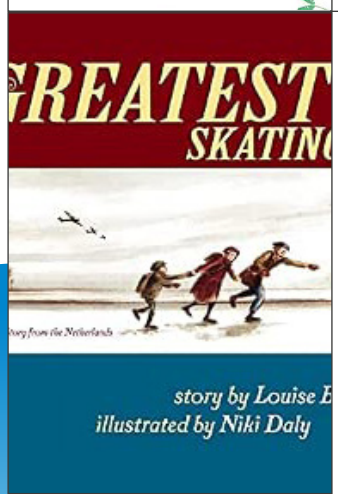
	**Tacky and the Winter Games by Helen Lester**	'A-huff-and-a-puff-and-a-huff-and-a-puff-and-a-huff-and-a-puff'. 'WHAT'S HAPPENING?' Tacky the penguin wants to know. The Winter Games, that's what's happening.... A wonderful book for eliciting discussion about how winter and summer sports differ and highlighting the importance of teamwork! Also available to watch and listen on YouTube: https://www.youtube.com/watch?v=h4ZvOAYZ3us ***Activity suggestion***: *Can the children copy the movements in the sports to warm up their bodies – ski jumps, spotty dogs, bird-dog exercises all feature throughout.*
	**The Big Snowdown by Katy Hudson**	The big moment is here - the start of the annual winter games! Most of the forest animals have trained all year, honing their skills to compete in a variety of events. Owl hasn't trained at all, but Owl isn't worried! Her natural talent and confidence are enough - or so she thinks. Also available to watch and listen on YouTube: https://www.youtube.com/watch?v=6vMdwd7jXNA
	**The Hundred-Mile-An-Hour Dog Goes for Gold by Jeremy Strong**	Guess what's coming to town? The Animal Games! There'll be show-jumping for horses AND rabbits, and discus for dogs - so of course I have to enter Streaker. Mum says a CARROT is more obedient than my dog, but I think she can do it - Streaker can go for GOLD! ***Activity suggestion***: *Can the children use their knowledge of winter sports to design a new sport for their pets using inspiration from the story?*
	**Learning to Ski with Mr Magee by Chris van Dusen**	One winter morning, Mr. Magee and his little dog, Dee, head out bright and early to learn how to ski. But what begins as a pleasant day in the snow quickly goes downhill when a run-in with a curious moose sends them flying through the air and hanging above an abyss! ***Activity suggestion***: *Children can copy the balance, slipping and sliding motions of skiing down a hill as you warm your body up, ready to take part in their Daily Mile!*

Santa's Daily Mile: 7-11 years

3. Story Book Suggestions

the Daily Mile Foundation



	**Diary of a Wimpy Kid: The Meltdown by Jeff Kinney**	When a sudden winter blizzard shuts down Greg Heffley's middle school, his entire neighbourhood transforms into a massive, snowy battlefield. This highly visual chapter book captures intense outdoor movement, from building massive snow forts to engaging in neighbourhood-wide snowball fights. It is an excellent, fast-paced read that naturally highlights how active and exhausting outdoor winter play can be. ***Activity suggestion***: *Can the children design their own outdoor winter game? What are the rules? What equipment do you need? How many players are on a team? How can you make sure everyone has a role to play?*
	**Game of Gnomes by Kirsten Mayer**	This highly engaging narrative follows a fiery protagonist named Ginger who enters the 'Winter Gnome Games'. The story centres around high-energy movement like downhill sledding, figure skating and curling. It is excellent for showcasing perseverance, creative physical movements, and overcoming athletic rules and boundary challenges. ***Activity suggestion***: *Can the children use the sports within the book to design their own warm-ups using similar movement patterns? Think 'ski' jumps, 'curling' lunges and 'balance' warrior 3 poses.*
	**The Greatest Skating Race by Louise Borden**	In 1941, young Dutch skater Piet undertakes a dangerous mission: guiding two children across frozen canals from the Netherlands to safety in Belgium during the Second World War. Inspired by skating hero Pim Mulier, Piet must draw on his courage, quick thinking and strength to complete the journey without being discovered. ***Activity suggestion***: *Can the children write a diary entry from Piet's point of view? What is he worried about? How is he feeling? How are the weather conditions affecting him?*