

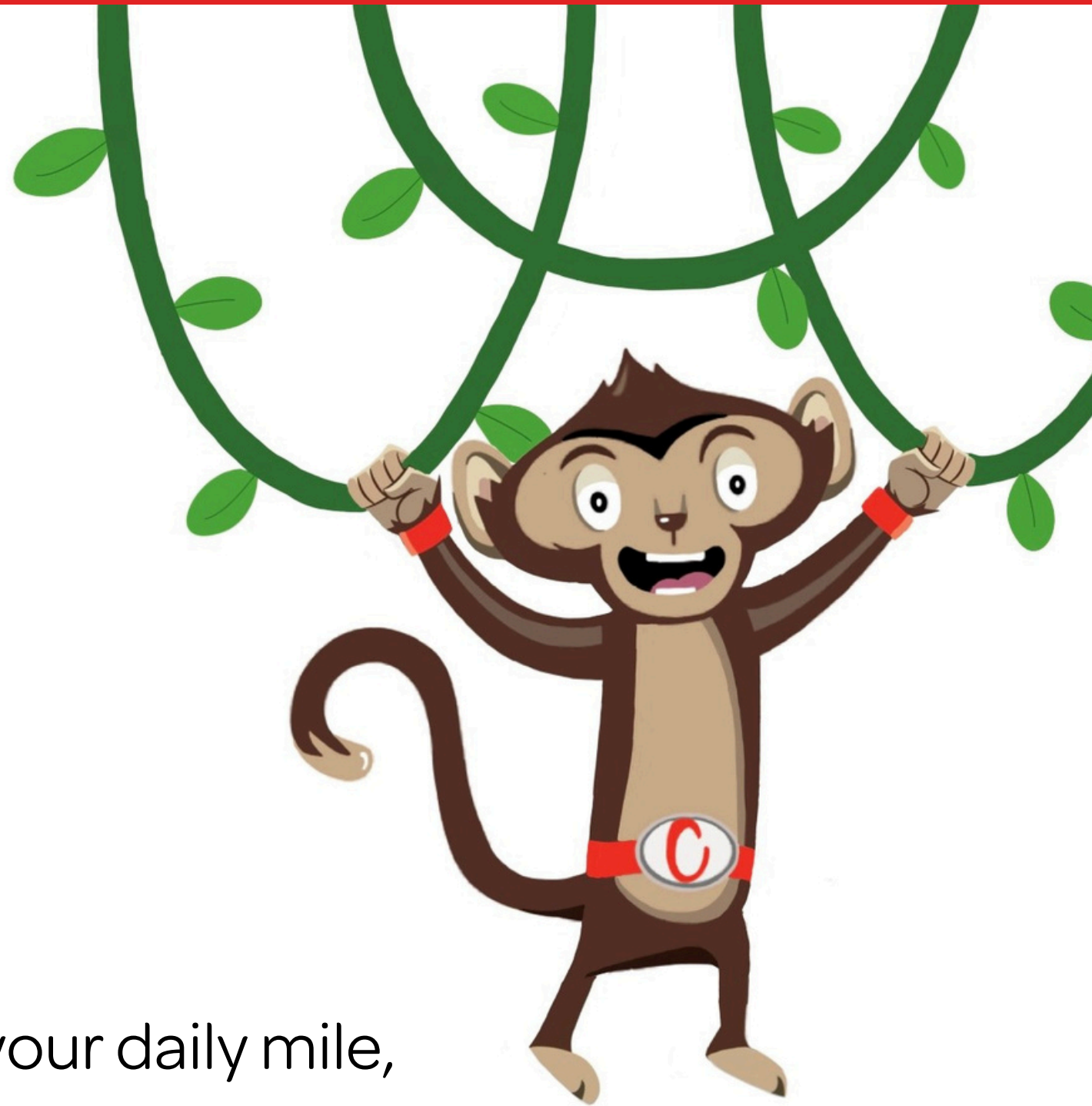
Daily Mile



Chill with Chester



10 minutes+



Instructions

Why not take a few minutes to complete your daily mile, although we understand this activity is weather permitting.

Health & Safety

- Ensure floors are clear of trip hazards
- Ensure pupils leave stationary on the table
- Remind pupils of their own spatial awareness
- Give clear instructions.

Teacher Tips

This activity is suited to all ages. This may also be a perfect time (while outdoors) to do the our 5, 4, 3, 2, 1 mindfulness activity alongside.

