



The Daily Mile Santa Dash

Dear Daily Milers,

Ho Ho Ho! A jolly greeting from The North Pole!

Here at Elf School, we love doing The Daily Mile to keep our minds and bodies healthy all year round.

As you know, me and my elves are very busy this time of year, so it is important that our minds and bodies are ready to focus and concentrate to get our work done! The Daily Mile gives us that important movement break to boost our energy and focus!

Can you join us in celebrating the festive season with a Daily Mile Santa Dash?

On **Friday 5th December**, run, wheel or walk for 15 minutes in your own school or setting and add a little festive sparkle to your Daily Mile. I have created some fun props you might like to use, or you could make your own.

The elves and I are looking forward to this special day and we can't wait for you to join in with your own Santa Dash. Don't forget to post your festive fun on social media so that we can share the celebrations with you!

Season's greetings and ho ho ho,

Santa



Get your Santa Dash Pack at thedailymile.co.uk



The Daily Mile Santa Dash



Prepare for your Daily Mile Santa Dash! Create a fun, festive wristband to wear during your Daily Mile Santa Dash.



You will need

- Printed wristband template
- Scissors (with adult supervision)
- Stapler/glue/tape
- Decorating materials (pencils, pens, craft materials).



Instructions

1. Print the wristband template page for each participating pupil and adult.
2. Get creative! Decorate your festive themed wristband.
3. Cut around template pieces and attach at either end to fit wrist (an adult or friend can help with this part).
4. Wear your festive wristband during your Daily Mile Santa Dash.

We love to see our Daily Mile community in action and encourage you to share photos and stories across social media channels! Please ensure you have consent to post.



Use the # Tag @TheDailyMile

thedailymile.co.uk

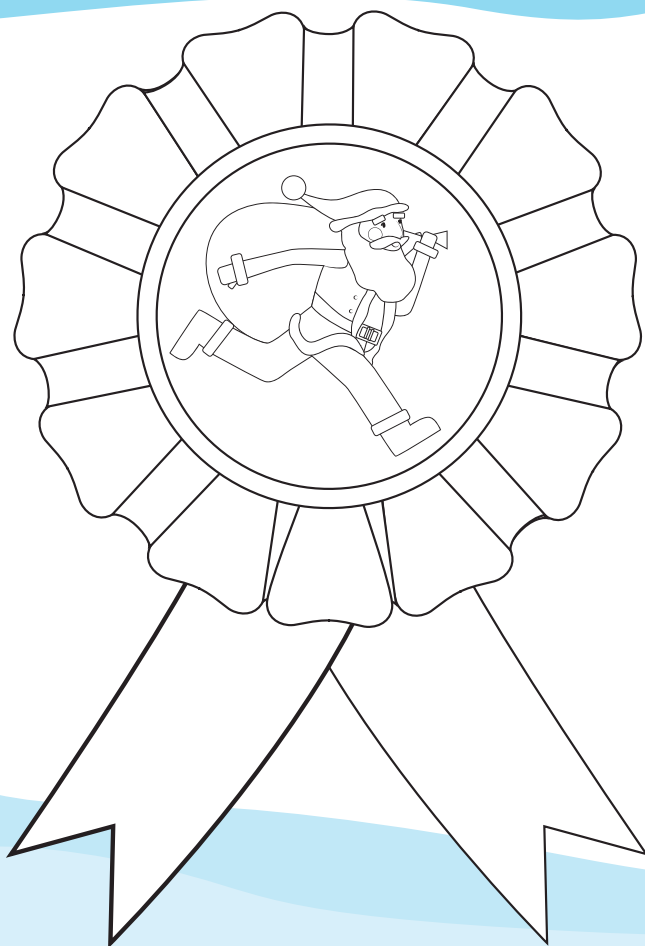




The Daily Mile Santa Dash



Prepare for your Daily Mile Santa Dash! Create a fun, festive rosette to wear during your Daily Mile Santa Dash.



You will need

- Printed rosette template
- Scissors (with adult supervision)
- Stapler/glue/tape
- Decorating materials (pencils, pens, craft materials).

Instructions

1. Print the rosette template page for each participating pupil and adult.
2. Get creative! Decorate your festive themed rosette.
3. Cut out around template pieces and attach with a safety pin or sticky tape.
4. Wear your festive rosette during your Daily Mile Santa Dash.

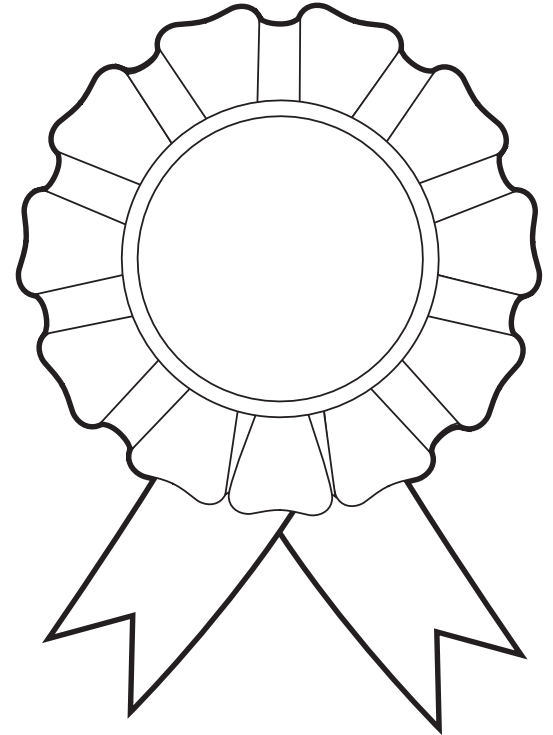
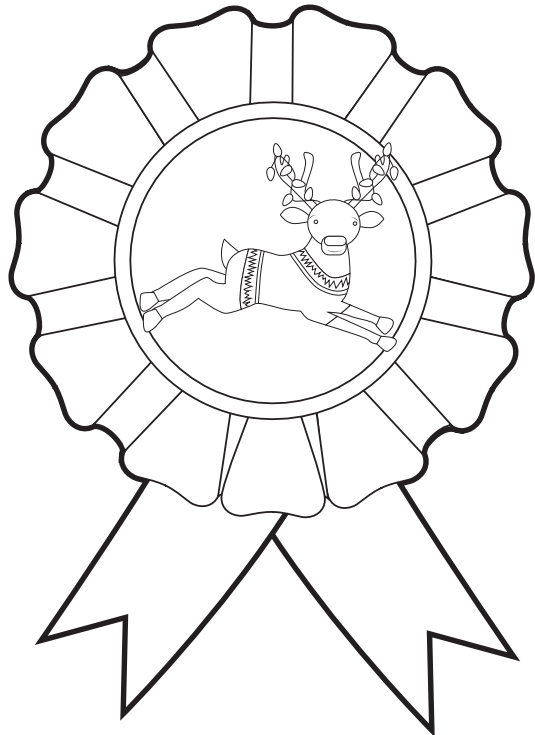
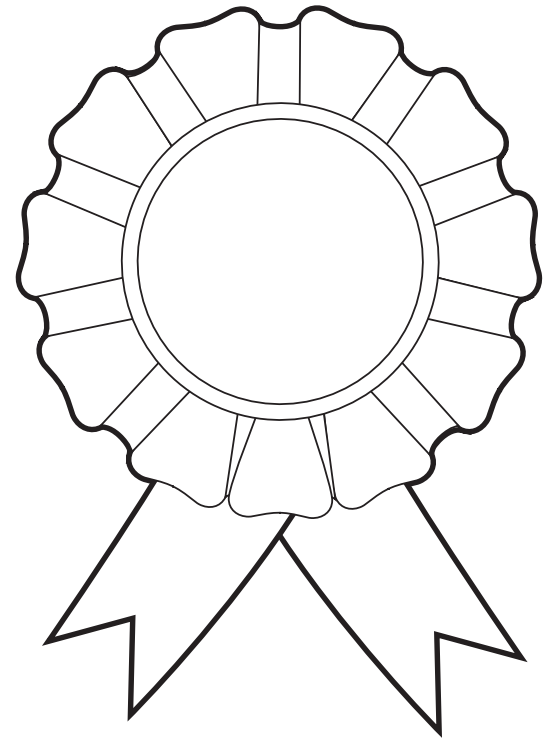
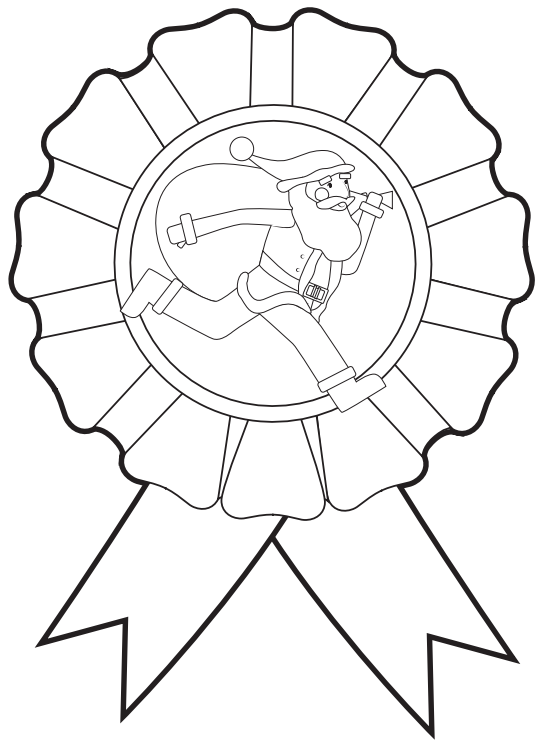


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Keep moving and have
a happy, healthy holiday!



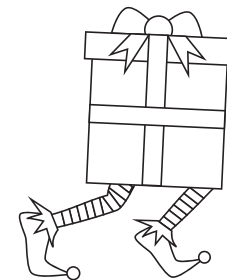
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Merry Movers



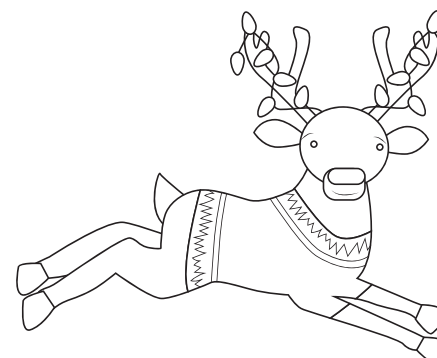
We are grateful to be able to move our bodies during The Daily Mile.
Write a message or draw a picture for someone you are grateful for.



Holiday Challenge

The Daily Mile is a great way to get outside, move your body and connect with family and friends. Join Santa and his team in doing 15 minutes of movement each day during the holidays. Every step counts!

10-day activity tracker





Congratulations



Name

Date

You have successfully completed

The Daily Mile Santa Dash

