

Moving for mental health



Regular movement like The Daily Mile, can boost your self-esteem, improve the quality of your sleep and help reduce feelings of anxiety. Even just 10-15 minutes of being active can contribute to mental alertness, increased energy and positive mood.

As adults, there's lots we can do to support the children and young people in our lives. Place2Be and The Daily Mile have shared some tips on how to get children moving for their mental health.



Everyday movement counts

Engage children and young people in physical activities that are accessible in daily life.

Top tips

- Think about how children can incorporate movement into regular daily routines.
- Encourage children to walk, bike or scooter to school instead of taking the car or bus.
- What about turning the music up and dancing during study breaks or a sequence of yoga stretches before bed?

Tips for Daily Mile schools

Consider tracking the number of Daily Mile's each day to contribute to a journey across the globe. (Provided by Cardonald Primary School, Scotland)



Make it fun

Children and young people are going to be more eager to take part in physical activity if they are doing something they enjoy.

Top tips

- Reflect on their interests and strengths, ask them how movement could be woven into what they love doing.
- Put emphasis on enjoyment and skill development rather than focusing on competition to help them have a positive experience of physical activity.

Tips for Daily Mile schools

Introduce a 'Music Mile' from time to time, using a mobile speaker to enable the children to do their Daily Mile to some of their favourite songs. (Provided by Our Lady of Lourdes Primary School, Scotland)

More resources you may find useful

- [🔗 Learn more about The Daily Mile](#)
- [🔗 Read more of Place2Be's tips for parents and carers](#)
- [🔗 Download more mental health resources for schools](#)
- [🔗 Your Stories | The Daily Mile UK](#)

Moving for mental health (continued)



Be the role model

While it's not always easy, young people are more likely to take up physical activity if they see adults around them involved in and enjoying exercise.

Top tips

- Do your best to join in and be active together with the children and young people in your care.
- Discuss the benefits of being active and the impact it can have on physical and mental health.

Tips for Daily Mile schools

Encourage all teachers and support staff to actively join in The Daily Mile (whether walking or running) to enhance the relationship between children and teachers. (Provided by Wells Hall Primary School, England)



Get into nature

Heading outdoors to exercise is a great way for children and young people to take a break from technology and connect with their environment.

Top tips

- Encourage a walk or play outside to explore in the green spaces nearby – whether that be an inner-city park, a forest or along your local river or canal.

Get into nature (cont)

- Follow the child's lead in how they want to play outside – encourage creativity and join in with activities if possible.

Tips for Daily Mile schools

Ask children to reflect on the sights and sounds that they experience as they complete their Daily Mile outside. (Provided by Clifton Primary School, England)



Moving together

Encouraging children and young people to get involved in physical activity that is social will not only help boost their self-esteem, it's also a great way to create a sense of community which can foster good mental wellbeing.

Top tips

- Encourage children and young people to be active together.
- Encourage them to try different sports both at school and through clubs with their friends, until they find one that they really love.

Tips for Daily Mile schools

Buddy-up children from different year groups to encourage side by side conversations as they move; forming new friendships and supporting each other. (Provided by Dalneigh Primary School, Scotland)