



#MOVEWITHUS



THE DAILY MILE

Join us for the upcoming Daily Mile adventure as we challenge schools to reach the summit of the Mental Health Mount Mile!

As part of World Mental Health Day on 10th October, the Active Essex Foundation are providing free conversation topic cards to get pupils walking and talking.

From the 7th-11th October, we are encouraging schools to complete their Daily Mile by walking and asking the questions provided on our 10 topic conversation cards.

To register your school to participate in the hike, click here:
[The Daily Mile | Active Essex](#)



On completing each level, reward your pupils with stickers for their achievements!



The first 50 schools to register will receive physical copies of the maps and stickers!



Upload your school's and groups engagement to our social media pages to receive an achievement certificate!



Mental

Health

Mount

Mile

