The Daily Mile
children fit for life

In partnership with
LONDON MARATHON EVENTS

School name

Class

How are you feeling right now?

Name

Focused, Happy, Calm, Feeling ok, Curious	
Before	After

Silly/Wiggly, Excited, Worried, Frustrated	
Before	After

Sad, Tired, Sleepy, Bored, Sick	
Before	After

Suffolk County Council

Active Suffolk