

# RUN A WILD MILE

TO HELP YOUR LOCAL NATURE!



# WHAT IS WWF?

WWF is working to create a world where **people and nature can thrive together.**

We work to help protect **endangered species, habitats and ecosystems.**

We work with others to come up with new solutions to tackle global challenges like **climate change, deforestation and plastic pollution.**

We want to inspire all young people to explore the wonders of the natural world and discover how you can take action to protect our amazing planet!



MINI  
LONDON  
MARATHON



# NATURE & WELLBEING

Spending time outdoors in nature is great for our physical health.

Connecting with nature can also make us feel better if we are feeling stressed or worried and can even help us to concentrate in school.



What do you enjoy most about being outside in nature?

# WHY IS IT IMPORTANT?

You don't need to travel far to explore our natural world. Nature and wildlife is all around us even in our busy towns and cities.

Look closely and you'll be amazed by what you can spot.

The UK's wildlife and wild places are amazing and vital – but they're in crisis.



Can you think of any human activities that might be impacting our UK wildlife or wild places?

# TURN YOUR MINI MARATHON INTO A

# WILD MILE!

If you're already going to run, jog, walk or wheel the TCS Mini London Marathon in school - we think that's great!

But we want you to **MAKE IT WILD!**

We're giving you a mission to discover what amazing nature and wildlife there is within one Wild Mile in, or around, your school grounds.



If you're not signed up to the TCS Mini London Marathon in school don't worry you can still take part in the Wild Mile.

# BEFORE YOUR WILD MILE

As a school decide where your **Wild Mile** is going to be

– this could be an area in your playground, around your school or in a local park.

Explore the nature within your Wild Mile.



You can use WWF spotter sheets to help you identify different plants and animals you find.

# TRAINING FOR YOUR WILD MILE

Use the TCS Mini London Marathon training guide to help you prepare for your Wild Mile event.

**Use your senses** to connect with nature. Can you see, hear or smell any plants or animals during your training sessions?

Is there anything you notice within your Wild Mile that isn't so good for nature?



# DURING YOUR WILD MILE

By this stage you'll be all prepared.

Whether you're running, jogging, walking or wheeling, remember to enjoy spending time outside in nature during your Wild Mile!





# AFTER YOUR WILD MILE

As a school or class discuss some of the problems you think wildlife might be facing in your Wild Mile.

Come up with ideas on how to make your Wild Mile even better for your local wildlife and to protect it for future generations.

Decide and commit to some changes you are going to make as a school to help protect your Wild Mile.



# IDEAS FOR YOUR WILD MILE

Put up bird feeders, or make your own, and make sure they are refilled every week

Plant an area of wildflowers

Put up bird and bat boxes on suitable trees

Plant some pollinator friendly plants

Grow fruits and vegetables at school

Do a litter pick around your Wild Mile

Build a bug hotel

Start an eco group

Leave an area of your school grounds to grow wild

Build a wildlife pond from an old bucket

Make holes in fences for hedgehogs

# FUNDRAISE FOR WWF

As part of your Wild Mile or Mini London Marathon in school you might like to fundraise for WWF.

By doing this you'll be helping us protect and restore our world, keeping it safe for future generations.

Find out more in our Wild Mile fundraising guide.



# LET US KNOW!

Make sure to share your Wild Mile with WWF!

Teachers can tag us on X/Twitter using **@WWF\_UK** and **@WWFUK\_Education** or email us at **[education@wwf.org.uk](mailto:education@wwf.org.uk)** to share your Wild Mile images and school stories.

