

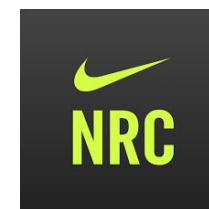


## MAY MILES Make you Smile

**Step 1- Get a team together remotely of up to 4 people (friends/family).**



**Step 2- Download a tracking app on your phone/watch so you can track your miles. Or a map if you don't have device.**



use



**Step 3- Join the 'MAY MILES Make You Smile' Team page on Microsoft Teams using this code **ax38bmr** and type on the page who is in your team so we can record it.**

**Step 4- Every day collate your miles as a team and post on the Team page. You can screen shot your walk/run if you wish as evidence. We like nice pictures too!**

**Step 5- Mrs Dewar will collate all the results as we go and announce the winner at the beginning on June.**



Please remember to keep safe and follow the social distancing rules throughout. One walk or run a day to follow the government guidelines.



Keep safe if you are out on your own. Make sure someone in your house knows the route you are taking and stick to safe routes that are well lit.



Stay hydrated when the weather gets hot too.

**GOOD LUCK!**

