



WWF & TCS

MINI LONDON MARATHON

RUN A WILD MILE

BRINGING OUR WORLD BACK TO LIFE

OUR NATURAL WORLD

You don't need to travel far to explore our natural world.

Nature and wildlife is all around us, even in the most urban of areas there is still nature to be explored. Look closely and you'll be amazed by what you can spot, even in the most built-up environments!

The UK's wildlife and wild places are amazing and vital – but they're in crisis. Since 1970, over 40% of UK species populations have declined. We've lost so much, we're now one of the 10% most nature-depleted countries in the world.

WWF is the world's leading independent conservation organisation. We are bringing our world back to life and we work every day to achieve our mission, which is: to create a world in which people and nature can thrive together. Our vision is to build a future in which people live in harmony with nature.

Engaging our youngest generations in nature has never been more important and schools can play a key role in inspiring and equipping the next generation to be responsible stewards of our planet.

We are therefore asking schools to use their TSC Mini London Marathon to support WWF, engage with nature and take some positive actions for our planet.





WWF WILD MILE CAMPAIGN

There is strong evidence that spending time in a green space or bringing nature into our everyday lives can benefit both mental and physical wellbeing. Spending time in nature can notably improve your mood, reduce stress, anxiety and fatigue, and even help with feelings of loneliness. With this in mind, WWF are asking schools to use their Mini London Marathon to connect pupils with nature and help us achieve our mission to build a brighter future for both people and nature.

We want schools and their pupils to explore, enjoy and ultimately protect nature within their wild mile. The wild mile could be their training route, route to school, or simply an area within a mile of their school. The key is to discover nature and wildlife within your mile and learn how you can protect it now and for future generations.

Here's how to get involved:

STEP 1

Get the school excited about the work of WWF and our Wild Mile Challenge. Use our brand new assembly presentation to get everyone involved.

STEP 2

Explore nature within your wild mile. What can pupils see, smell and hear? Use the run up to your event to ask everyone to really engage in what's around them. Encourage pupils to do this whilst training, whether on their route to and from school or when in the playground. Find out more on page 3.

STEP 3

Commit to taking positive actions within your school to benefit our planet. Speak to the children about what's important to them and make some commitments, these could be as little or big as you want. Go to page 4 for some inspiration

STEP 4

Celebrate your achievement! Why not organise an event at your school, celebrating the achievements of your pupils at this year's TCS Mini London Marathon, including any fundraising achievements and commitments to nature.

Use the event as a platform for continued commitment to protecting your wild mile and nature in your community, inviting parents and other local stakeholders.

EXPLORING NATURE IN YOUR SCHOOL AND LOCAL AREA

Taking the time to really look at and explore our natural world is key to understanding how and where we can help.

In the run up to your event, ask pupils to engage with nature around them and think about how it makes them feel:

- Ask pupils to note down what nature they see whilst training for their mini-marathon, or on their way to and from school. Encourage pupils to look up and let nature inspire them.
- Encourage pupils to explore what nature can be found within the school grounds.
- Encourage children to share what they like most about being outdoors in our natural world.
- Whilst exploring their wild mile ask pupils whether they discovered anything they didn't like or that needed improving?
- Distribute our spotter sheets for a fun way to explore more. ([School resources](#) | [Save Our Wild Isles](#)),
- Use the seek app with pupils to help them understand more about what they can see. ([OurPlanetLAB Toolkit.pdf](#) (wwwf.org.uk))
- Teach pupils about the importance of our natural world using our extensive range of curricular resources for all ages.



NATURE POSITIVE ACTIONS YOU CAN TAKE IN YOUR SCHOOL



Once pupils are engaged in local nature, set some positive actions for the school, classes or individuals to take. Ask pupils to come up with ideas of how your school can make a difference or use some of our ideas below.

These can be done before, during or after the mini-marathon and could be your school's lasting legacy from this year's TCS Mini London marathon.

WILD MILE

Did your school or pupils identify any areas for improvement within their wild mile. What can your school do to help with this? Are there opportunities to partner with other groups within your community?

Why not ask parents or local businesses to get involved too?

Always check first to see who the landowner is and seek permission before carrying out any improvement works.

LITTER PICKING

On the day of your event, why not encourage pupils to litter pick either on their way to school or before and after the event. Whilst others are running, those waiting could be litter picking. Make sure gloves and bin bags are used.

THINK ABOUT RECYCLING

Make sure pupils bring their own water bottle for their run and teach them about the importance of steering clear of single use plastic. Teach them more about recycling and look at how you can introduce additional recycling bins in your school.

SCHOOLS SUSTAINABILITY GUIDE

Each individual school has a huge potential for mobilising society-wide change. It might seem like your one school or class can't make that much of a difference to climate change or nature loss as a whole, but individual students and teachers taking small actions can be the seeds of change.

Our **Schools Sustainability Guide** gives lots of tips on how to take action for climate, nature and sustainability in your school.





RESOURCES AND MATERIALS

We have lots of additional resources and materials to help you plan your wild mile, engage with nature and support WWF:

WILD MILE FUNDRAISING GUIDE

Find out how to use your Wild Mile to fundraise for WWF

RECORDED LIVE LESSONS

We have a whole range of recorded live lessons that can be used to help develop pupils understanding of our natural world

TEACHING RESOURCES

Browse our suite of free curriculum linked resourced, designed to help your pupils explore environmental issues in an engaging and motivating way

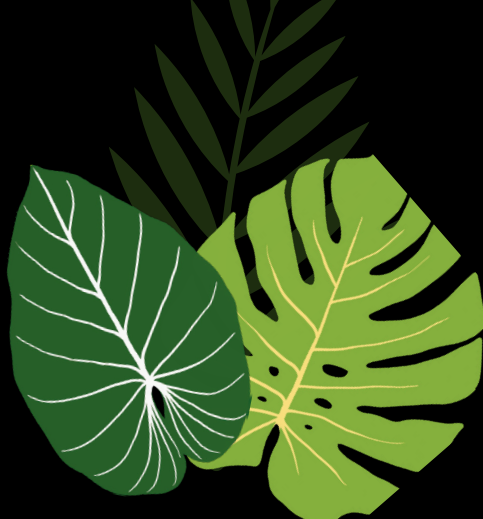
THRIVING WITH NATURE GUIDE

We've partnered with the Mental Health Foundation to create a guide filled with tips and tools on how all of us can connect with nature and help us thrive

SAVE OUR WILD ISLES

Inspired by last year's BBC Wild Isles series narrated by Sir David Attenborough, we have put together talks, curricular resources, and handy spotter guides all based on UK nature that you might find within your wild mile. At School | Save Our Wild Isles





CONTINUING YOUR JOURNEY WITH WWF

Your journey with WWF doesn't have to end when you're Mini London Marathon is over.

Sign up now to our **educator bulletin** and join thousands of teachers and pupils across the UK taking action for our world.

We'll keep you informed of new classroom resources, activities, events and Continuing Professional Development (CPD) courses.



For a future where people and nature thrive | wwf.org.uk
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