



Get your daily dose of nature at school

WITH WWF AND THE TCS MINI LONDON MARATHON



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MINI LONDON MARATHON 25



Get your daily dose of nature while training for the Mini London Marathon

Exercise is a fantastic way to support our physical and mental health. It gets our bodies moving, relieves tension and can help us regulate our breathing. But did you know that combining exercise with being out in nature can be even better for us?

Connecting with nature has been proven time and time again to work wonders for our wellbeing. At school, nature connections can help boost students' moods, improve focus and help them to feel less stressed and anxious.

So, by exercising out in nature we can get the benefits of moving our bodies, as well as all the benefits from connecting with our incredible natural world.

We think everyone deserves time in nature. So, we've come up with a list of simple exercise ideas to use whilst you train for your Mini London Marathon event!



WARM UP EXERCISES

ANIMAL STRETCHES

Make up your own animal stretches to warm up your muscles before your run, walk or wheel. Here are some examples you could use:

Flamingo stretch

Stand on one leg, bend the knee of your other leg and hold your foot behind your bottom. Hold for 5 seconds and then do the same on the other leg. This will stretch out your thigh muscles and help improve your balance.

Flamingo swing

Swing one leg forward and backward five times, then switch to the other leg. This helps loosen up your hips.

Frog squat

With both feet on the ground, bend both knees to the side and slowly squat down as far as you can go and stand up again. Good for building up your leg and stomach muscles.

Kangaroo high knees

Jog on the spot while lifting your knees as high as possible. This warms up your hips and gets your heart rate up.

Eagle wings

Stretch your arms out to the sides and make small circles, gradually increasing in size. This warms up your shoulders and arms, important for running, walking and wheeling.

Starfish jumps

Jump and stretch your arms and legs out to the side like a starfish. A great full-body warm-up that gets your blood flowing and muscles ready for activity.

ANIMAL YOGA

Yoga is a great way to stretch out your muscles, increase your strength, flexibility and balance and improve your breathing. All very helpful when training for your Mini London Marathon.

Have a yoga session in the playground or school field and try out all the different animal poses you can think of. Try the downward dog, tree, eagle, cobra, cat and mountain poses to help you get your extra nature connection.



For inclusivity and accessibility please adjust movements and instructions as you see fit.

ACTIVE GAMES

SPEEDY SAVANNAH

A teacher or chosen student calls out different animal names from the African savannah. Students need to walk, run or wheel to the different speeds of the animals, for example:

- **Elephant** = slow walk with arm as a trunk
- **Cheetah** = run
- **Giraffe** = fast walk with arms up

You can add in any other African savannah animals you like!

ANIMAL RELAY

Decide on your relay area and mark with cones if needed. Assign each leg of the relay a different animal, for example:

- **Frog** = jumping
- **Gazelle** = skipping
- **Cheetah** = running
- **Rabbit** = hopping on one leg

Divide students into teams of four. Each student will need to complete a different leg of the relay. Within their teams, students can decide who will complete each leg and which order to stand in.

The first team to complete all four legs wins. Simple!

NATURE HUNT

Create a nature scavenger hunt in which teams of students have to run, walk or wheel to different locations around your school grounds or local green space, to find objects related to nature e.g. trees, conkers, flowers, vegetable patch, pinecones etc.

Students can note down where they found the natural objects and the first team to find all items wins.

WARM DOWN EXERCISES

MINDFUL BREATHING

Mindfulness exercises can be great for children's wellbeing, and even better if you can add in a connection with nature.

Try some mindful breathing outside by asking your students to close their eyes, place their hands on their stomach and focus on their breathing. Explain to your students that mindfulness means paying full attention to what you are doing or feeling in the present moment.

Ask them to take some slow deep breaths in through the nose and out through the mouth. They should be able to feel their stomach rise as the fresh air comes in and fall as they breathe out.

How does it make them feel?

NATURE WALK

Plan a route around your school grounds or local green space where students can see different types of wildlife (trees, pond, squirrels, flowers, birds etc.). Give students a checklist and get them to note down all the different plants or animals they see on their walk.

You could combine this with other observation skills such as listening for different natural sounds like rustling leaves, singing birds and splashing water. If you want to try using one of our [wildlife spotter sheets](#).





FUNDRAISE FOR WWF

With your TCS Mini London Marathon

Our world needs help like never before. Since 1970, the average size of wildlife populations has fallen by a staggering 73% and here in the UK, we've lost so much wildlife, we're now one of the 10% most nature depleted countries in the world.

But there is hope. So why not use your TCS Mini London Marathon to get a daily dose of nature and fundraise for WWF to help protect and restore our world. Because, when we restore nature, nature restores us.

As a special thank you, every school and individual that raises over £250 can claim a WWF adoption.



Fundraise with your school

The easiest way to fundraise is to set up a [online fundraising page](#) for your school. Pupils can ask parents and family to donate directly to the page and sponsor them for the mile they run.

Alternatively, why not combine your mini marathon with a dress down day and ask everyone taking part to donate £2.

Fundraise as an individual

If you're not fundraising with your school, you can set up your own [fundraising page](#) and encourage friends and family to sponsor your mini marathon. You can also download a [sponsorship form](#) to help you collect more donations.

Claim your WWF adoption

We want to reward you for your incredible fundraising, so we are sending schools and individuals that raise over £250 a WWF adoption.

To claim your adoption, simply make sure your fundraising is paid in by 1st June 2025 and [complete this form](#). Full terms and conditions are on the form.

Any money raised online will be sent automatically to us. If you would like to pay in an offline donation, please visit <https://support.wwf.org.uk/pay-in-fundraising>.



LOOKING FOR MORE?

Other ways to get more nature into your school day

- If you already do the Daily Mile or another daily or weekly exercise with your class – try to do this outdoors as much as possible.
- Take your PE lessons outside whenever you can.
- Use chalk on the playground for mind maps, timelines, food chains, tally charts, shapes, co-ordinates and anything else you can think of.
- Take things that generate a bit of noise like role plays and debates outside.
- Use our [mindful nature videos and nature soundtracks](#) to get a bit of calm into the classroom.
- Check out our teacher activity guide for lots more ideas on how to get your daily dose of nature at school.

More from WWF

Register for your free WWF daily dose of nature school pack:

[wwf.org.uk/prescription-for-nature/schools](https://www.wwf.org.uk/prescription-for-nature/schools)

WWF school resources:

[wwf.org.uk/get-involved/schools](https://www.wwf.org.uk/get-involved/schools)

Sign up to the WWF education email newsletter:

[wwf.org.uk/get-involved/schools/register](https://www.wwf.org.uk/get-involved/schools/register)



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