

childhood day

mile 

Friday  
7 June

## You can complete your Childhood Day Mile with your friends in a relay!

In a relay, you work together as a team to complete the race. Take turns running the race with your friends. When it's your turn, run as fast as you can to your friend and tap them on the back. When you've tapped them, it's their turn to run to the next person.



NSPCC



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