

# How To... **Host a Walk a Mile**

## Who Is It For?

Pupils/Staff/  
Wider Community

## Impact:

Allows a space for conversations about mental health, therefore destigmatising it. Also shows how a walk outside can be good for your mental health!

## Ideas to Consider:

- People come together and are invited to pair up to walk a mile while talking about mental health
- Use talking prompts to help people start conversations
- You can even organise cake and drinks at the end!

## HELPFUL RESOURCES:

Walk A Mile Resources  
Dunoon Grammar Walk a Mile