



# BICYCLE ADVENTURES

## ACTIVITY IDEAS

- Protect your noggin, talk about helmet safety and the proper fit of a helmet.
- Learn your Bicycle ABC's.
- Stop, Look and Listen / Scan and Signal, practice proper turn signals.
- Talk about road hazards.
- Play Bicycle Bingo, found on page 16 of the Helper's Guide
- Play Cycling Quiz Bowl, found on page 13 & 14 of the Helper's Guide.
- Develop a bike rodeo.

### ROLL CALL IDEAS

- What type of bike do you have?
- What is one safety tip to remember when riding your bike?

### COMMUNITY SERVICE IDEAS

- Ask a police officer to talk at a school program on bike safety.
- Develop a bike rodeo for a 4-H workshop.

## FIELD TRIP IDEAS

- Visit a bike shop.
- As a group, bicycle on a near by trail using proper safety guidelines.



## FAIR EXHIBIT IDEAS

- Poster on bicycle safety
- Scrapbook on bicycle safety

