



LET 'ER KNOW



25 MINUTES



MATERIALS REQUIRED—PEN & PAPER

Aim: What better way to celebrate International Women’s Day than to write a letter to a female cyclist you find inspiring. After all, everyone likes to hear how they are making a difference to someone's life.

Extension: Draw or take a picture showing what you have been inspired you to do!

Who could you write to?

You can write to anyone at all that has inspired you. It could be a family member who rides their bike to the shops every day, or a friend who cycles to school. Maybe it’s someone you’ve never met before, like someone on TV. Whoever you choose, be sure to tell them how they have inspired you, and how that makes you feel.



Template

Dear

Today is International Women’s day, a day all about the amazing things women have done. To celebrate this, I wanted to let you know that you are an inspiration and a role model to me because You have inspired me to

I think you are.....and when I see you.....it makes me feel.....

The theme of International Women’s Day is #ChooseToChallenge, you have helped me challengeI have set a goal to

Thank you for being an inspiration and Happy International Women’s Day to you!

I have drawn/taken a picture of

With admiration,
.....

Enjoy this activity? Use #stayhomestayactive and tag us @SustransScot on [Facebook](#) and [Twitter](#).

Make sure you get permission first!

Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at www.ibike.sustrans.org.uk

