

I BIKE

BE BRIGHT, BE SEEN!



MATERIALS REQUIRED—PEN & PAPER

You Tube Time!

Watch our You Tube Video here to learn about being seen in winter & when it's dark

<https://youtu.be/8oO1kq2Klac>

When you have finished you can answer some questions on Being Bright & being seen!

Questions

Write the answers down in your jotter

1. WHY is it important to be bright & Be seen in winter?
2. What do the pictures have in common?
3. Can you see the cyclist in the first picture Claire shows? Yes or No

Checklist

- | | |
|---|--|
| <input checked="" type="checkbox"/> Bright Clothing | <input checked="" type="checkbox"/> Lights |
| <input checked="" type="checkbox"/> Reflective | <input checked="" type="checkbox"/> White at front |
| <input checked="" type="checkbox"/> Armbands | <input checked="" type="checkbox"/> Red at back |
| <input checked="" type="checkbox"/> Waistcoat | |
| <input checked="" type="checkbox"/> Bike | |
| <input checked="" type="checkbox"/> Wheels | |

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

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Your turn!

Use the space below to draw or write what you will do to make sure that you are Bright and can be seen

This can be when you are walking, cycling, scooting or just out playing!

Drawing or list

You can do this in your jotter instead

If you enjoyed this, you can design your own Bright Hoody, Helmet, Bike, Scooter or Shoes—find the sheet on our website <https://ibike.sustrans.org.uk/wip/wp-content/uploads/2020/11/Design-Your-Own-Bright.pdf>

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