

I BIKE

# LET 'ER KNOW



 25 MINUTES



PAPER AND PEN/PENCIL; COLOURED PENS/PENCILS (OPTIONAL)

**Aim:** To write a letter to a woman or girl who cycles and who you find inspiring.

**Instructions:** Think of a woman or girl you know, or you know of, who cycles. This could be a family member, a local person or a more famous person. How does she inspire you? What has she inspired you to do or to aim for? What habits, activities or characteristics of this woman or girl do you want to copy? Why? How do you feel when you see or hear what she does?

Write a letter to this person telling her how and why she is an inspiration to you, and why you look up to her. Use your answers to the questions above.

You can use the template below if you need to.

**Extension:** Draw a picture of you doing something that this person has inspired you do to. Alternatively, take a photo of you doing it.

Give or send your letter and picture to the woman who inspires you. If it's not someone you know, you could send it to us and we'll share it online.

## Template

Dear .....

I'm writing to you this International Women's Day to tell you how much you inspire me.

I find you inspiring because.....

You have inspired me to .....

You are one of my role models because..... I want to be/do..... like you are/do. You make me feel.....

Happy International Women's Day!

Yours with admiration,

.....



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**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](http://www.ibike.sustrans.org.uk)