

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 friend, someone you don't know but see regularly or a more famous person.

- How does she inspire you?
- What has she inspired you to do or to aim for?
- How do you feel when you see or hear what she does?
- How is this woman or girl a role model to you?
- What habits, activities or characteristics of hers do you want to copy and why?
- Do you think she finds it easy to be who she is or is does she face difficulties. Are they real or perceived difficulties? How would you face such difficulties?

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.

To sign off your letter you might like to use one of these:

*Yours with admiration*

*From an inspired pupil*

Remember to wish her a happy International Women's Day! You could also tell her what you #ChooseToChallenge this International Women's Day.

**Extension:** Draw a picture which represents something that this person has inspired you about. It could be a picture of you doing something she's inspired you to do or a picture of the outcome of it. Alternatively, take a photo of you doing something she's inspired you about.

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.



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