



# My Biking WORKBOOK



brought to you by



[weareoutgrown.org](http://weareoutgrown.org)

[burley.com](http://burley.com)

# This Book *belongs to* \_\_\_\_\_

OutGrown and Burley have partnered to bring you this biking activity workbook. We hope it helps you get outside more and grow your appreciation for biking and the natural wonders that being outside can bring.



Glue photos or draw pictures of your biking family and adventure buddies!

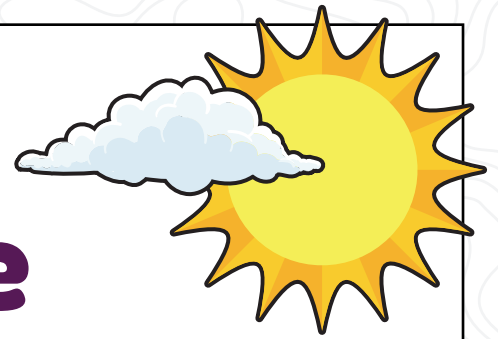
*my family*



*my biking buddies*



# biking Sensory Ride



A bike ride can be a great learning experience for little ones. Encourage your kids to engage their senses as a way to develop a greater appreciation for nature.

## FEEL THE WIND *on your face*



does it feel different when you ride in a different direction or different speed?



## FEEL THE SUN *on your body*



how does it feel when you ride in the shade versus in the bright sun?



## PAY ATTENTION TO THE ROAD *underneath you*



is it smooth, bumpy, flat or hilly?



## LOOK *around*



how many different color plants  
can you see?  
can you name their colors?

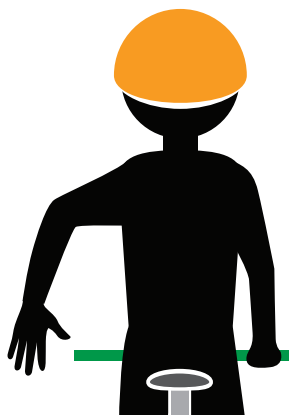




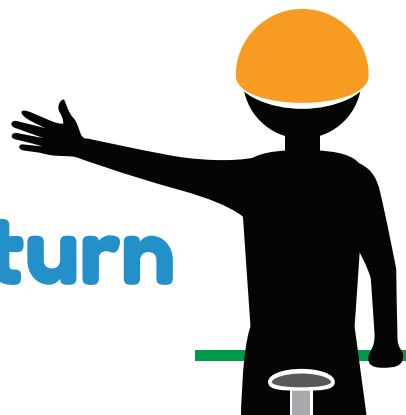
# *biking* Safety Dance

Practice these hand signals to communicate with drivers and other cyclists on your ride. Then turn on some music and use these moves to create a new dance!

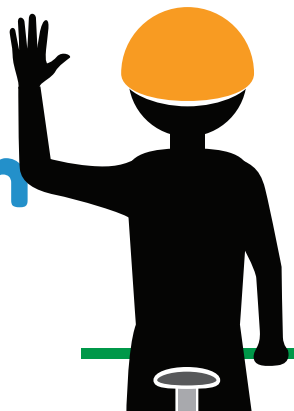
stop



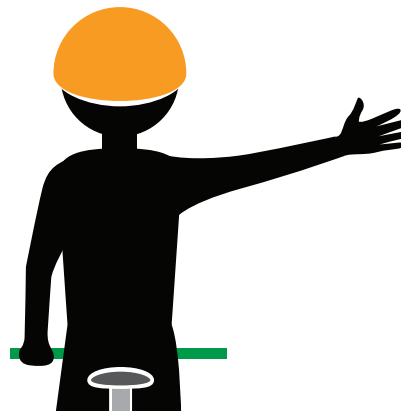
left turn



right turn



or



slowing









# bike it list

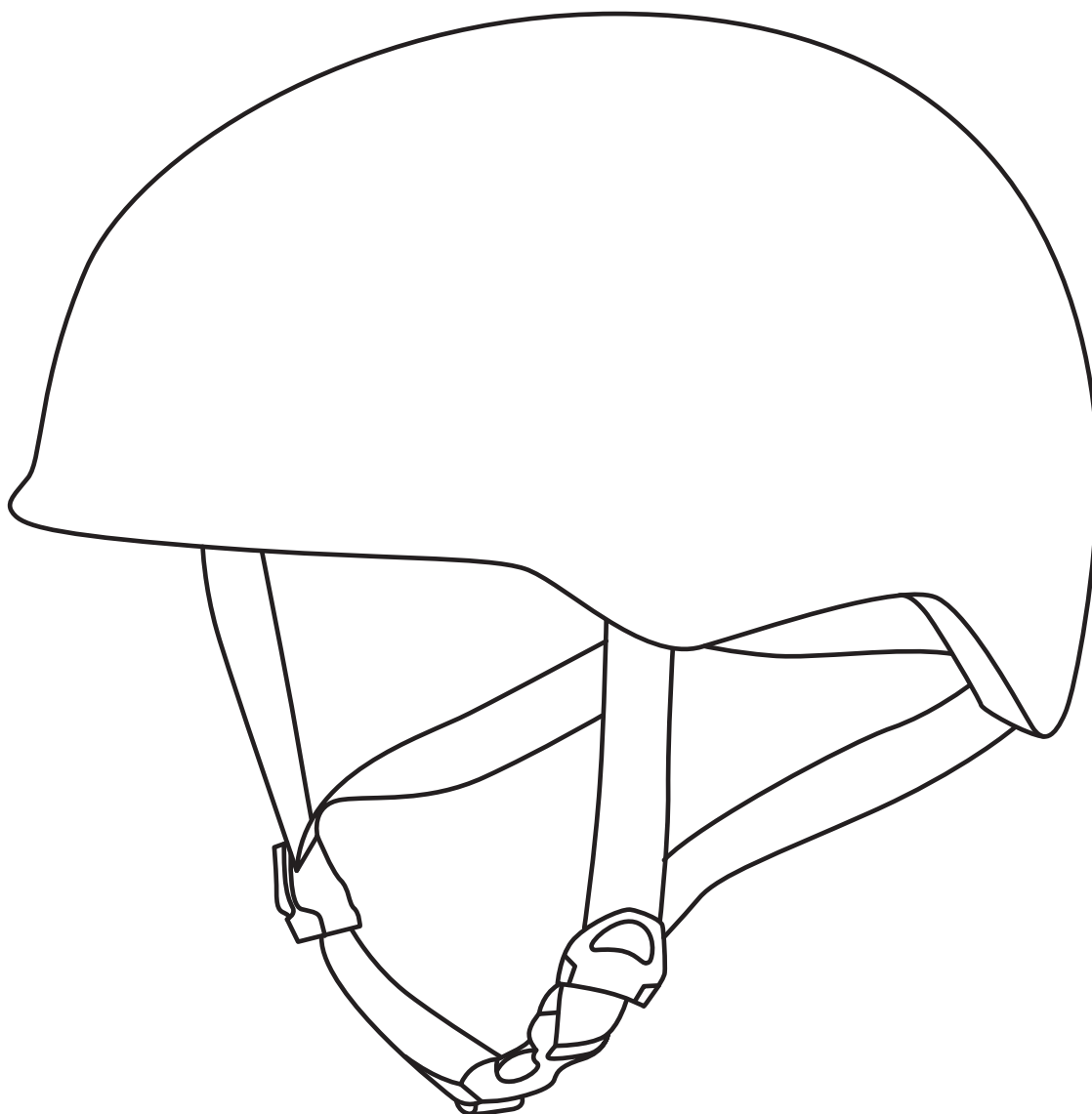
List all of the biking trails you'd like to explore locally and when traveling. Set a family biking goal and track your progress below.

<i>trail name</i>	<i>distance</i>	<i>paved</i>	<i>dirt</i>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>
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# *design your own* **Bike Helmet**

Design your own bike helmet using your favorite colors and shapes! Wearing a bike helmet keeps you safe when you're riding a bike, riding in a bike trailer, or riding in a bike seat.

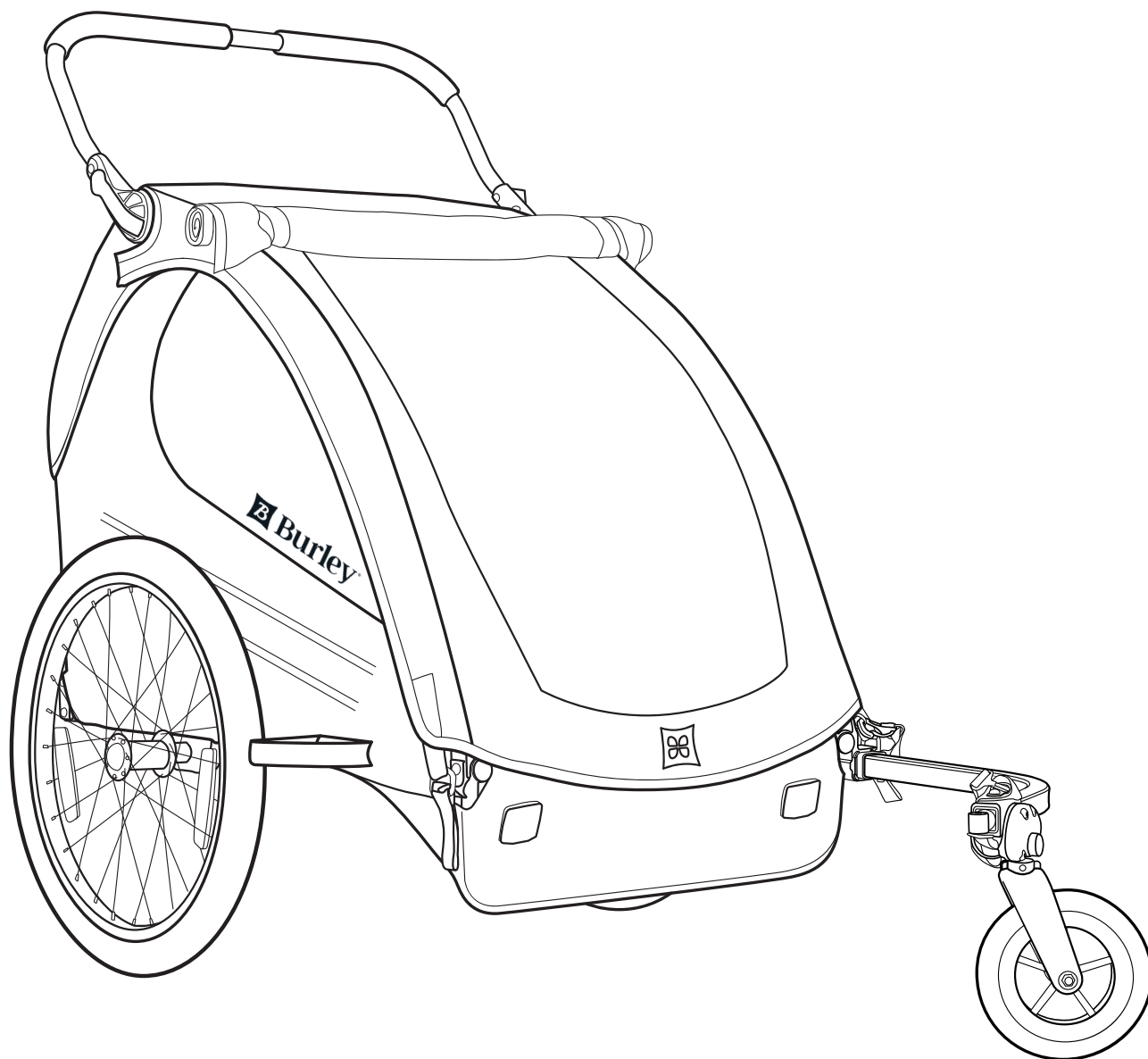


Be sure to wear your helmet every time you ride and don't forget to buckle the straps. They should be snug under your chin so no more than one or two fingers fit underneath them.



# what would you bring in your Burley Trailer?

Would you bring snacks? A stuffed animal? Books? Draw a picture of what you would bring in your Burley trailer.



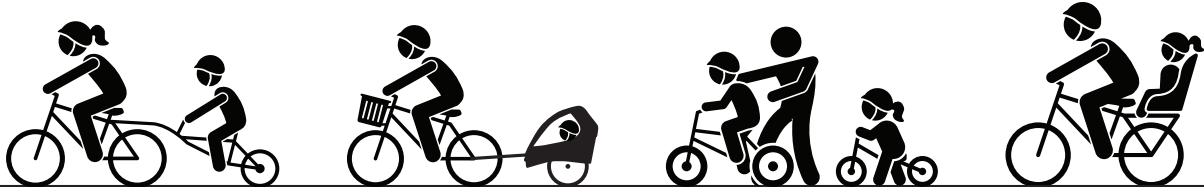




# biking

## Scavenger Hunt

Head out for a bike ride to explore your outdoor surroundings. Look for each item on the BINGO board. Try to cross out a whole row, four corners, or blackout.



pine cone	training wheels	bird	bike path	rock
cloud	bike helmet	flowers	feather	animal home
tricycle	pointy leaf	<b>FREE SPACE</b>	flying bug	round leaf
twigs	Burley trailer	balance bike	snail	wide tree
scooter	furry animal	tall tree	animal tracks	bees



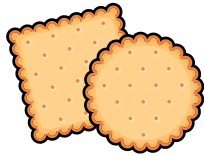
# SNACK BREAK

Fuel up and keep the adventures coming!! Do you know that what you eat and drink gives you the energy to make your body go? And there are so many types of snacks that are good for your body! Check out our favorite adventure snacks and activities below!

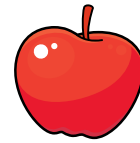
## adventure snacks

Can you eat a snack that is:

crunchy?



from a tree?



chewy?



grown in the ground?



squishy?



new to you?



## cheers to nature!

On your snack break, take a moment and toast to the nature around you! Clink your water bottles together and take a sip for the rocks, the trees, the birds, the leaves, whatever nature you see and appreciate on your adventure.

## fruit snack power-ups!

Each fruit snack gives you a boost of power that sends you charging down the trail! You make it pretty far before powering down, and then it's time for another snack power-up! (Parents, you provide the fuel!)



### Wox knows!

A calorie is a way to measure energy. Food provides calories, and what you do during your day (playing, biking, even sleeping!) uses calories. The more you play and adventure, the more calories (energy) your body needs. So pause for a moment, have a snack, then keep exploring!



# LIFE IN MOTION

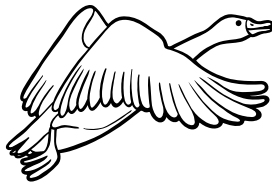
Humans have invented many clever ways to travel long distances, like cars or bikes. Animals do too! Some squirrels glide, and some spiders use their webs like kites to carry them from place to place.

*hop, wobble, spin, or flap!*

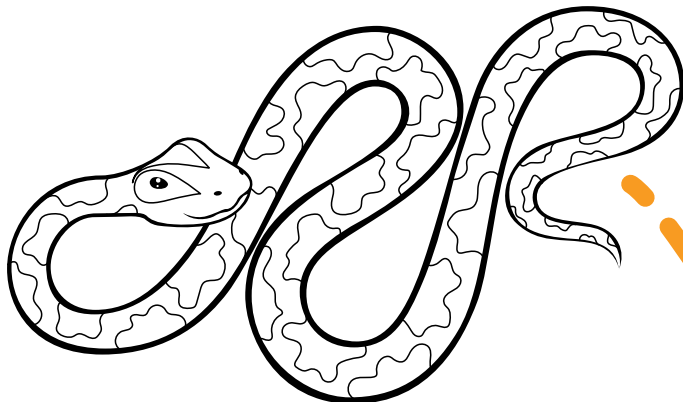
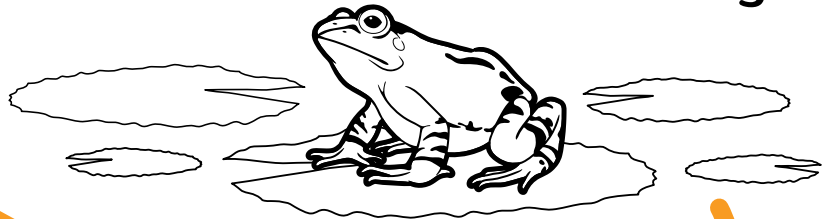
Can you find 4 different ways to move your body? Take turns with your family, or make it a race between two points! How many animal movements can you imitate?



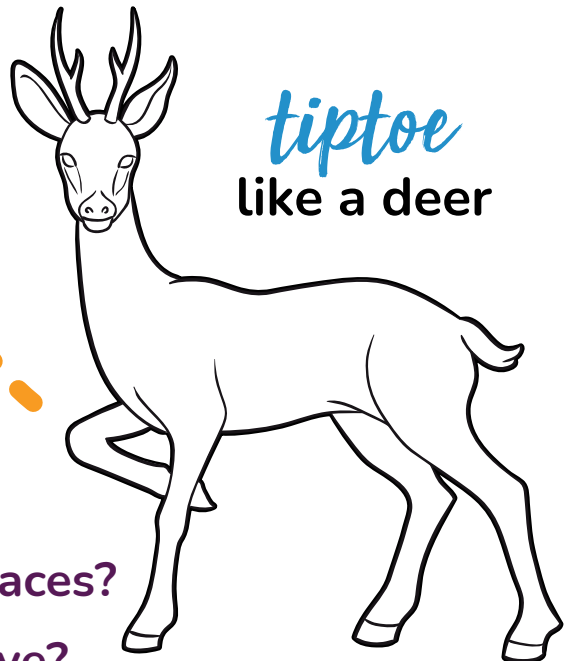
*flap*  
like a bird



*hop*  
like a frog



*slither*  
like a snake



*tiptoe*  
like a deer

- What other ways do people get places?
- How does your favorite animal move?