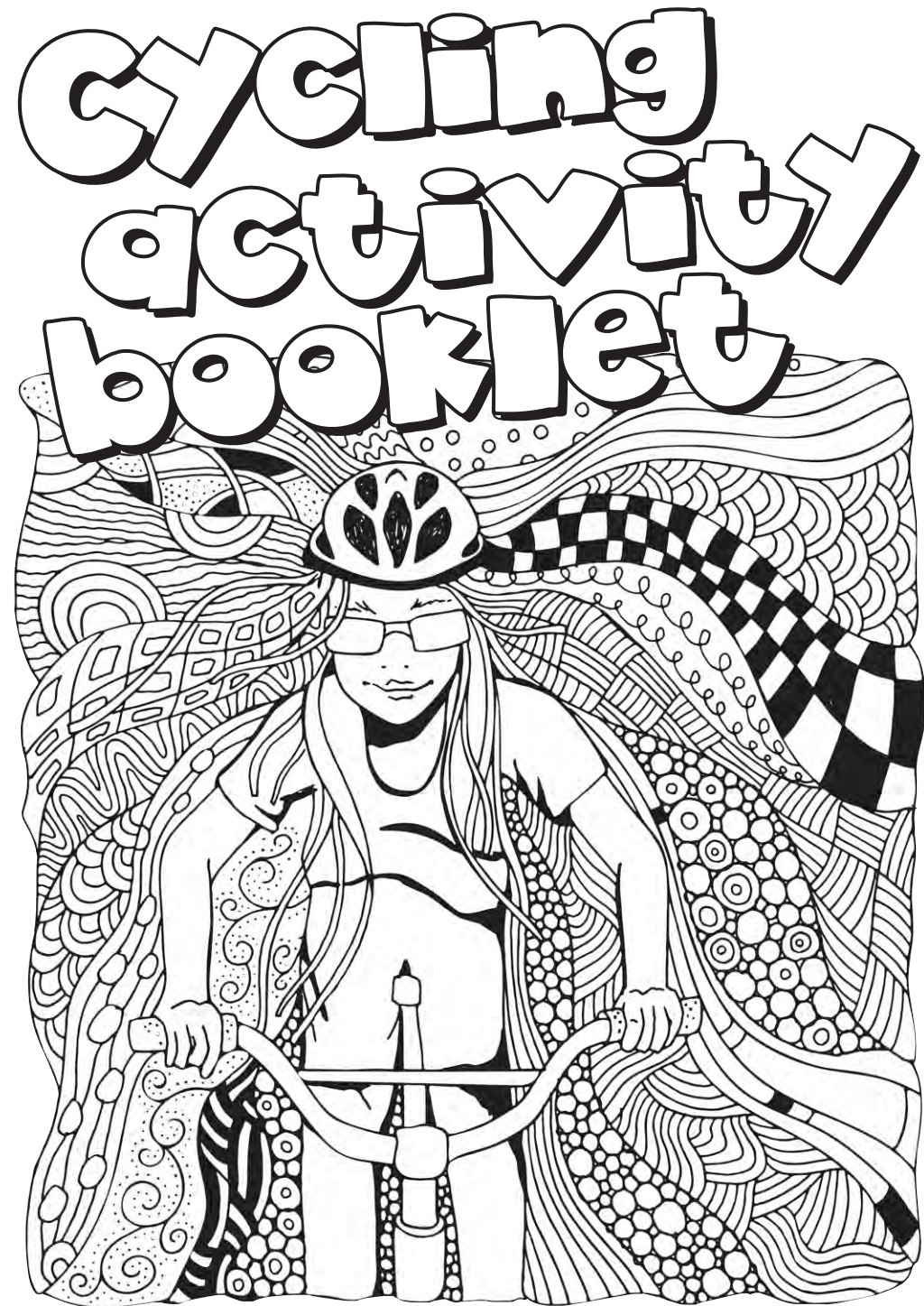
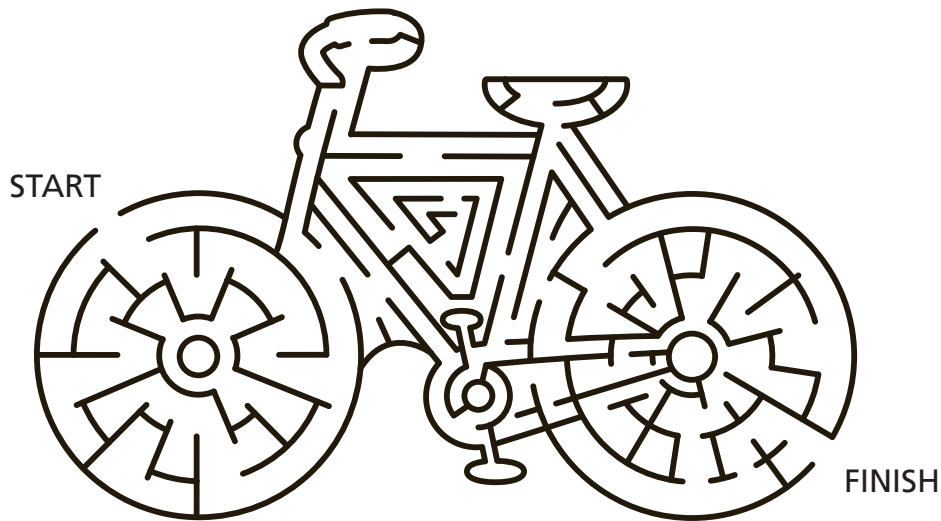


10 reasons for riding your bike to school:

1. **It's fun!**
Creates a positive energy.
2. **It's good for the environment**
Helps reduce air pollution and car emissions.
3. **It promotes a healthy lifestyle**
Helps you be active.
4. **It's good for your mental health**
Riding your bike helps you be more alert and ready to learn.
5. **Reduces traffic congestion**
Helps reduce the number of cars around your school.
6. **Builds a sense of community**
Helps bring people in the neighbourhood together.
7. **It's more economical**
It saves money on gas.
8. **It builds confidence**
Helps improve cycling skills, helping you become a more confident cyclist.
9. **It's outdoors**
Gets you outside and enjoying the fresh air.
10. **Creates memories**
You will remember all the great times you had riding your bike to school with your friends.





Cycling word search

Find the words hidden in the puzzle below. Words can be in any direction.



It's the law. Every cyclist under the age of 18 must wear an approved helmet.

Does your helmet fit correctly?

Use the "2-4-1 Helmet Salute" to make sure.

- **Two** fingers above your eyebrows to the bottom of the helmet.
- **Four** fingers to make a "V" shape around the bottom of your ears. Keep the straps straight.
- **One** finger under the strap beneath your chin.



AXLE
BELL
BRAKES
CHAIN
CYCLIST
FENDERS

FRAME
GEARS
HAND SIGNALS
HANDLEBARS
HEADLIGHT
HELMET

KICKSTAND
LOCK
SEAT
SPOKES
TIRES
WHEELS