

Fareham & Gosport Sustrans Bike It Plus Spring Newsletter

We'd love to hear from you!

Sophie Cardinal is the Sustrans schools officer for Fareham and Gosport. Please get in touch if you have any great school stories or would like to find out more about our schools work.

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Cycles for key workers

Find bikes, repairs and equipment near you

Things to do inside and out

Nature Hunt Bingo



We wanted to spread some fun with this newsletter, so here are a few things that you can do around the house, school or garden. Try the Nature Hunt Bingo below, can you get them all? You can make your own bike or scooter sculpture on the next page, and flip a coin to decide if you are going to paddle a kayak, or row a boat, without having to get wet at all.

Useful information:

The map shows four different types of pins for each kind of offer, including:

- access to a bike
- repairs and maintenance
- equipment and gear
- bike shops that remain open across the UK.

The map has a function to view and location name and postcode areas.

https://www.sustrans.org.uk/ campaigns/cycles-for-key-workers/

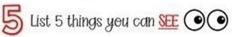
Share this page, tag us @Sustrans on social media and use #Cycles4KeyWorkers.

Mindfulness

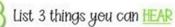
Mindfulness means paying attention to something. It means slowing down to really notice what you are doing. It is the opposite of rushing or multi-tasking. When you are mindful, you are more relaxed and you are focused in an easy way. Being in nature is a really good way to be mindful. Can you try being mindful when you are indoors and outdoors?



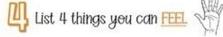
FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!



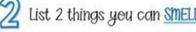
















List something positive about yourself @

Sustrans today. www.sustrans.org.uk



Bike Floor Art

Can you make your own bike or scooter sculptures with things you can find around your house? You can make them as big or as small as you like. Why not try the same thing in your garden, using sticks, leaves, stones or whatever else you can find.

If you'd like to share your creation when you're finished ask a grown up to email us (addresses on the front page) or share it on twitter @SustransSE with the hashtag #BikeFloorArt.



Active Travel Coin Flip Challenge

Each player flips a coin once for each round of exercises. Have a go at the exercise and see if you can reach bronze, silver, gold or diamond level?

Bronze-15 seconds, Silver-30 seconds, Gold 45 seconds, Diamond-60 seconds

