

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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Things to do inside and out

Nature Hunt Bingo

Get 5 in a row - up, down, across or diagonal to win!



BitzGiggles.com

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:

Cycles 4 Key Workers map

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 search businesses and schemes by a 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?

5 ★ 4 ★ 3 ★ 2 ★ 1

FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!

5 List 5 things you can **SEE** 👁️👁️

3 List 3 things you can **HEAR** 👂

4 List 4 things you can **FEEL** ✋

2 List 2 things you can **SMELL** 👃

1 List something **positive** about yourself 😊

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support 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

	Round	Heads exercise	Tails exercise	
	Round 1	Bicycle abs – lying on your back with your feet in the air, pretending to pedal a bike.	Running on the spot – how quickly can you run on the spot?	
	Round 2	Skateboard on the spot – standing on one leg and pretending to push a skateboard with the other leg. If you go up a ramp jump and swap to the other leg. (Single leg balance)	Surf Board – Feet far apart, knees slightly bent can you pretend to surf. When a wave comes jump and change direction. Make sure you land on your board. (Jumping squats)	
	Round 3	Indoor Kayaking – Sitting on your bottom with your feet in the air. Moving both arms side to side like you have a big paddle. (V-sit)	Row the boat – can you row your arms whilst doing a sit up? How far can you row? (Sit ups)	
	Round 4	Roller skate – can you pretend you are skating on the spot. Hopping on one foot from side to side and swinging your arms across your body. (Lateral hops/ shuffle)	Scooting on the spot – Putting your hands out in front of you like you're holding onto handlebars and one at a time flicking your feet up to your bottom as quickly as you can. (Heel Flicks)	