



active  **safe**
routes to school

Why Cycle?

Introduction to cycling. Why should we cycle?

Introduction

Why Cycle?

- Riding a bike is good for you and the planet!
- Let's see how many reasons we can come up with for why people cycle.



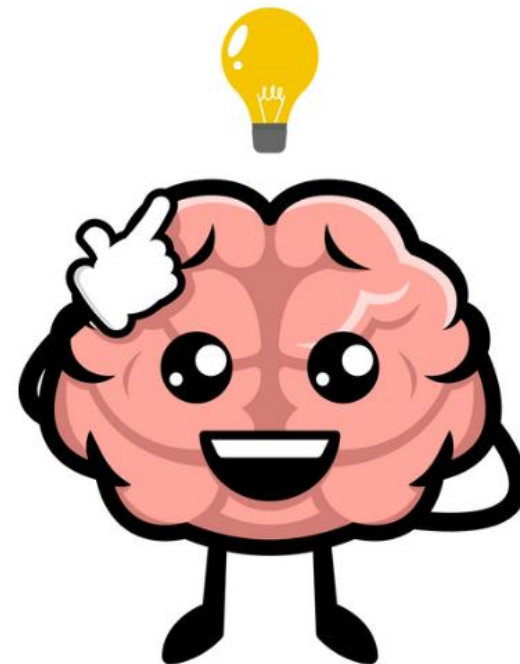
Instructions:

1. Form groups of 4–5 students.
2. Work together to brainstorm reasons why people might choose to cycle.
3. Write each idea on a separate sticky note (one idea per sticky note).
4. Bring your sticky notes to the front of the class.
5. As a class, sort the ideas into these categories:

Physical



Mental



Environmental



Other



Thank You!

Have any Questions?

Email: info@activesaferoutes.ca.

Visit: <http://activesaferoutes.ca/>

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