

Sustainability

Kindergarten - First Grade

Objective: Your child will understand how riding a bike creates better health and a more sustainable earth. A sustainable earth will have clean air, clean water, and a healthy environment for people and all life.

Road World Championships: Professional cyclists are their own power source. This means that they do not pollute the air when they are racing! This helps overall air quality by not adding more auto emissions into the air. Emissions impact climate change which add to rising temperatures around the planet.

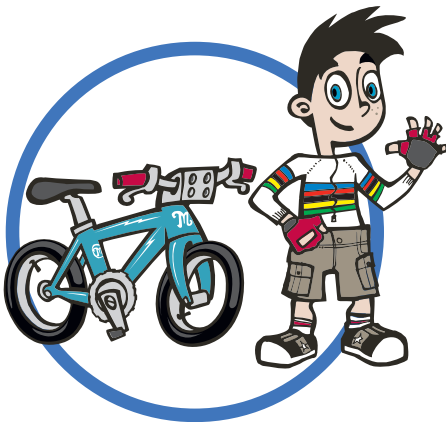
Children will:

- ★ Begin to understand alternative ways of transportation to automobiles.
- ★ Understand the dangers of automobiles and why it is important to watch for traffic.
- ★ Use decision-making skills to promote better health.
- ★ Demonstrate ways to communicate consideration and respect for the health of individuals in the community.



Activity Plan

Materials: paper, crayons or markers, straws.



1. Ask the your child to imagine all the ways of getting around—modes of transportation (bikes, scooters, boats, buses, trains, skateboards, airplanes, etc.). Discuss your child’s favorite ways of getting around.
2. Discuss similarities and differences between automobiles and bikes. Explain the dangers of cars and trucks and what it means to be a “pedestrian.”
3. Ask what places you could go using your bike instead of using a car.
4. Have your child try to breathe through a straw. It is hard!
5. Discuss how bicycling and walking help keep our bodies and the earth healthy.

Activity:

1. Draw a picture of a bike and a car.
2. Color the car red and the bike green and circle the picture that is healthier for people and the environment.
3. Draw a picture of a pedestrian and car (pedestrian can be on a bike or walking).
4. Draw a curb between the pedestrian and car. Write down why cars can be dangerous.

Bike Safety

Stay off the road or street when you are riding your bike

Bike Safety

Adjust your seat and make sure your bike fits.

Bike Activity:

Lay on your back and pump your legs in the air pretending to be a bicycle.

What did I learn?

There are lots of ways to get from one place to another. The ones that make you exercise are best, like riding a bicycle. People who have trouble breathing feel like they can't get enough air. When we bike or walk, we are helping keep the air clean and building strong bodies.

Always wear a
bike helmet!

Always wear a
helmet that fits
snuggly.

