



#sfbikeandroll



Your Name: _____

Your School: _____

Your Teacher: _____

SF BIKE & ROLL WEEK • 5/10–5/14/2021

FIVE SENSES CHALLENGE

Celebrating Getting Around On Your Own Power!

Five days, five sensory challenges to celebrate biking or rolling using bicycles, skateboards, scooters, wheelchairs, and more! Even walking counts!

Get out on your wheels for each daily challenge! Each day, take a spin and use your senses to notice your neighborhood—the classes with the most participation win!

If you're looking at this on a screen, grab a piece of paper to write or draw your experiences.

Parents & caregivers — tell us about your child's participation at sfbike.org/BikeAndRollSF and get entered to win a bike for your child. You can submit a photo to share the fun!



Don't forget! When biking, skating, or scooting, always wear a helmet!

Safety alert! Always ride on the sidewalk or in car-free spaces!

MONDAY, MAY 10 — SIGHT: See Your Sidewalks!

Take a spin on sidewalks near your home and see them in a new way. Be careful! If any driveways cross your path, look out for cars backing up!

- What colors do you see?
- Can you see something you've never noticed before?
- If you see someone else walking or rolling, wave and say hello!



Use this space to write or draw about each day's Bike & Roll adventures

TUESDAY, MAY 11 — SMELL: Use Your Nose to Know Your Neighborhood!

On today's roll, find three different smells outside your house. Find and describe a smell...

- that you don't recognize
- that you love
- that you don't particularly like.

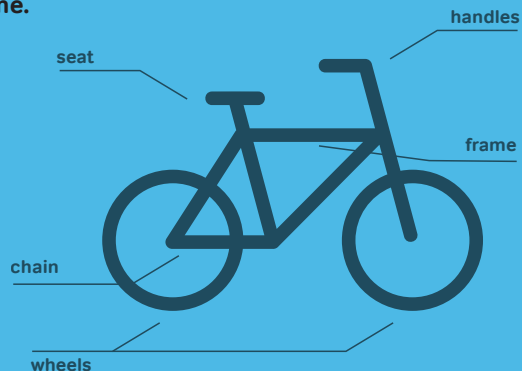


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WEDNESDAY, MAY 12 — TASTE: Create a Dream Bike Out of Food!

First, test your knowledge! Point out the six most important parts of any bicycle — seat, pedals, handlebar, wheels, brakes, and frame.



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- Next, design! Build your dream bicycle on a plate or paper towel using food you have in your kitchen, like pretzels, fruit, carrots or other snacks! Try including as many of the six major parts of a bicycle as you can!
- Now, get outside! Head out on your wheels and see if you can identify the different parts of the bicycle on your own bike or any others you see during your adventure.

THURSDAY, MAY 13 — TOUCH: Nature Exploration!

It's Earth Day! Head out on your wheels to find three different natural objects, such as trees, flowers, or rocks.

- What's the texture? Are they rough? Smooth? Prickly?
- Are they wet? Dry? Damp?
- What is their temperature? Are they cold or warm?



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FRIDAY, MAY 14 — SOUND: Sounds of the City!

Head out on wheels and listen for these sounds

- A loud sound
- A crunchy sound
- An animal noise
- A high-pitched sound



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Great Job!

You completed the challenge!

To find out more about Bike & Roll Week, please visit:
sfbike.org/bikeandrollsf or email David Gajer at dgajer@sfbike.org

