

Sustrans Bike It Easter holiday activity

Hello, it's Bike It Ben and Lucy here. We hope you are safe, well and settling okay into this new way of life. We've been thinking of you a lot and missing you. We are adapting to a new way of working and plan to create videos to send out to you after Easter. Take care and stay safe.

Bling your shoes, scooter or bike!

We'd like to invite you to spend some time over the Easter holidays blinging up your bike, scooter, shoes or even you! Blinging is a fun, easy activity you can do on your own or with someone in your home. To take part you need yourself and a bit of creativity. If you have a bike or scooter you could decorate it, or try your shoes, or even a t-shirt.

Blinging ideas:

- You can use silver foil, tinsel, cardboard, pens, toilet rolls, ribbons, feathers, leaves and much more. Raid your recycling boxes and get creative!
- Make sure there are no loose parts that could be dangerous when you are riding or walking
- You don't need to spend any money, have a look around your home and see what you already have that you could use.

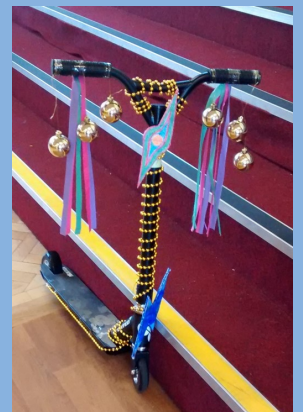
We'd love to hear from you



We would love to see photos of any walk, scoot or bike ride you've been on as part of your daily exercise. Your grown ups can send these to your school or to us on social media.

Twitter: @BikeItLucy @BikeItBen

Facebook: @SustransBrighton



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