

10 Things for Young People to do on the National Cycle Network



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| <p>1 Do a tree bark crayon rubbing. <input type="checkbox"/></p> | <p>6 Write down five things you like the most about cycling, walking and scooting. <input type="checkbox"/></p> |
| <p>2 Make a natural sculpture with leaves, twigs and grass. <input type="checkbox"/></p> | <p>7 Write a short story or a poem about cycling, walking or scooting. <input type="checkbox"/></p> |
| <p>3 Stand quietly for one minute. Listen for sounds. Write down what can you hear and how many different sounds you heard. <input type="checkbox"/></p> | <p>8 Count how many bikes/walkers/scooters/dogs past in five minutes. <input type="checkbox"/></p> |
| <p>4 Make a chalk drawing on the path. <input type="checkbox"/></p> | <p>9 Pick up three pieces of litter and put them in a bin. <input type="checkbox"/></p> |
| <p>5 Create a poster showing why it is good for children to walk, cycle or scoot to school. <input type="checkbox"/></p> | <p>10 Using the bird identification sheet, identify at least one bird on your path. <input type="checkbox"/></p> |

