



# Meeting 22 Bike Rodeo



Here are instructions for a fun meeting where Little Lambs will learn about bike safety and have a chance to demonstrate their bike skills. Adapt these activities to meet the needs of your Little Lambs or use your own activities.



## MEETING LENGTH

### 60-80 MINUTES

- Gather the Flock (5 minutes)
- Lamb Tales (10 minutes)
- Activities (40-60 minutes)
- Good-baa Little Lambs (5 minutes)

## Gather the Flock

5

MINUTES

Using a lamb puppet or toy lamb, greet each of the children by name and welcome them all to Little Lambs. Have the children sit in a circle.



Listen to a story about bikes.

## STAR COMPLETED

TRIKES  
& BIKES



## Lamb Tales

10

MINUTES

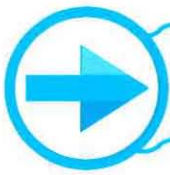
### BIKE SAFETY

Read a book to the children about bikes or tricycles. Select one of the following books or choose your own: *My Trike Super Shape Book* (Golden Books, 1990), *Scooter Trouble* by Christy Webster (Random House, 2013), or *Hello, Bicycle!* by Ella Boyd and Daniel Griffo (Two Lions, 2011).

### MATERIALS NEEDED

- *My Trike Super Shape Book* (Golden Books, 1990), *Scooter Trouble* by Christy Webster (Random House, 2013), *Hello, Bicycle!* by Ella Boyd and Daniel Griffo (Two Lions, 2011), or a book of your choice





Make sure all Little Lambs have a way to participate even if they do not ride a bike. They can ride tricycles, big wheels, scooters, or other age-appropriate toys.

## Bike Helmets

One of the most important parts of bike safety is a properly fitted helmet. At this station each Little Lamb will wear his or her helmet and have it checked by an adult for proper fit. Make sure the helmet is sitting level on the head and comes down to just above the eyebrows. The straps should be adjusted so they form a “V” shape under and slightly in front of the child’s ears. Once the straps are adjusted, ask the Little Lamb to open his or her mouth in a big yawn. They should feel their helmet pulling down on their head. Also, teach the children how to put on and how to fasten their helmets. You could also have the children put on knee and elbow pads.

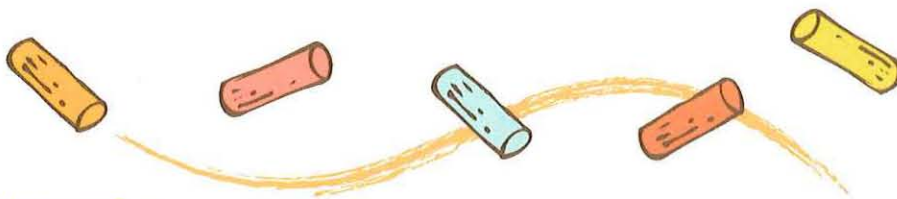
## Obstacle Course

Use safety cones to create a simple obstacle course including points where the kids could practice stopping and turning. They could also practice getting on and off the wheeled toy without falling.



## Skill Practice

Use chalk to draw a pretend street, driveway, and sidewalk. Have the children practice staying out of the street and riding in front of parked cars and not behind them.



## Track

Mark a track and have the children see how many times they can ride around it.



1

STATION

### MATERIALS NEEDED

- Helmets, one per child

2

STATION

### MATERIALS NEEDED

- Safety cones

3

STATION

### MATERIALS NEEDED

- Sidewalk chalk

4

STATION

### MATERIALS NEEDED

- Sidewalk chalk

## STATION

# 5

## Wheel Prints

Place long sheets of paper on the ground and let the children ride through tempera paint and create designs on the paper with their tires. Clean up after the activity with water and paper towels.

### MATERIALS NEEDED

- Large rolls of paper
- Tempera paint
- Water
- Paper towels

## STATION

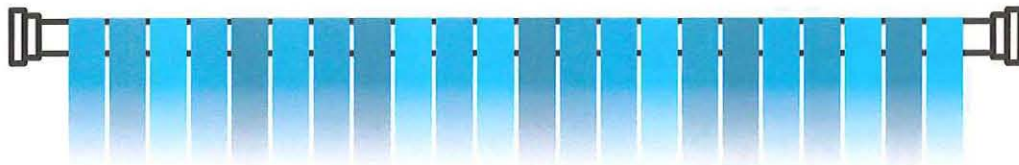
# 6

## Car Wash

Use streamers and plastic pipe to create a car wash and have the children ride through it.

### MATERIALS NEEDED

- Streamers
- Plastic pipe



## STATION

# 7

## Parade

Have the children decorate their wheeled toys and then have a parade.

### MATERIALS NEEDED

- Streamers
- Balloons
- Flags



**Star:** Trikes & Bikes