



# Ongoing Walk and Roll May



**Theme:** Bike Month

As the days get longer and the weather gets warmer, we welcome the extra time we have to enjoy outdoor activities. May's Walk and Roll theme is **Bike Month**. Below are a few ways to make it easier to bike more during the summer.

### Activities your child or students might want to do before your walk and roll event:

- Check out [this video](#) about bike safety, which teaches about being predictable, visible and safe while biking. After watching the video, ask students to name three ways in which they will choose to be safe on the road.
- What does your favorite helmet look like? Families can download and print [this helmet](#) and decorate as they wish! You can work with your school to collect these designs and post them around the school on bulletin boards or in classrooms!
- Families can use [our helmet fitting sheet](#) as a reminder for how to safely put on a helmet before biking. Then, students can use their own helmet to practice putting it on safely before each ride.

### Activities your child might want to do during your walk and roll event:

- One fun activity that is happening during Bike Month is [Bike To The Moon Week](#), which runs May 9th through the 13th. This is an event where students, families and school staff track their miles and minutes of activity with the goal of "biking" all the way to the moon, which is 286,900 miles away! Your site coordinator has more information if you would like to register your school for this event!
- During their rides, students can observe various signs on the road, how their bike moves along the road, and any questions that might come up on their ride. Have students discuss their ride and everything they noticed after the ride is complete.
- If your students walk to school, have them use their hand to count five ways in which they can be predictable, safe and visible during their route.

**Make sure to use [these helpful tips](#) on your walk!**



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