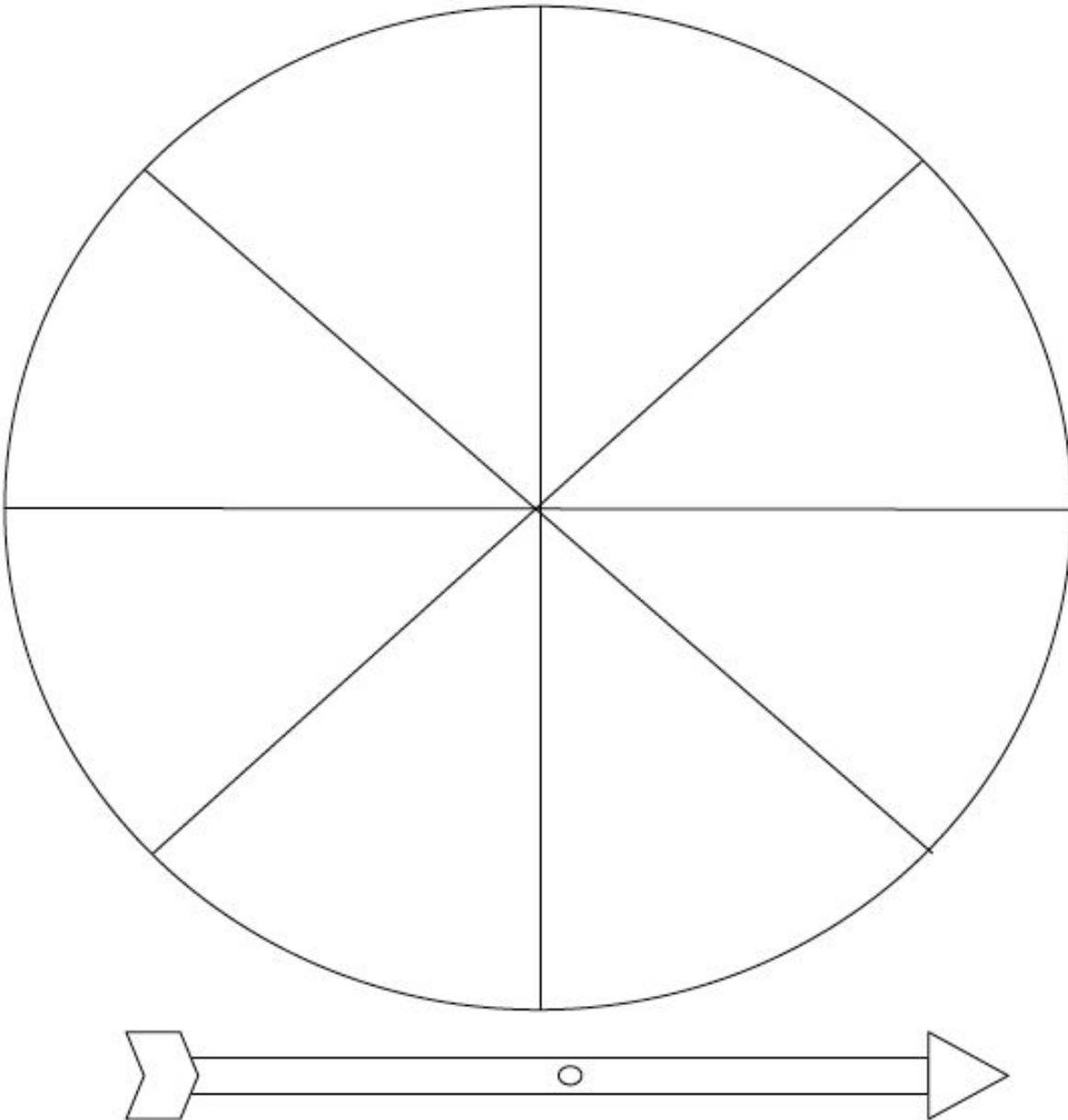


# 1

## Design Your Own Movement Spinner Wheel

**Directions:** Cut out the circle and spinner out of paper, cardboard or card stock. Write a different way to move and the number of times or amount of time to move (e.g., 30 Second Dance, 10 Jumping Jacks) on each section of the circle. Attach a piece of string, dental floss or wire through the spinner and center of the circle and fasten. Flick the spinner to make sure it turns. Get moving!



# 2

## Write Two Thank You Letters

**Directions:** Use this thank you letter template or create your own!

1. Write a thank you letter to a teacher.
2. Write a thank you letter to someone of your choice.
3. Be sure to deliver or mail both of these letters to each person.



Address the Recipient (e.g., Dear, To, For):

Greeting:

Thank you for ...

I have enjoyed ...

My favorite memory is ....

You really helped me...

Sign Off (e.g., Thanks, From, Love):

---

Your Signature

 **THANK YOU** 

Address the Recipient (e.g., Dear, To, For):

Greeting:

Thank you for ...

I have enjoyed ...

My favorite memory is ....

You really helped me...

Sign Off (e.g., Thanks, From, Love):

\_\_\_\_\_  
Your Signature



# 3

## Design Your Own Obstacle Course

### Directions:

1. Decide if you want to set it up indoors or outdoors or both!
2. Choose at least 15 obstacles. Ideas might include: buckets, cones, pillows, trash cans, boxes, shoes, jump ropes and/or hats. Be creative!
3. Draw a map of your obstacle course below.
4. Move through your obstacle course in different ways. Ride your bike, run, skip or crawl through it.
5. Get your family and/or a friend to join in on the fun!

### Obstacle Course Map

My favorite obstacle is \_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_.

# 4

## Draw Yourself Riding a Bicycle

### Directions:

1. If it's possible, sit outside.
2. Draw yourself riding a bicycle!
3. Answer the questions after you are done.
4. If possible, go ride your bike with someone in your family.

Name \_\_\_\_\_  
Riding a Bicycle

Where are you riding your bicycle in this picture?	
What color socks are you wearing on your bike ride?	
Who are you riding with?	
What kind of snacks did you bring along for the ride?	
How does the weather feel while you are riding?	

# 6

## Goal Setting - Goal # 1

**NAME:** \_\_\_\_\_

- Choose **2** goals and complete the action steps for each goal. Think about what areas and skills you would like to improve and/or learn such as physical activity, school, music, sport, arts, and dance.
- Complete at least 1 of your goals for Bingo.

**My Goal is (Draw or Write it):**

**I want to reach my goal by this date:**

\_\_\_\_\_

**To reach my goal I will do these things:**

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

**These people or things will help me reach my goal:**

**This is how I will feel when I reach my goal (draw or write it):**

**I know I will have reached my goal when:**

**YES! I completed this goal!**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# 6

## Goal Setting - Goal # 2

NAME: \_\_\_\_\_

- Choose **2** goals and complete the action steps for each goal. Think about what areas and skills you would like to improve and/or learn such as physical activity, school, music, sport, arts, and dance.
- Complete at least 1 of your goals for Bingo.

**My Goal is (Draw or Write it):**

**I want to reach my goal by this date:**

\_\_\_\_\_

**To reach my goal I will do these things:**

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

**These people or things will help me reach my goal:**

**This is how I will feel when I reach my goal  
(draw or write it):**

**I know I will have reached my goal when:**

**YES! I completed this goal!**

**Signature:** \_\_\_\_\_

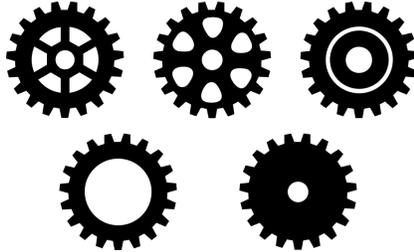
**Date:** \_\_\_\_\_



## STEM Bike Project

Choose 1 option below or both!

### GEAR INCHES EXPERIMENT



**Materials Needed:** a bicycle with gears, tape measure, piece of chalk / marker

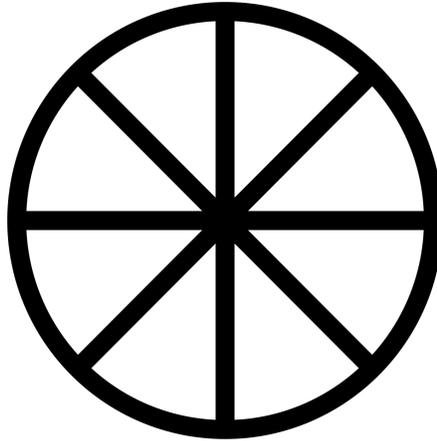
**Directions:**

1. Get To Know Your Gears:
  - a. Count the number of gears in the front: \_\_\_\_\_
  - b. Count the number of gears on the rear cog: \_\_\_\_\_
  - c. Record what gears the bike is in before you perform your experiment:
    - i. Front Chainring \_\_\_\_\_ (large, medium, small)
    - ii. Rear Gear \_\_\_\_\_ (# from smallest to largest)
  
2. Measure the distance your bike travels in one pedal revolution:
  - a. Place a tape measure along the ground in a straight line.
  - b. Using a piece of chalk to mark a spot on the front tire. This will be a visual for you to start / stop pedaling.
  - c. Stand on the left side of your bike.
  - d. Place one hand on the saddle and one on a pedal.
  - e. Note the chalk mark location on your front tire and be sure it is at the start of your tape measure.
  - f. Walk forward while turning your pedal with your hand until your bike completes one pedal revolution (when the chalk mark on the tire returns to its starting point).
  - g. Record the distance the wheel traveled: \_\_\_\_\_ inches
  
3. Change the front gear on your bike: front chainring \_\_\_\_\_ (large, medium, small)
  
4. Repeat #3 for this gear.
  - a. Record the distance the wheel traveled: \_\_\_\_\_ inches
  
5. Compare the distance your bike traveled in the different gears: \_\_\_\_\_ inches
  
6. Which gear traveled the greater distance? \_\_\_\_\_
  
7. Why? \_\_\_\_\_



## STEM Bike Project

### BIKE WHEEL DIAMETER AND DISTANCE



**Materials Needed:** two bicycles with different wheel sizes, tape measure.

1. Measure the diameter of bike wheel #1: \_\_\_\_\_ inches
2. Measure the diameter of bike wheel #2: \_\_\_\_\_ inches
3. Calculate the difference in diameter from wheel #1 to wheel #2: \_\_\_\_\_

Which bike do you think will travel a greater distance with one pedal revolution? \_\_\_\_\_

Why? \_\_\_\_\_

**Test out your hypothesis to see if it is True or False!**

# 9

## Haiku Poetry

**Directions:** Write a Haiku every day this week. Try to choose different themes for each day.

A "**Haiku**" is a traditional form of Japanese poetry.

**Haiku** poems consist of 3 lines.

The first and last lines of a **Haiku** have 5 syllables and the middle line has 7 syllables.

The lines rarely rhyme.

**Example of a Haiku:**

bicycling brings joy  
giggling with girlfriends outdoors  
splashing through puddles

**Haiku 5-7-5**

Line 1: 5 syllables

Line 2: 7 syllables

Line 3: 5 syllables

**Haiku # 1**

**Haiku # 5**

**Haiku # 2**

**Haiku # 6**

**Haiku # 3**

**Haiku # 7**

**Haiku # 4**

**Haiku Tip:**

Teach a friend and a family member how to haiku and share your poems each day.

# 10

## Scavenger Hunt

**Directions:** Go on a scavenger hunt: on or off your bike, indoors, outdoors or both!

How many of these items can you find along your scavenger hunt?

Indoor Scavenger Hunt	Outdoor Scavenger Hunt
<ul style="list-style-type: none"><li><input type="checkbox"/> Something green</li><li><input type="checkbox"/> Something with dots</li><li><input type="checkbox"/> Something that makes you feel safe</li><li><input type="checkbox"/> Something you could eat while riding</li><li><input type="checkbox"/> Something that makes noise</li><li><input type="checkbox"/> Something with batteries</li><li><input type="checkbox"/> Something old</li><li><input type="checkbox"/> Something round</li><li><input type="checkbox"/> Find your favorite book and balance it on your head for 10 seconds.</li><li><input type="checkbox"/> Something sticky</li><li><input type="checkbox"/> Something wet</li><li><input type="checkbox"/> Something smaller than your thumb</li><li><input type="checkbox"/> Something symmetrical</li><li><input type="checkbox"/> Someone wearing a hat</li><li><input type="checkbox"/> Something with wheels</li><li><input type="checkbox"/> Someone in a costume</li><li><input type="checkbox"/> Something magnetic</li><li><input type="checkbox"/> Puzzle piece</li><li><input type="checkbox"/> Empty toilet paper roll</li><li><input type="checkbox"/> Used stamp</li><li><input type="checkbox"/> Clock</li><li><input type="checkbox"/> Something with a hole in it</li><li><input type="checkbox"/> Something in the shape of a heart</li><li><input type="checkbox"/> Something that smells fresh</li><li><input type="checkbox"/> Something you can roll</li><li><input type="checkbox"/> Count the number of stairs or chairs in your house. Now step or sit on all of them!</li><li><input type="checkbox"/> Something made of metal</li><li><input type="checkbox"/> Something that floats</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> A bird in flight</li><li><input type="checkbox"/> Something to crawl under</li><li><input type="checkbox"/> A shadow</li><li><input type="checkbox"/> Something to jump over</li><li><input type="checkbox"/> A yellow flower</li><li><input type="checkbox"/> Fire truck</li><li><input type="checkbox"/> Something to balance on your head</li><li><input type="checkbox"/> A picnic table</li><li><input type="checkbox"/> An insect</li><li><input type="checkbox"/> Something in the shape of a heart</li><li><input type="checkbox"/> Something to climb</li><li><input type="checkbox"/> A "For Sale" sign</li><li><input type="checkbox"/> Something that crawls</li><li><input type="checkbox"/> Animal tracks</li><li><input type="checkbox"/> Fuzzy dice</li><li><input type="checkbox"/> A slide</li><li><input type="checkbox"/> Someone wearing a hat</li><li><input type="checkbox"/> Something with paws</li><li><input type="checkbox"/> A pair of something</li><li><input type="checkbox"/> Something with wheels</li><li><input type="checkbox"/> A flag</li><li><input type="checkbox"/> Wind chimes</li><li><input type="checkbox"/> License plate with a Z</li><li><input type="checkbox"/> Feather</li><li><input type="checkbox"/> An object that looks like a letter</li><li><input type="checkbox"/> Something funny</li><li><input type="checkbox"/> A statue</li><li><input type="checkbox"/> A bus stop</li></ul>

# 13

## Learn How to Juggle

<p style="text-align: center;"><b>Juggling: Level 1</b> <i>Equipment: tissues, scarves, plastic bags</i></p> <p><b>Ready Position:</b></p> <ul style="list-style-type: none"><li>• Arms extended at your waist</li><li>• Palms face <u>down</u> to ground</li></ul>	<p style="text-align: center;"><b>Juggling: Level II</b> <i>Equipment: bean bags, rolled up socks, balls</i></p> <p><b>Ready Position:</b></p> <ul style="list-style-type: none"><li>• Arms extended at your waist</li><li>• Palms face <u>up</u> to sky</li></ul>
<p style="text-align: center;"><b>JUGGLING TASK CARD</b> <i>It's Juggle Time!</i></p> <p>Start with <b>1 Object</b>: "Toss, Grab"</p> <ul style="list-style-type: none"><li>• Toss object up with right, grab with left</li><li>• Toss object up with left, grab with right</li></ul> <p>Aim for 20 exchanges in a row. <i>*Object ends up in the opposite hand!</i></p> <p>Progress to <b>2 or 3 Objects</b>: "Toss, Toss, Grab, Grab"</p> <ul style="list-style-type: none"><li>• With one object in each hand... toss right, toss left, grab left, grab right.</li></ul>	<p style="text-align: center;"><b>JUGGLING TASK CARD</b> <i>It's Juggle Time!</i></p> <p>Start with <b>1 Object</b>: "Throw, Catch"</p> <ul style="list-style-type: none"><li>• Throw object up with right, catch with left</li><li>• Throw object up with left, catch with right</li></ul> <p>Aim for 20 exchanges in a row. <i>*Object ends up in the opposite hand!</i></p> <p>Progress to <b>2 or 3 Objects</b>: "Throw, Throw, Catch, Catch"</p> <ul style="list-style-type: none"><li>• With one object in each hand... throw right, catch left, throw left, catch right.</li></ul>
<p style="text-align: center;"><b>JUGGLING TASK CARD</b> <i>Solo Juggling Tricks</i></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Grab 1 object of your choice</li><li><input type="checkbox"/> Try tossing and catching your object:<ul style="list-style-type: none"><li><input type="checkbox"/> Behind your back</li><li><input type="checkbox"/> Under your leg</li><li><input type="checkbox"/> Off your head</li></ul></li><li><input type="checkbox"/> Create your own tricks</li><li><input type="checkbox"/> Use a different type of object</li><li><input type="checkbox"/> Try using 2 objects</li><li><input type="checkbox"/> If using 2 objects, try juggling columns by holding 2 objects in same hand and (using only one hand), toss and catch in the same hand</li></ul>	<p style="text-align: center;"><b>JUGGLING TASK CARD</b> <i>Partner Juggle Exchange</i></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Find a partner</li><li><input type="checkbox"/> Get 2 objects / pair (different colors)</li><li><input type="checkbox"/> Line up across from each other</li><li><input type="checkbox"/> Agree upon a verbal cue to know when to toss the object up (e.g., "Go")</li><li><input type="checkbox"/> Toss the object in air at the same time and move to grab partner's object before it hits the floor</li><li><input type="checkbox"/> How many catches can you get in a row?</li><li><input type="checkbox"/> Try using different types of objects</li><li><input type="checkbox"/> Have one partner toss high and one toss low</li><li><input type="checkbox"/> Try using a non-verbal cue to know when to toss the object up (e.g., eye contact)</li></ul>

# 20

## Pro Pen Pal Letter

### Directions:

1. Choose a Pro Ambassador from the Pro Wheel OR make a Spinner Wheel (Hint: refer to square #1).



2. Learn about your [Pro on our website](#).
3. Use our Pro Pen Pal letter template below or create your own to write a Letter to Your Pro.
4. Mail it to them at:

**Little Bellas**  
**PO Box 1083**  
**Jericho, VT 05465**

# 20

## Pro Pen Pal Letter

Dear Pro \_\_\_\_\_,

Help your Pro get to know you.

Examples:

- Where do you live?
- How old are you?
- What is your favorite food to eat?

Share 3 fun facts about yourself.

Examples:

- ★ In my free time, I love to:
- ★ One of my hidden talents is:
- ★ When I grow up I want to:
- ★ My favorite superhero is \_\_\_\_\_ because \_\_\_\_\_.

What would you like to learn about your Pro?

Ask the Pro 3 questions.

Examples:

- ★ What were you like as a kid?
- ★ What do you like most about Little Bellas?
- ★ What's your favorite color?
- ★ Where do you live?
- ★ What do you like most about riding bikes?

---

Your Name

# 21

## Decorate Your Bike

**Directions:** Complete 3 or more steps below.

1. What would you name your bicycle? \_\_\_\_\_.

2. Label the bike parts!



3. Compare the bike parts you labeled to the answer key on our website.

4. Design your own name plate for your bike.  
Include at least 3 positive "I AM \_\_\_\_\_ statements" to describe yourself  
(e.g., I am strong, I am funny, I am awesome).

a. I AM \_\_\_\_\_.

b. I AM \_\_\_\_\_.

c. I AM \_\_\_\_\_.

5. Decorate your spokes with pipe cleaners or with playing cards.

6. Create a bike noise maker!

7. Decorate your helmet. Write inspiring words and phrases on your helmet.

# 22

## Active TIC TAC TOE

**Directions:**

- Design your own active Tic Tac Toe game board and write a different way to move in each square and the number of times to perform the activity (e.g., 10 jumping jacks).
- Find a partner to play against and decide who is X and who is O.
- On each turn, both players perform the activity together.
- Play 3 rounds and then find a new partner or continue play.
