

Noble County

Mini 4-H



Bicycle

Mini 4-H Helper's Page

Welcome to the Mini 4-H Program! Mini 4-H is designed for children in grades K-2 to explore a variety of project activity areas and to interact with caring adults and other children.

Children receive this project activity manual when they enroll in Mini-4-H. This manual, and the manuals on various other topics, will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper, your job will be to guide and encourage each child through the activities. A wide range of activities is provided to allow you to choose the ones most appropriate for the children you are working with. It is strongly suggested that you do not complete the activities for them. Instead, help them, guide them, work with them, and let them do all that they possibly can. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information in this manual. Some children may want to exhibit at the 4-H Fair. The 4-H Fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did by themselves or one they did with a group. Other children may choose to showcase their work in other ways, such as displaying it in a special place in their own home.

Mini 4-H is fun! Children will certainly enjoy it. You can have fun too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please contact the Extension office in your county.

Helper's Tips

The Mini 4-H program can be used with individual children, but it works best when used in a group of 2 or more children. Children working cooperatively in groups develop positive images of themselves and their ideas. Other ways adult helpers can maximize the benefits of Mini 4-H are to:

- **Work on a subject interesting to the child by encouraging children to choose the content area.** Look through this manual and choose the project activities based on the interests and skill levels of the children.
- **Relax and have fun.** Some children will want to finish their activities, others may not. There is no need to pressure children of this age to finish an activity, because the real learning takes place while they participate in the activity and interact with others. The finished product should not be the main focus. The knowledge children gain while they explore new areas and experiment with new ideas should be the primary goal.
- **Remain flexible and adapt to the changing needs of the children.** Restlessness or boredom may indicate a need to stop the activity and come back to it later.
- **Encourage children to talk and work with each other.** Children learn best when they are encouraged to freely share their reactions and observations. You may want to ask the children about what they did during an activity, what happened, what was the most difficult, what was the easiest, and what they liked the most.

This manual contains activities for children that allow for a wide range of abilities and provide practice for developing a variety of skills. Many of the projects have additional things to do listed after the activity in the **STRETCHERS** section. This section provides ideas to adapt the activity to better match children's individual skill levels and also provides additional skill practice.

Mini 4-Hers Page

Mini 4-Hers have lots of fun! There are many activities for you to explore. You can try new things. You can share them with your friends and family.

Here are some things to know about 4-H.

The 4-H symbol is a four-leaf clover with an "H" in each leaf. Clover is a plant that grows in fields, yards, and along roadsides. Most clovers have three leaves. Sometimes, if you look very carefully, you may get lucky and find a special clover with four leaves. A four-leaf clover is used as the symbol for 4-H to let everyone know 4-H is a special kind of group.

The 4-H colors are green and white. The four-leaf clover is green and the "H" in each leaf is white.



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A group motto is a saying that tells people what is important to the group. The 4-H motto is "To make the best better." When something is better than all of the others, it is the best. Think about a time when you did your best. Maybe you threw a ball farther than you have ever thrown it before. Now, think about some ways you could do better. You may be able to throw farther by practicing for a while or by watching someone who can throw farther than you to see how they throw so far. Even if you throw the ball farther than you have ever thrown it before, there are still ways that you can do better the next time. 4-H encourages you to always try to do better, even if you are doing the best you have ever done.

The 4-H Pledge

A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is in bold print below. Under each line of the pledge there are words telling what the pledge means.

I pledge my **Head** to clearer thinking.



I promise to use my head to make good choices.

my **Heart** to greater loyalty.



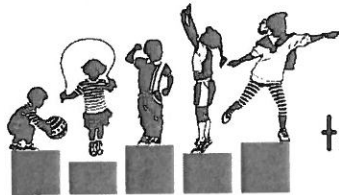
to use my heart to be a good friend.

my **Hands** to larger service, and



to use my hands to do helpful things for others.

my **Health** to better living.



to take care of my body and to show others how to live in a healthy way.

for my club, my community, **my country, and my world.**



to help my group, my community, my country, and my world be happy and safe for everyone.



Bicycles - Pedal Power



INTRODUCTION

The bicycle is the simplest, most economical, and most efficient method of transportation. Its simplicity is amazing - two wheels, two pedals, a chain and sprocket, a frame, a seat, and handlebars! The uses of the bicycle are endless, from recreation to transportation.

Bicycle riding is the outdoor activity popular with children & adults. Youth need to know rules of the road, proper hand signals, and how to choose an appropriate bike size to gear up for wise biking fun. Safe kids are no accident!

Bike riding is good exercise. It gets children out in the fresh air and it helps build strong arms and legs.

Bicycles are fast transportation. They get you where you want to go quicker and easier than walking. Youth can ride their bike to school, the store, the park, the swimming pool, or take trips on their bike around town and across country. They can also play games on their bicycle.

Each rider has responsibilities, too. They must know how to ride correctly, follow safety rules, obey traffic laws, take care of their bicycle, and respect the rights of others.

The law says bikes are not toys. Bikes are vehicles, just like cars and trucks. Children must learn the rules of safe riding and obey them. Children need to become familiar with bicycle safety devices required for their bicycles and need to learn the "Rules of the Road" for their safety. These are included in the activities.

Bicycles are designed to provide many years of service provided they are kept in good condition. If kept clean, polished, adjusted, and lubricated, a bicycle will withstand much wear from everyday use. Major bicycle repairs should be made by a skilled mechanic.

Topics covered in this manual:

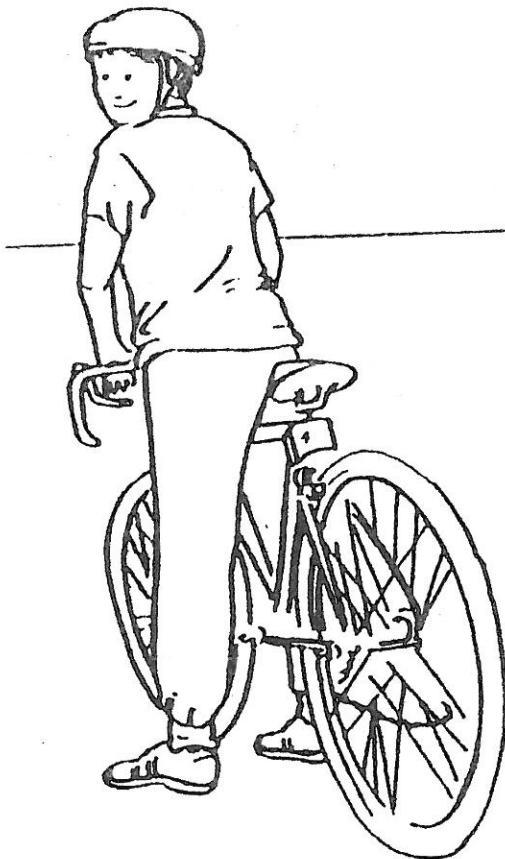
- *choosing a bike,
- *bicycle maintenance,
- *knowing and obeying traffic rules,
- *recognizing hazards on the road, &
- *importance of helmets for safety.



Choose a bike to fit



You should be able to place the bottom of your feet on the ground while seated.

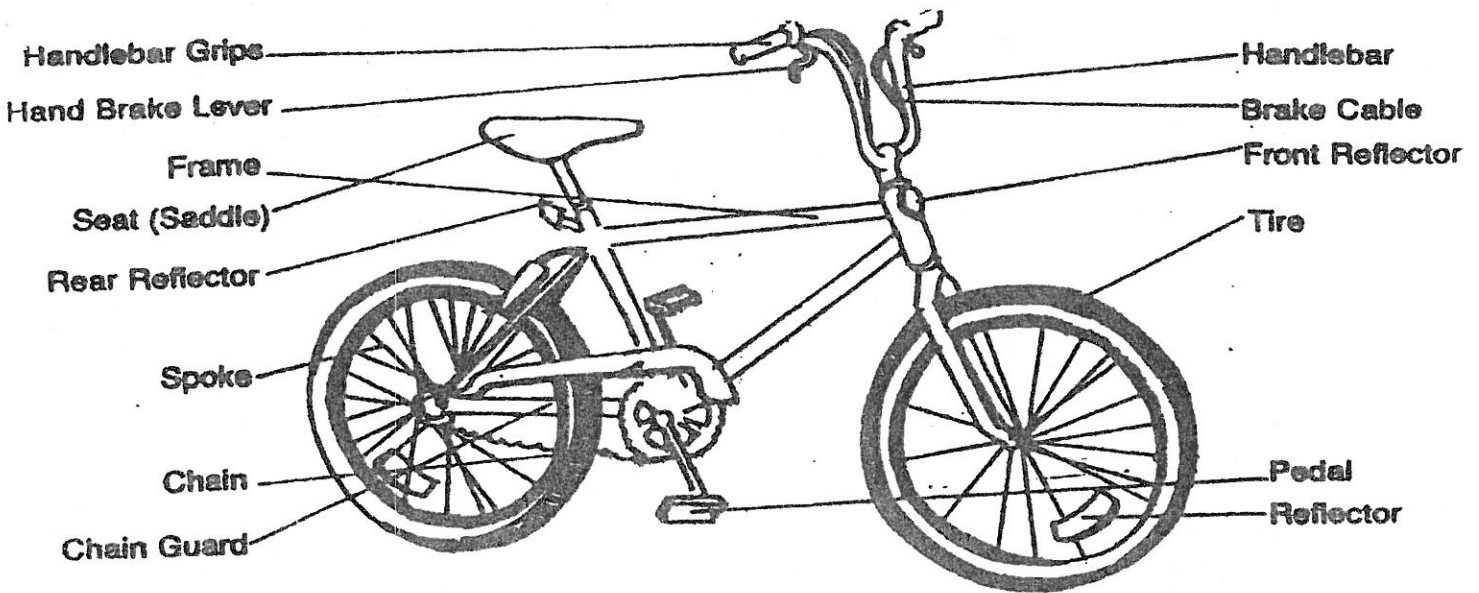


If your bike has a crossbar, you should be able to straddle it with both feet flat on the ground and still have one inch clearance.

◆ Activity 1 -- Parts of a Bike

Learn the parts of your bike and make sure they are in good condition before riding.

Accidents happen when a part of your bike is not working properly.



C	H	A	I	N	G	U	A	R	D	W	H
K	A	F	P	K	U	T	K	E	T	E	B
E	N	C	S	E	A	T	E	F	O	K	R
M	D	E	M	E	D	T	X	L	E	O	A
A	L	O	C	K	A	A	D	E	L	P	K
R	E	S	P	O	K	E	L	C	X	S	E
F	B	R	S	P	I	R	G	T	A	N	D
R	A	T	I	R	E	N	K	O	X	C	K
S	R	W	H	E	E	L	T	R	I	M	L

Answer:

C	H	A	I	N	G	U	A	R	D	W	H
K	A	F	P	K	U	T	K	E	T	E	B
E	N	C	S	E	A	T	E	F	O	K	R
M	D	E	M	E	D	T	X	L	E	O	A
A	L	O	C	K	A	A	D	E	L	P	K
R	E	S	P	O	K	E	L	C	X	S	E
F	B	R	S	P	I	R	G	T	A	N	D
R	A	T	I	R	E	N	K	O	X	C	K
S	R	W	H	E	E	L	T	R	I	M	L

Circle the bike parts in the puzzle. Words may go across, down, backwards or on a diagonal.

- Spoke
- Lock
- Tire
- Wheel
- Chain Guard
- Seat
- Reflector
- Brake
- Frame
- Handlebar
- Pedal
- Grips



◆ Activity 2 -- Safety Check

Always do a safety check before you ride your bike. Check off each item as you inspect your bike.

○ CHECKLIST FOR A SAFE BIKE ○		Yes	No
Wheels			
• Loose or broken spokes	<input type="checkbox"/>	<input type="checkbox"/>	
• Screws are tight	<input type="checkbox"/>	<input type="checkbox"/>	
Tires			
• Firm to touch	<input type="checkbox"/>	<input type="checkbox"/>	
• No cuts, cracks or bulges	<input type="checkbox"/>	<input type="checkbox"/>	
Seat			
• Secure; not wobbly	<input type="checkbox"/>	<input type="checkbox"/>	
Reflectors			
• Front and rear, on tightly	<input type="checkbox"/>	<input type="checkbox"/>	
• Clean; no cracks	<input type="checkbox"/>	<input type="checkbox"/>	
Brakes			
• Work smoothly and quickly	<input type="checkbox"/>	<input type="checkbox"/>	
Handlebar			
• Tight	<input type="checkbox"/>	<input type="checkbox"/>	
• Grips on each handle	<input type="checkbox"/>	<input type="checkbox"/>	
Chain			
• Oiled	<input type="checkbox"/>	<input type="checkbox"/>	
• Tight	<input type="checkbox"/>	<input type="checkbox"/>	

Tell your parents if your bike needs to be fixed. Don't ride it until the work is done.





Bike safety do's and don'ts.
Follow these tips to avoid injuries.



Do:

Wear a bike helmet for long and short trips.



Do:

Wear a strap or rubber band to keep pants from getting caught in the bike chain.

Don't:

Overload your bike basket. Keep your hands free at all times.



Don't:

Give rides to friends especially on the handlebars.



Activity 3 -- Obey Traffic Signals

Learn traffic signs and signals and obey them!

Draw a line connecting traffic shapes on the right to their definitions on the left.



A. PEDESTRIAN CROSSING: Slow down. Watch out for children. Always let children and adults pass.



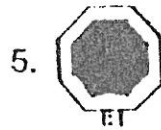
B. ONE WAY: Even bikes must follow the correct direction.



C. STOP: Look both ways before proceeding.



D. DO NOT ENTER: Keep out. Very dangerous.



E. YIELD: Stop and wait for any cars or people to pass.



F. RAILROAD CROSSING: Stop. Obey crossing signals. Always look both ways. Then proceed with caution.



Riding a bike is like driving a car. Follow the rules of the road.

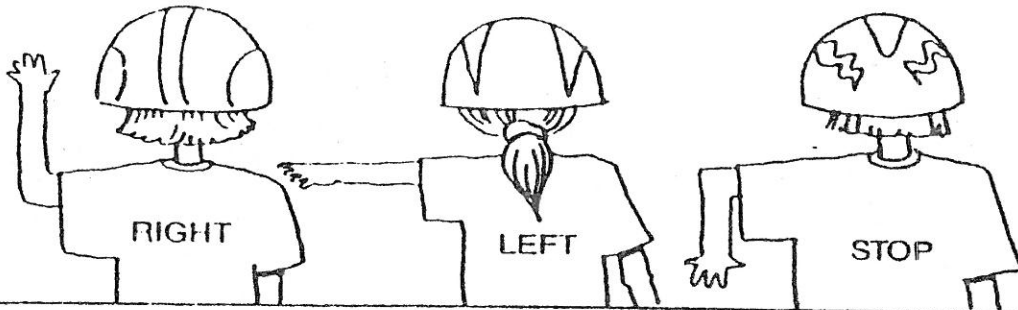
Answer: 3-4, 2-1, 5-6, 4-3, 6-5



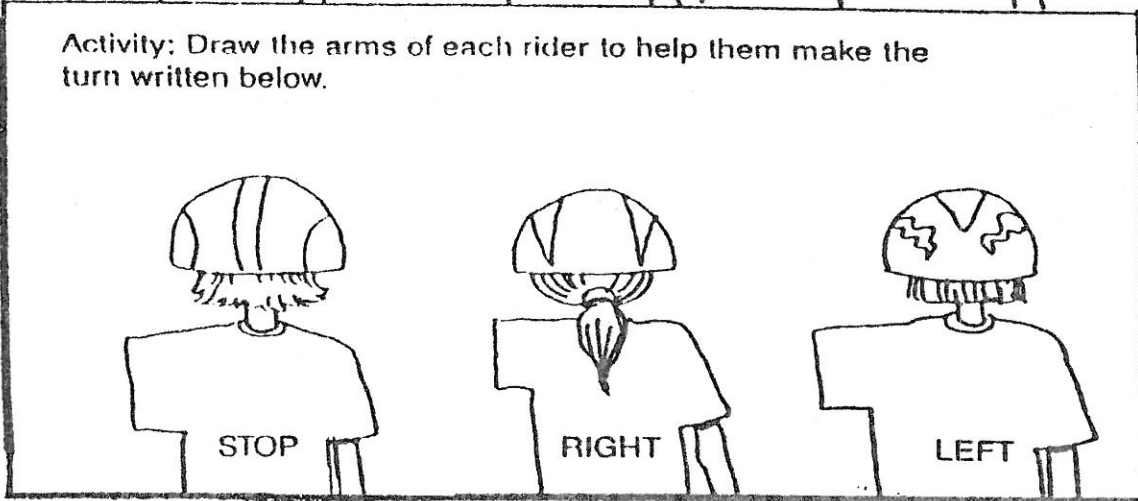


Activity 4-- Hand Signals

Always signal before stopping or turning to let people or cars in back of you know what you plan to do.



Activity: Draw the arms of each rider to help them make the turn written below.



Use this box to decode important safety information.

	*	△	○	◻	♥
◇	A	B	C	D	E
☆	F	G	H	I	J
□	K	L	M	N	O
▽	P	Q	R	S	T
⊕	U	V	W	X	Y
⌘	Z				

U S E
⊕* ▽◻◇♥ ⊕♥ □♥ ⊕* ▽○

□△ ◇♥ ☆* ▽♥ ☆○ ◇* □◻ ◇◻

▽♥ □♥ ▽◻ ☆◻ ☆△ □◻ ◇* □△

Answer: USE YOUR LEFT HAND TO SIGNAL

◆ Activity 5 -- Bike Safety Search

Find the words in the alphabet soup.
We've circled one to help you get started.

The alphabet soup grid consists of the following letters arranged in 10 columns and 10 rows:

B	I	C	Y	C	L	E	H	S	S
R	N	L	R	Y	X	S	A	F	R
A	B	L	I	Q	Z	K	H	E	E
K	T	H	G	I	L	Z	D	T	I
E	S	K	H	E	P	O	L	E	R
S	T	A	T	O	A	L	B	A	N
S	F	N	F	L	D	R	A	R	E
W	E	L	L	E	A	V	B	A	R
E	L	L	E	B	K	P	A	N	G
R	L	A	D	E	P	I	S	D	I
V	H	E	L	M	E	T	X	S	S
E	N	R	O	H	T	U	X	S	S

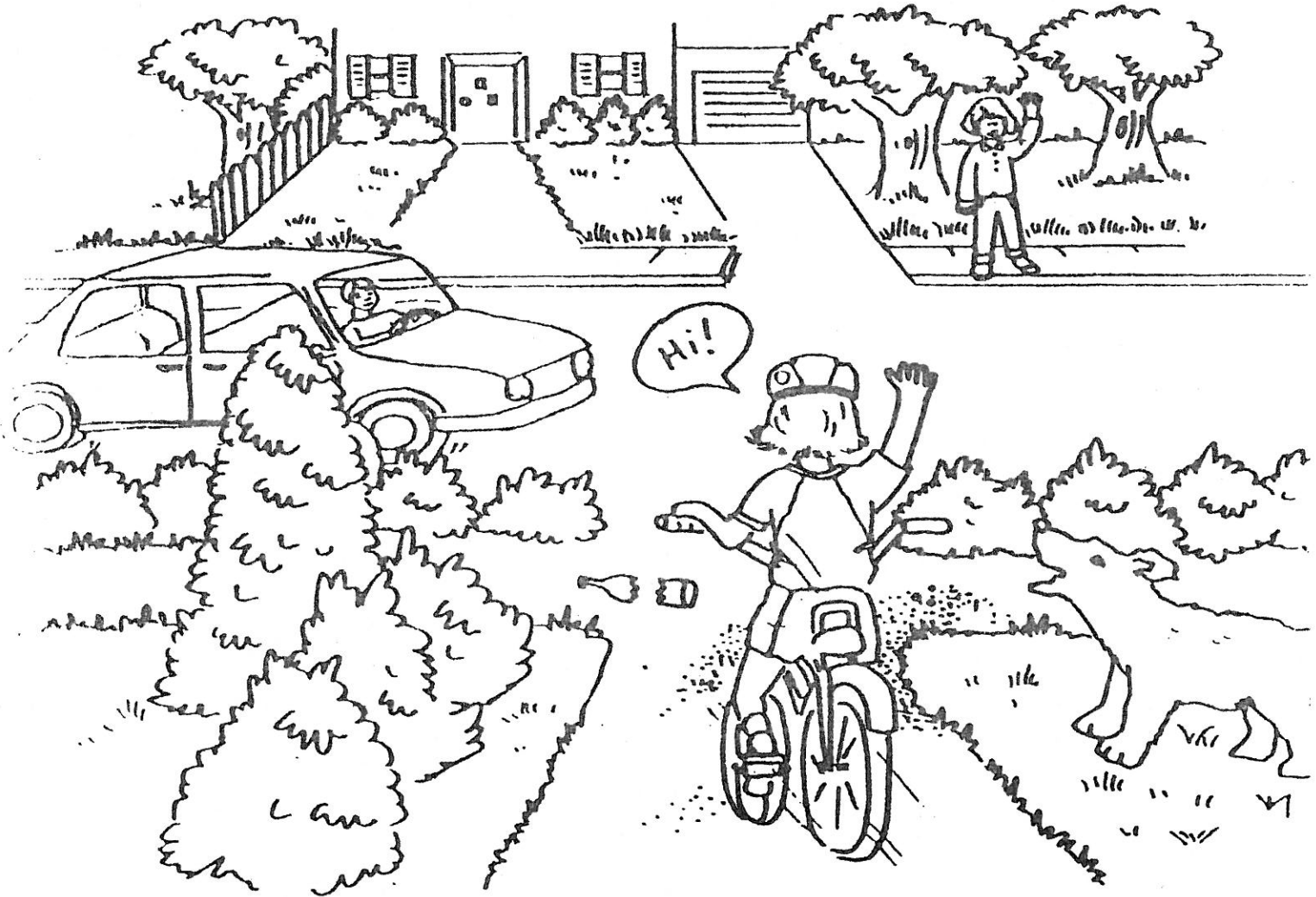
Illustrations surrounding the grid include: a bicycle helmet, a bicycle seat, gears, a bicycle bell, a stop sign, a bicycle horn, a bicycle wheel, a bicycle handlebar, a bicycle light, a 'No Right Turn' sign, a bicycle bell, a bicycle wheel, a bicycle horn, a bicycle light, a 'One Way' sign, a bicycle bell, a bicycle wheel, a bicycle horn, a bicycle light, a stop sign, a bicycle horn, a bicycle wheel, a bicycle horn, a bicycle light, a stop sign, a bicycle horn, a bicycle wheel, a bicycle horn, a bicycle light, a stop sign.

- | | | | |
|---------|------------|-----------|------------|
| Bell | Handlebars | Light | Safety |
| Bicycle | Helmet | Pedal | Signal |
| Brakes | Horn | Right | Stretrider |
| Gear | Left | SAFE KIDS | Swerve |



Activity 6 -- Be Aware of Traffic

Stop. Look left, right and left again for traffic before leaving a sidewalk, driveway or alley. Enter traffic only when the road is clear.



Circle the things in the picture that can cause an accident:

- 1) oncoming car
- 2) high shrubs
- 3) broken glass
- 4) not paying attention to traffic
- 5) sand and gravel in path
- 6) barking dog distracting you

Can you think of anything else?



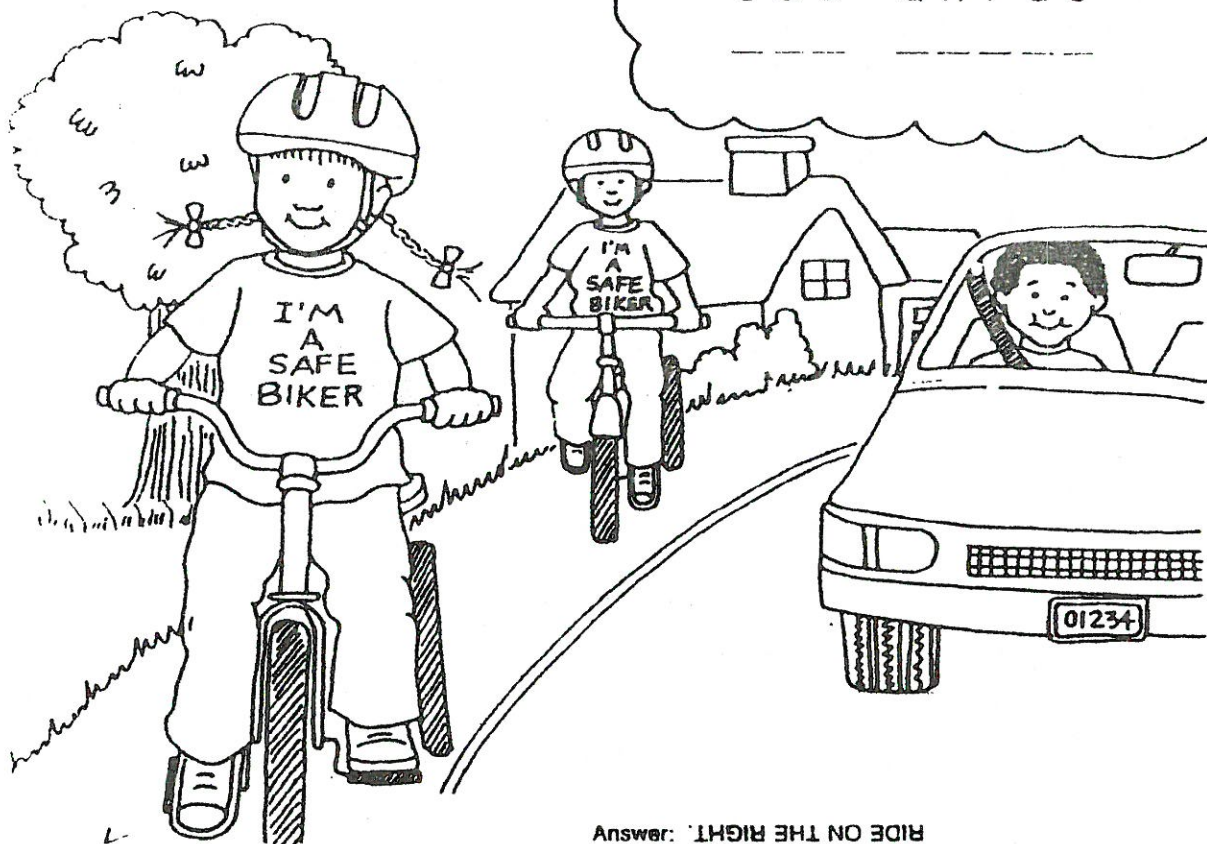
◆ Activity 7 -- Rules of the Road

Stay to the Right.

Ride single file as far to the right side of the road as possible. Always ride in the same direction as the cars. It's the law in most states. Concentrate! Don't turn around to talk to friends.

To decode this important safety tip, put the next letter in the alphabet over each dash.
(The first word has been done for you.)

Q H C D N M
R I D E _ _ _
S G D Q H F G S
_ _ _ _ _

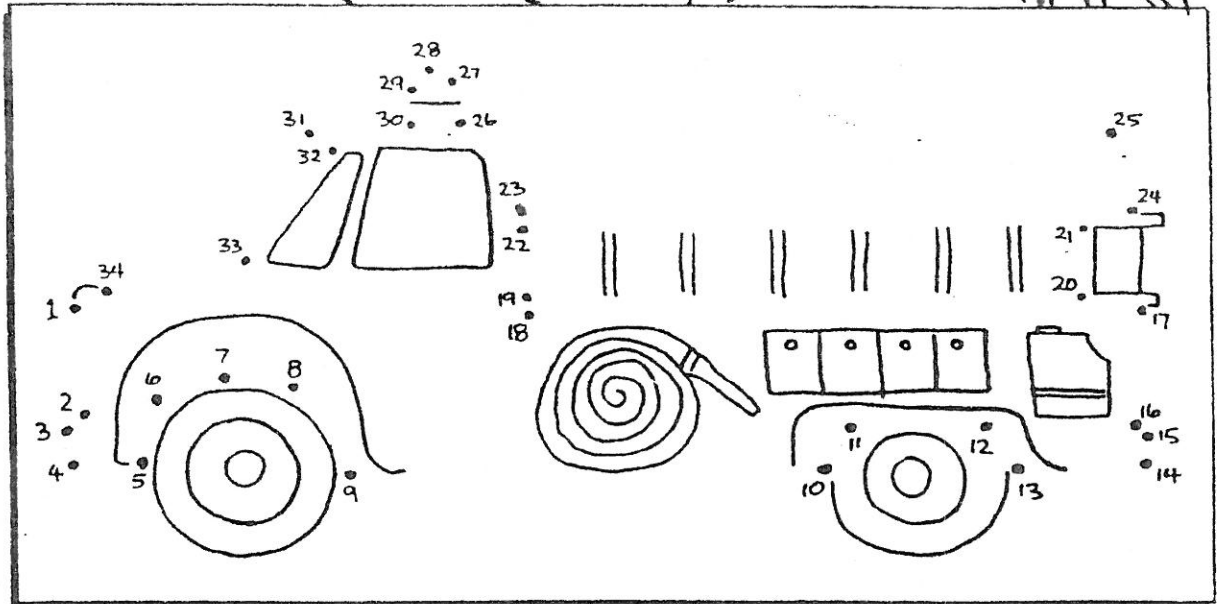
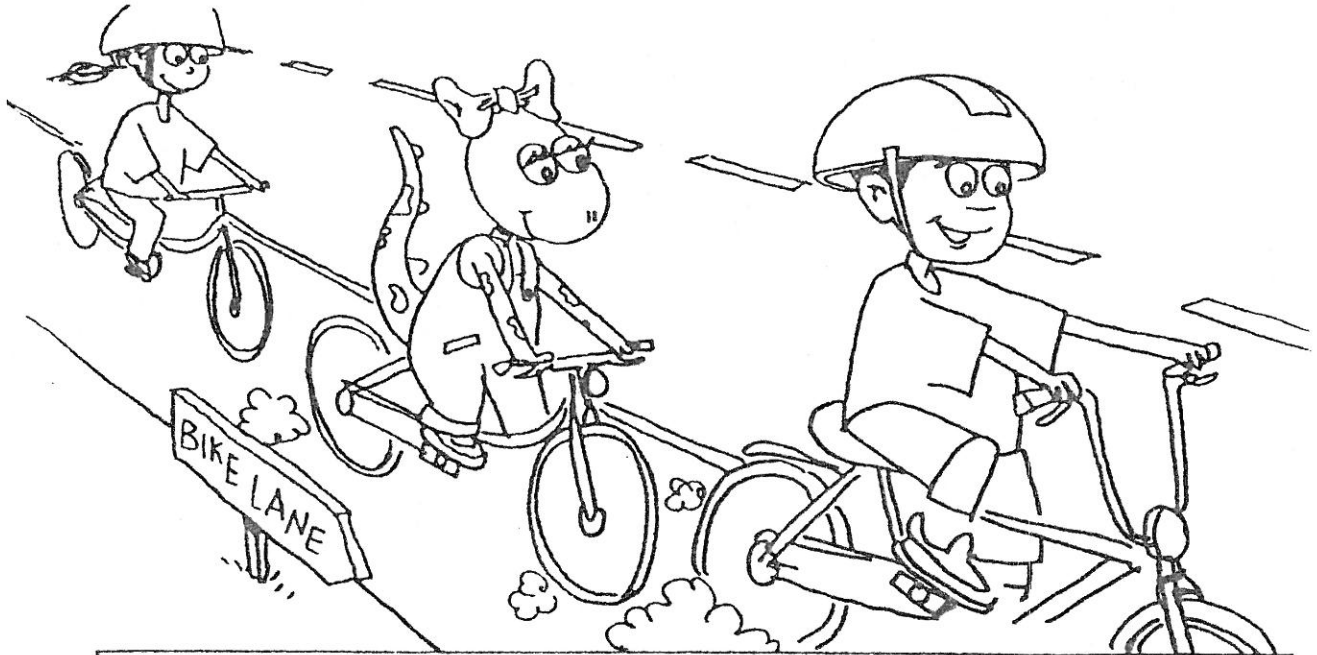


Answer: RIDE ON THE RIGHT. RIDER



Activity 7a-- Rules of the Road

You and your friends were riding down the street when something big and shiny turned down the block.

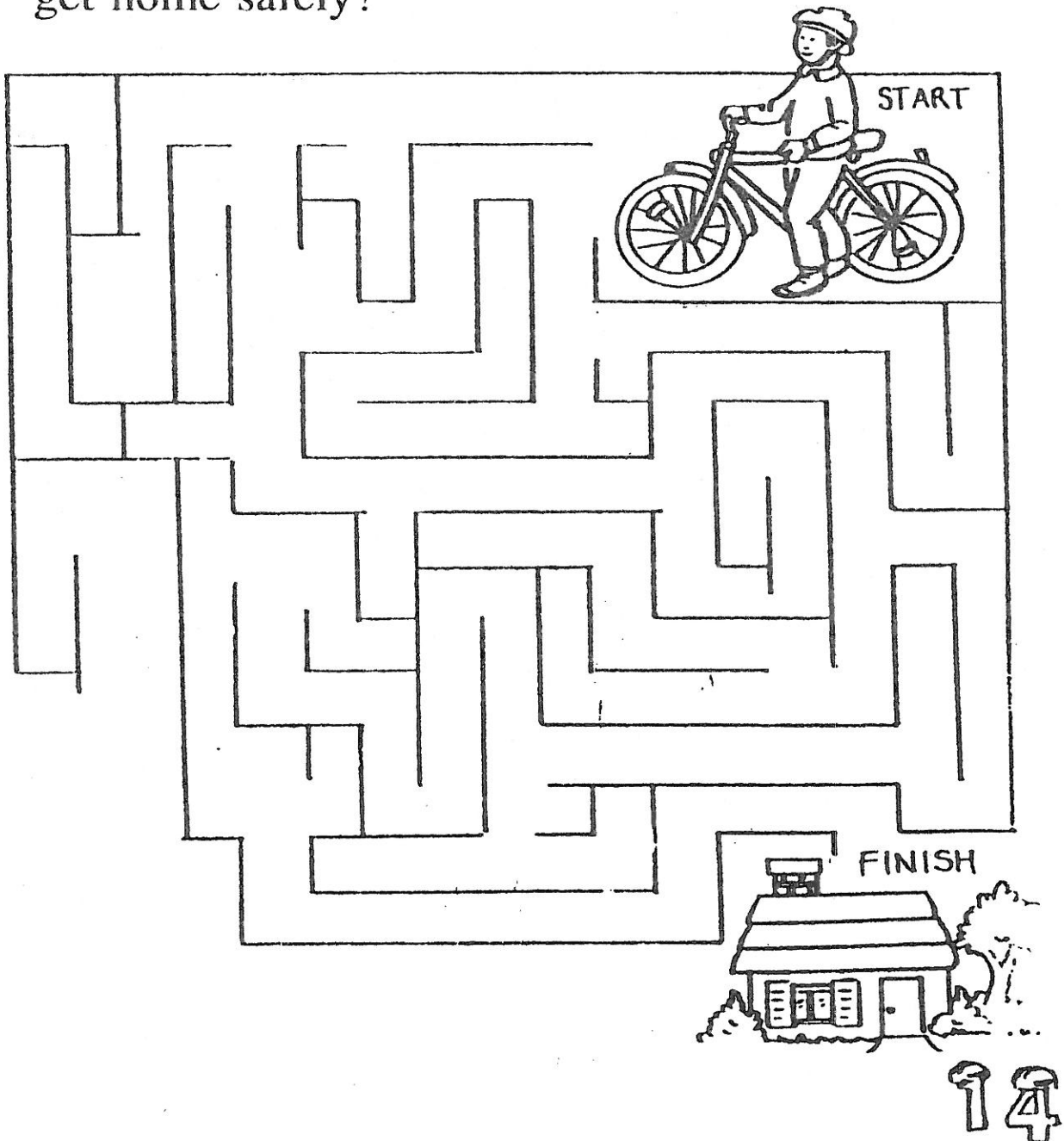


Activity: Connect the dots to see what turned down the block.

◆ Activity 8-- Bike Maze

Walk - don't ride - across busy intersections.

Can you help this rider cross the intersection and get home safely?

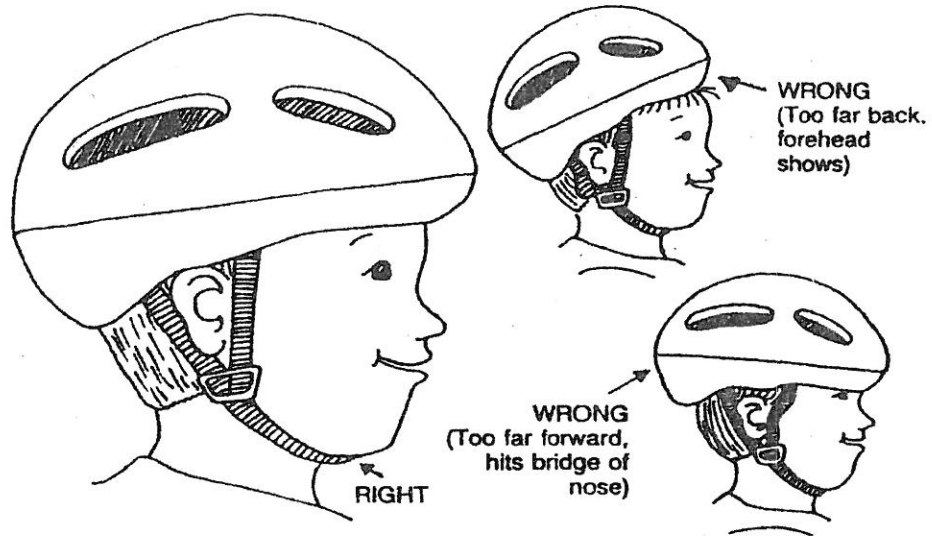


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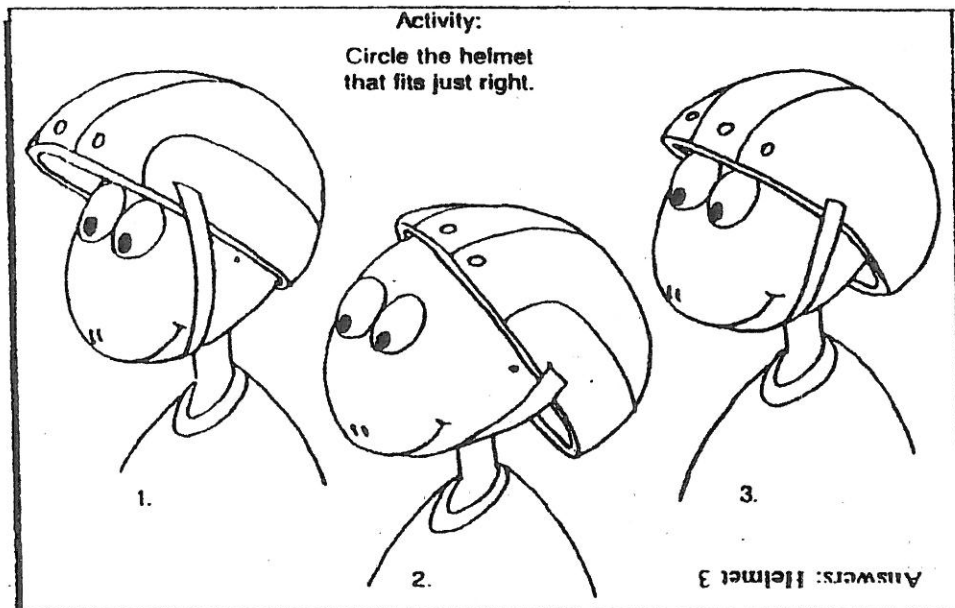
Activity 9-- Always wear a bike helmet.

Always wear a helmet with the strap fastened when you ride. Be sure the helmet fits properly. It should fit snugly on your head and rest securely on your forehead.



To make sure the helmet is strapped correctly:

1. Pull it forward from back to front. If it hits the bridge of the nose, it's too loose.
2. Push it from front to back. If the forehead shows, it's too loose.
3. Adjust the "V" strap surrounding the ear. The "V" of the strap should come just below the earlobe.





4-H Fair Exhibit

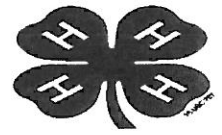


Exhibit – Kindergarten

A poster with a picture of you wearing your bike helmet, with your bike. Tell why it is important to wear a helmet, and how it should fit.

Exhibit – 1st Grade:

1. A poster that has a drawing of a bike with all the parts labeled.

Exhibit – 2nd Grade:

1. A poster of hand signals and rules of the road, and tell about each one.

Poster Construction Rules:

All posters are to be covered with clear plastic and have a stiff, non-flexible backing. All posters are to be **14” HIGH x 22” WIDE**. You may use any color of poster board. Each poster project should have a title.

All projects are to have a name label on them. You will receive a Mini 4-H newsletter in the mail prior to the Fair that will contain name labels.

If you have any questions about your project, please call the Extension Office at 636-2111 or 1-800-601-5826.