



## Bicycle Activities

These activities were written for bicycles but with a few tweaks can also apply to scooters, tricycles, roller blades, skateboards, and strollers.

See more at-home activities at [nbm.org/learn/families/](http://nbm.org/learn/families/)

Look closely at your bike: what shapes can you find? How many circles, triangles, and lines are there? Trace them with your finger.

Identify the parts of your bike. Name the purpose of each part, then use your body to act out the shape, the way it moves, and what it does while the bike is being ridden.

Gather your wearable bike safety gear, like your helmet, knee pads, and sneakers. Sing “head, shoulders, knees, and toes” as you put on or point to each item and where it goes on your body. Make up new lyrics to the song to account for all your safety gear.

Compare your bike with another one, such as one belonging to a parent, sibling, or bike share. Count the differences and similarities, then talk together about why they are different or similar. For example, are the bike seats the same height? Why or why not?

Download the [DC Department of Transportation \(DDOT\) Bicycle Maps](#). Together, read about bike safety in DC and the types of bikeways around the city.

Find your neighborhood or favorite biking areas on the DDOT map linked above. Trace over the areas in which you like to ride. Talk about safe riding options available, or not available, in your area.

Learn common hand signals, then play a game to practice. Call out signals like left turn, right turn, and stop in different orders to see if your family remembers what they are.

Imagine the rooms and hallways in your home are roads and intersections. Practice street safety and signaling (without riding your bike) by walking through these spaces and making the correct hand signals and using good riding etiquette. For an added challenge, set up a few pillow road blocks and make street signs out of paper.

While riding, identify the color, shape, and purpose of traffic lights and road signs, such as bicycle crossing, stop, and yield.

Count how many people you see riding bikes. Write down how many, the time of day, and the weather. Compare the number of bike riders over different days or weeks. Talk together about how the weather and time of day might influence how many people you see.

For more bicycling information and activities, complete The National Highway Traffic Safety Administration and the US Department of Transportation [activity kit](#). Utilize other online resources to learn about bicycle safety together, such as the [Washington Area Bicyclist Association](#), [Traffic Gardens](#), and [Bike Lane Uprising](#).

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