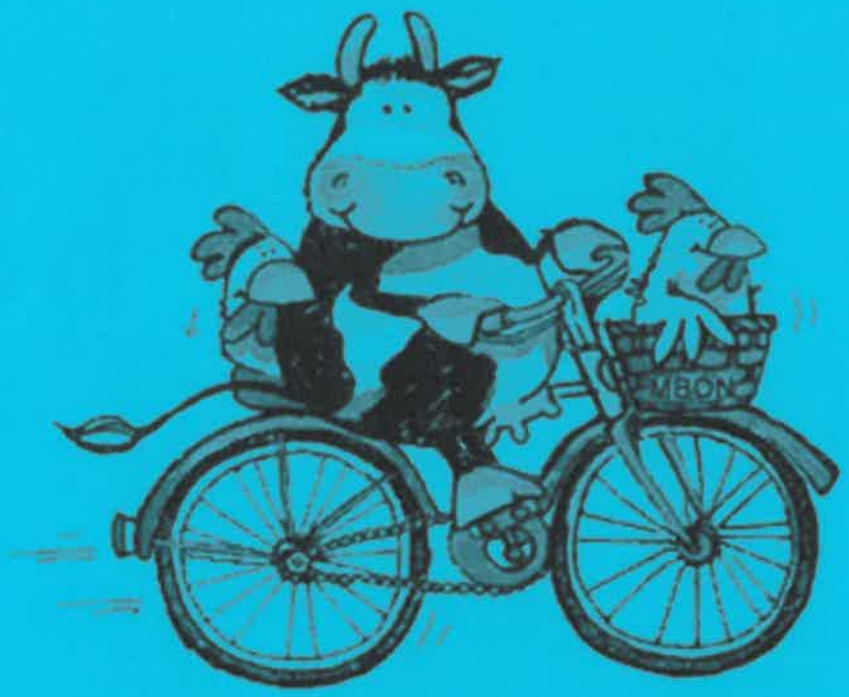
Mini 4-H Bicycle



Purdue Extension Service of Floyd County
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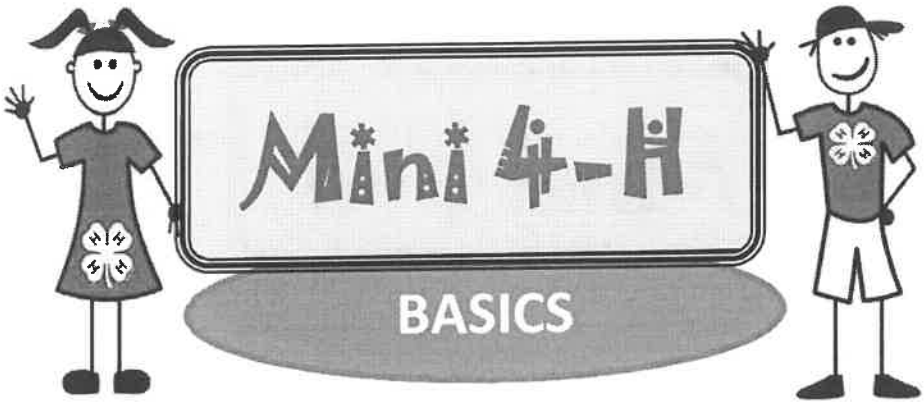
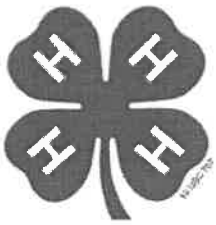


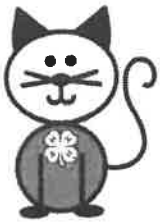
4-H Symbol: A four-leaf clover with an "H" in each leaf *"Head"*, *"Heart"*, *"Hands"*, and *"Health"*

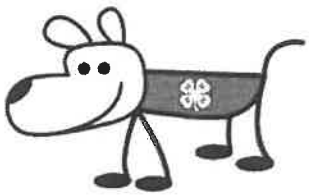
4-H Colors: Green and White



4-H Motto: To make the best, better.

4-H Pledge: I pledge my *Head* to clearer thinking,
my *Heart* to greater loyalty,
my *Hands* to larger service, and
my *Health* to better living,
for my club, my community,
my country, and my world.





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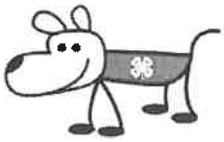
Welcome to the Mini 4-H Program! Mini 4-H is designed for youth, age Kindergarten to 2nd grade, to explore a variety of project areas.

As a Mini 4-H parent, your job will be to guide and encourage your child through the activities. Help them, guide them, work with them, and let them do all that they possibly can. The 4-H motto is **"learn by doing"** and is the best educational tool that we can provide for youth. At this age the *PROCESS* of learning is more important than the *PRODUCT*.



The Mini 4-H program is set up to allow your child to exhibit a project at the 4-H Fair. This is non-competitive, with ALL participants receiving a Mini 4-H blue ribbon.

The 4-H Fair is an exciting time for 4-H members and families. It is a week in the summer that allows community youth to showcase their talents, interests, and enthusiasm for learning. We're excited to see your family there and invite you to take part in the events throughout the week.

If you have any questions regarding Mini 4-H or other 4-H programs, please feel free to contact the Floyd County Extension Office, (812) 948-5470.

Mini 4-H is fun!

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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.

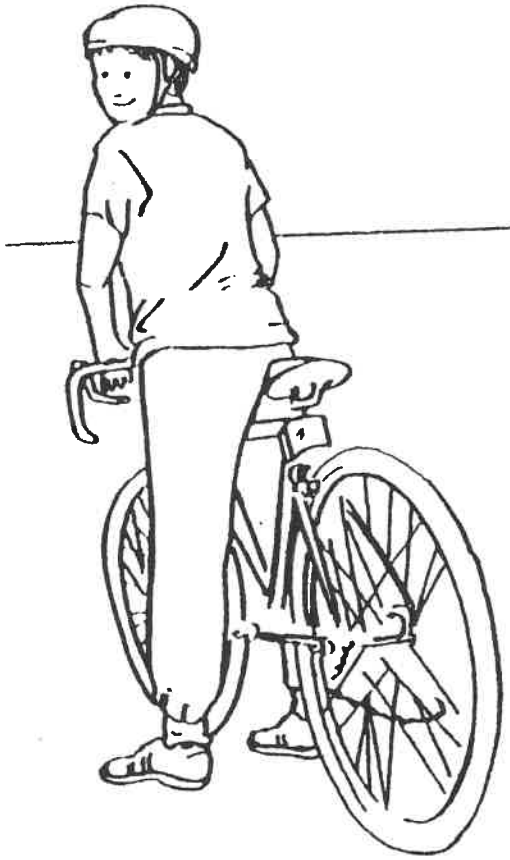
Bicycles are designed to provide many years of service provided they are kept in good condition. If kept clean, polished, adjusted, and lubricated, a bicycle will withstand much wear from everyday use. Major bicycle repairs should be made by a skilled mechanic.

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.

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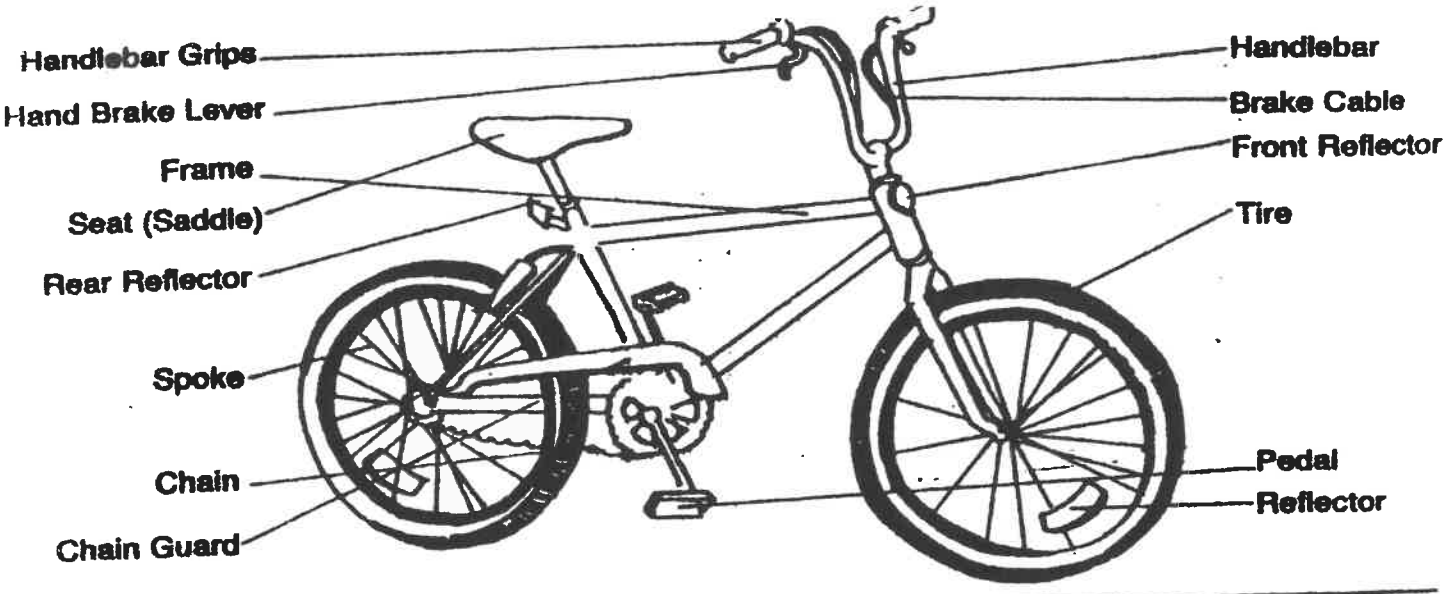
◆ Activity 1 -- Parts of a Bike

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:

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

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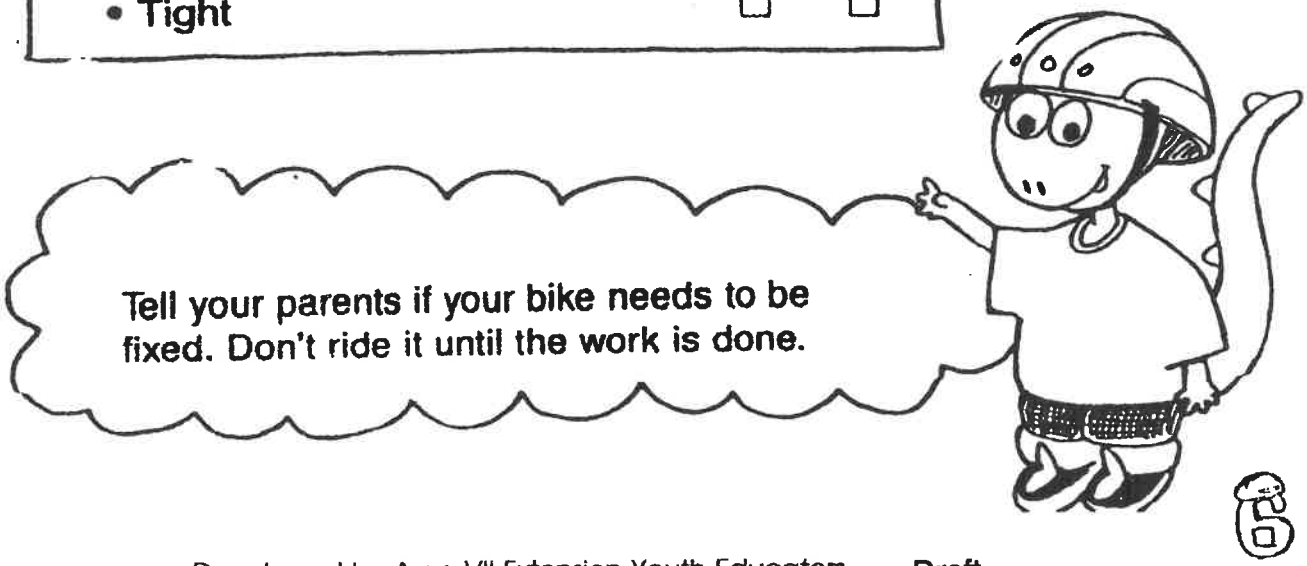
Activity 2 -- Safety Check

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	☐	☐
• Screws are tight	☐	☐
Tires		
• Firm to touch	☐	☐
• No cuts, cracks or bulges	☐	☐
Seat		
• Secure; not wobbly	☐	☐
Reflectors		
• Front and rear, on tightly	☐	☐
• Clean; no cracks	☐	☐
Brakes		
• Work smoothly and quickly	☐	☐
Handlebar		
• Tight	☐	☐
• Grips on each handle	☐	☐
Chain		
• Oiled	☐	☐
• Tight	☐	☐



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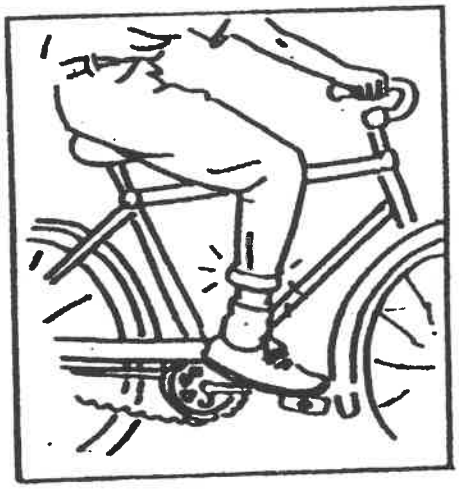
Bike safety do's and don'ts.

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.

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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.

1. 

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

2. 

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

3. 

C. STOP: Look both ways before proceeding.

4. 

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

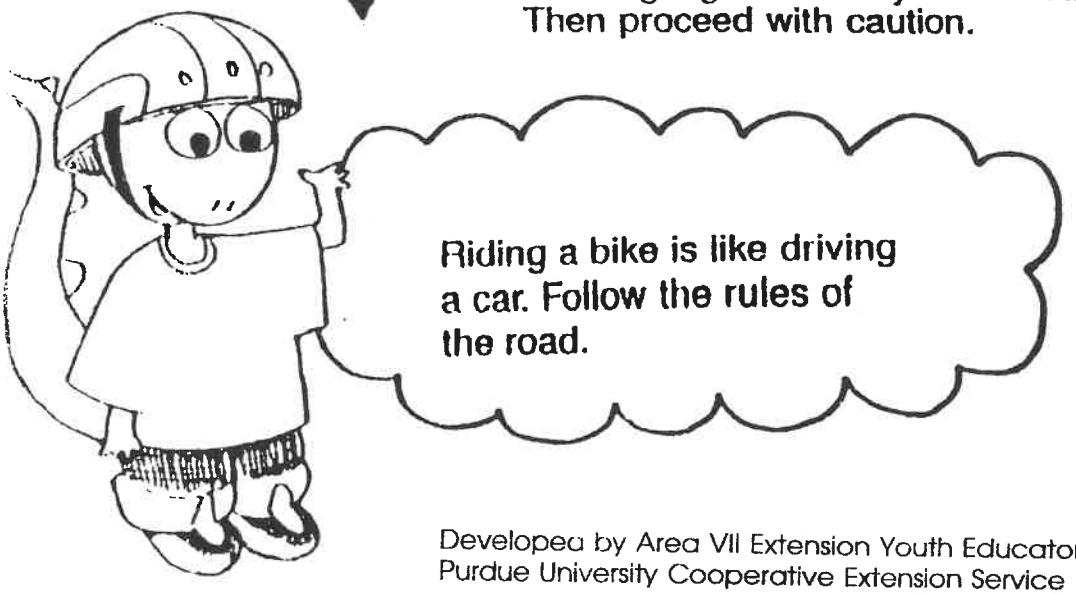
5. 

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

6. 

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

Answer: 1-F, 2-A, 3-D, 4-B, 5-C, 6-E



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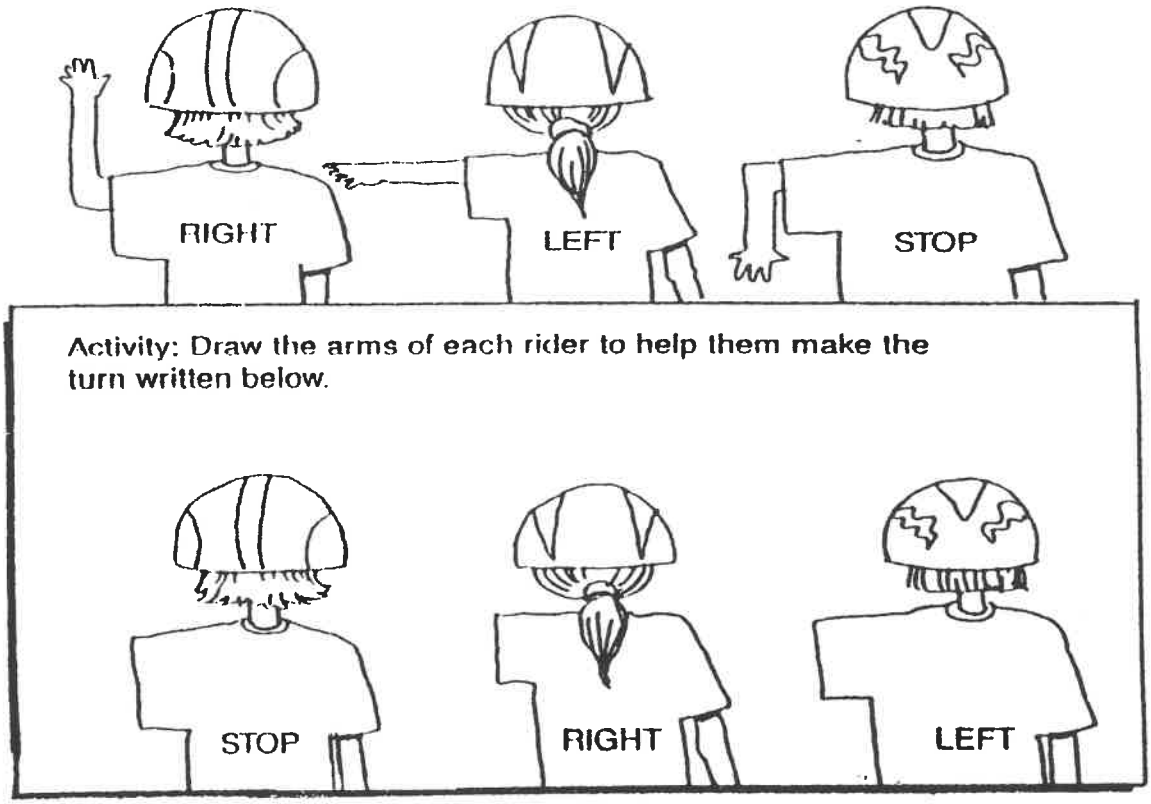
Activity 4-- Hand Signals

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



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

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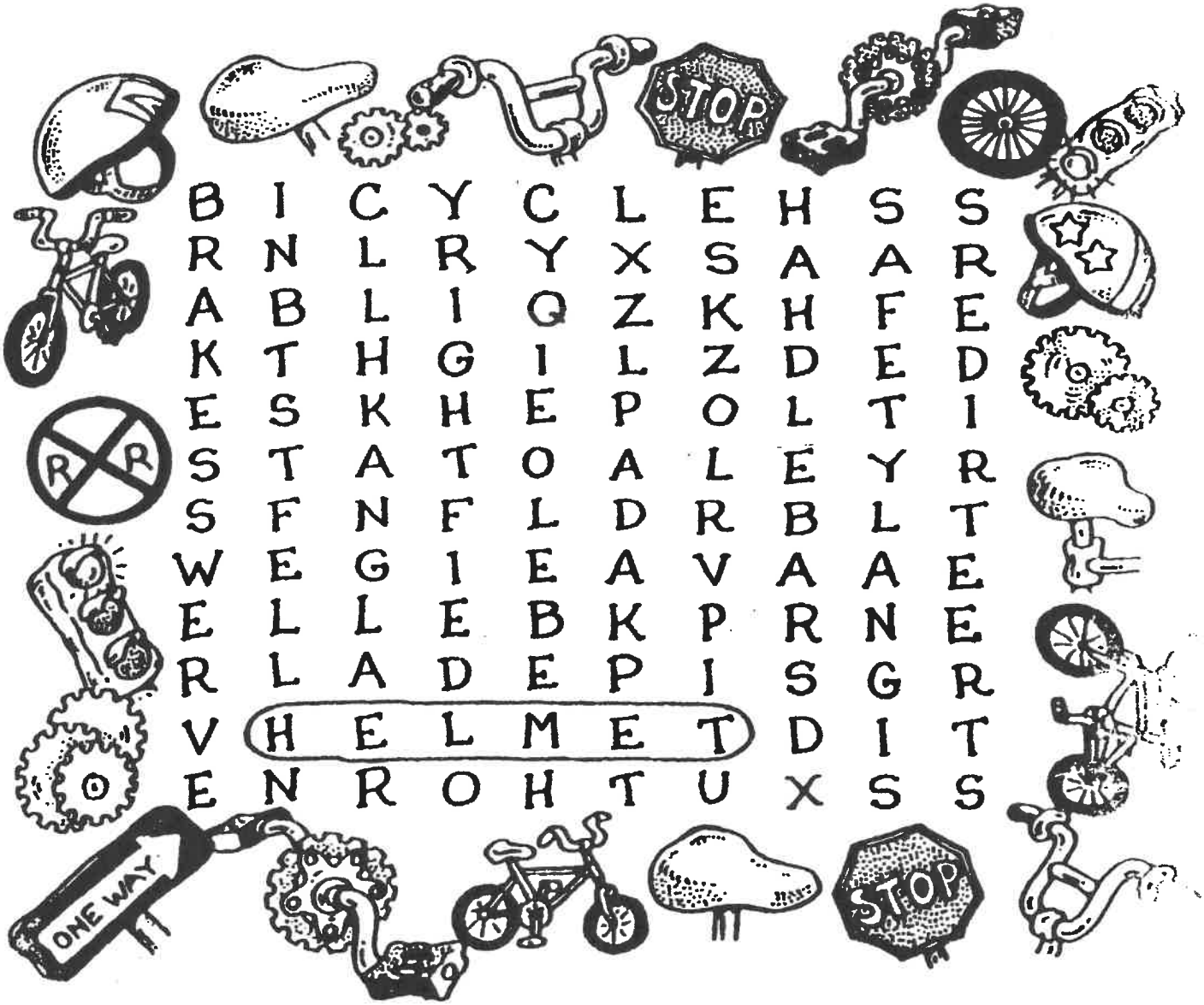
Activity 5 -- Bike Safety Search

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

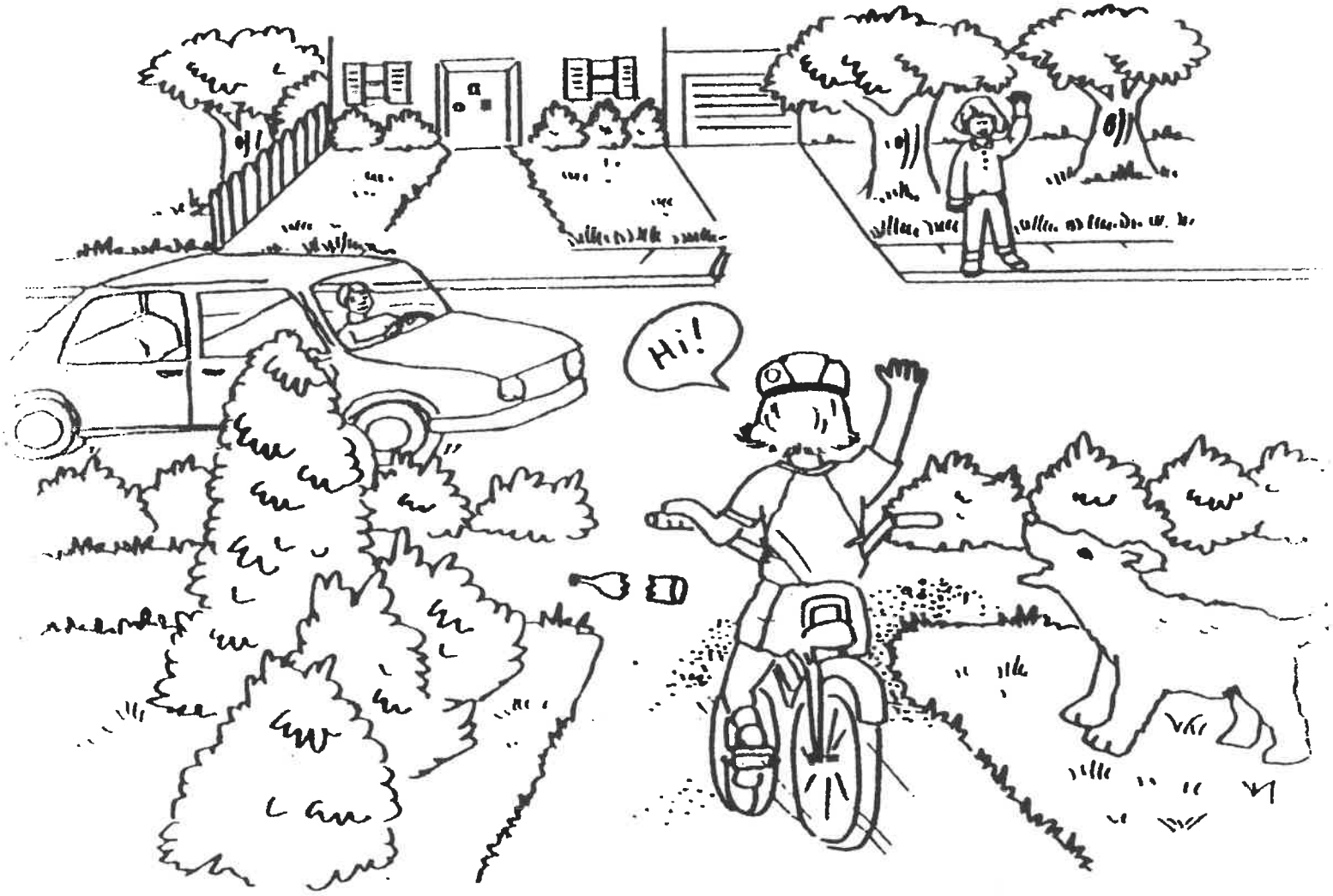


B I C Y C L E H S S			
R N L R Y X S A A R			
A B L I Q Z K H F E			
K T H G I L Z D E D			
E S K H E P O L T I			
S T A T O A L E Y R			
S F N F L D R B L T			
W E G I E A V A A E			
E L L E B K P R N E			
R L A D E P I S G R			
V H E L M E T D I T			
E N R O H T U X S S			

Bell	Handlebars	Light	Safety
Bicycle	Helmet	Pedal	Signal
Brakes	Horn	Right	Streetrider
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?

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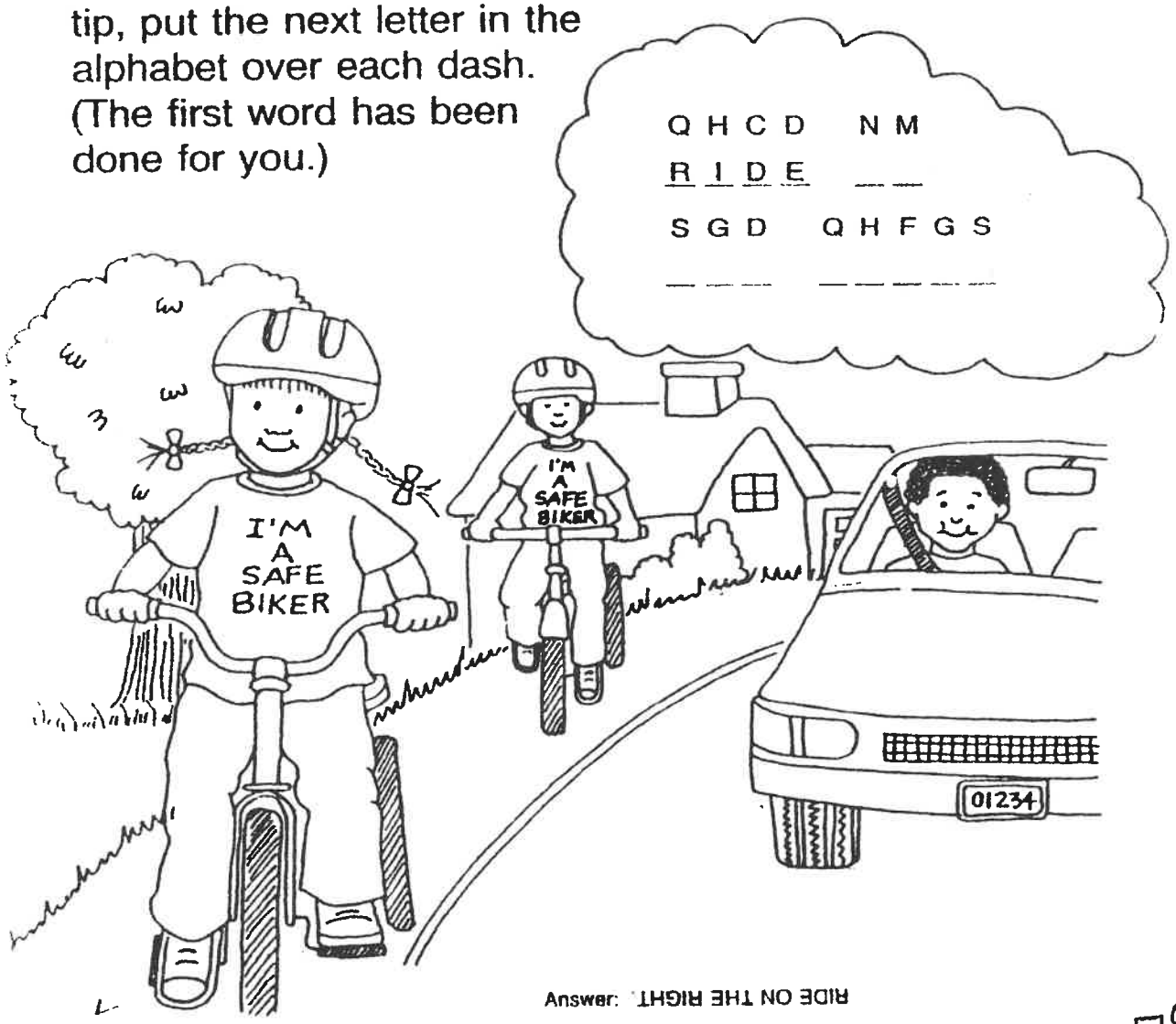
Activity 7 -- Rules of the Road

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.)



Answer: RIDE ON THE RIGHT.

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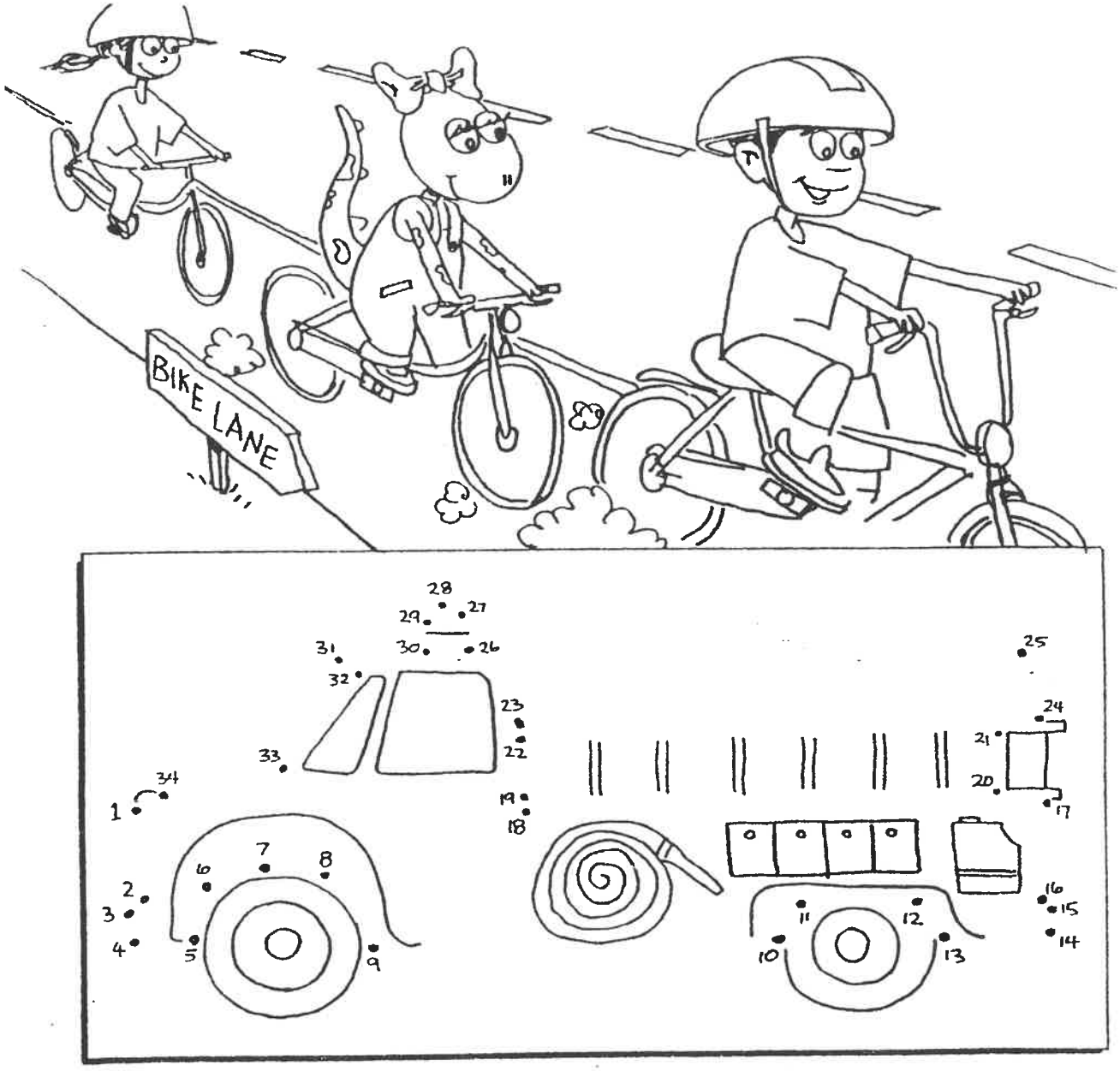
Activity 7a-- Rules of the Road

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.

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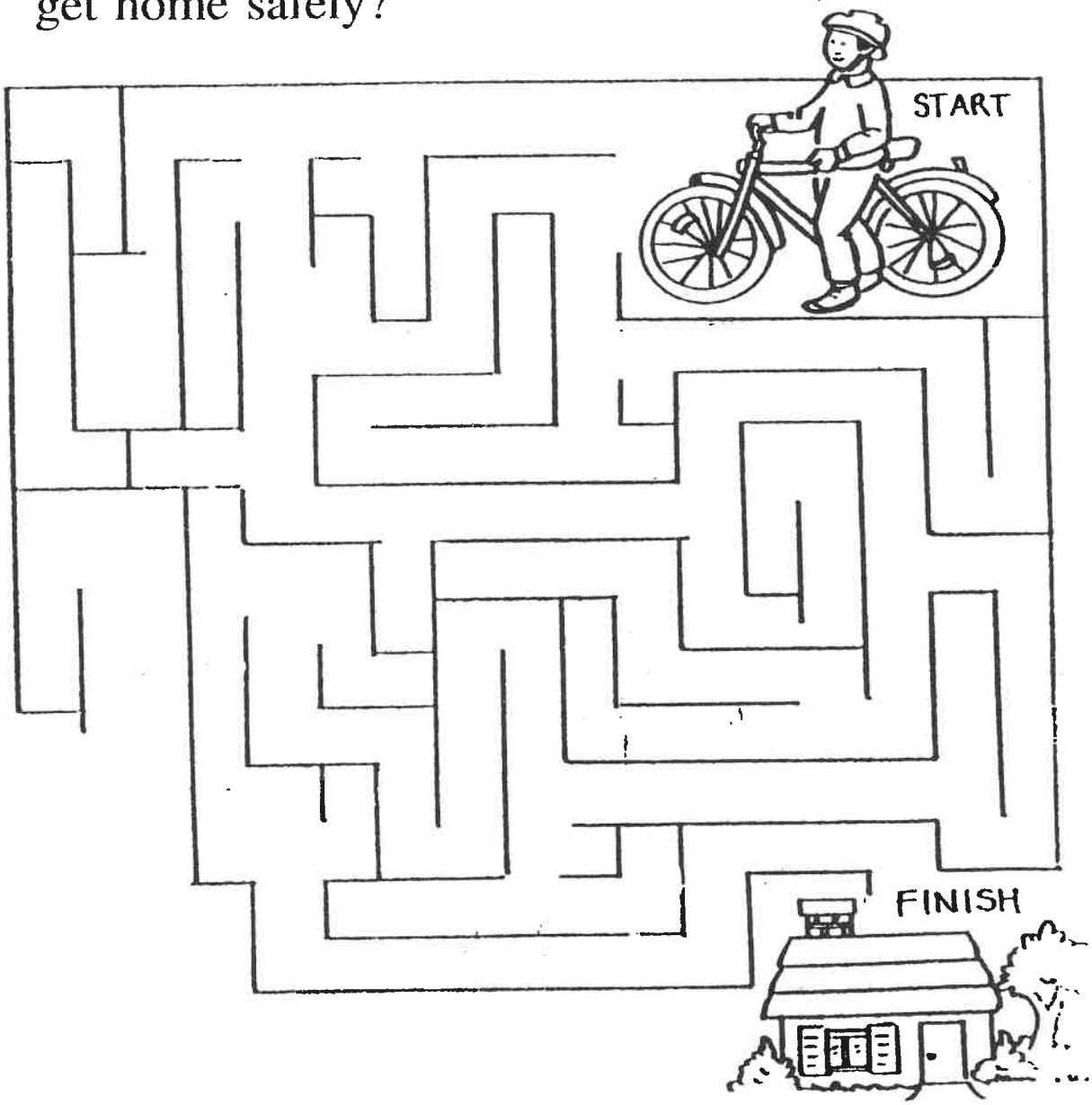
Activity 8-- Bike Maze

Walk - don't ride - across busy intersections.

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



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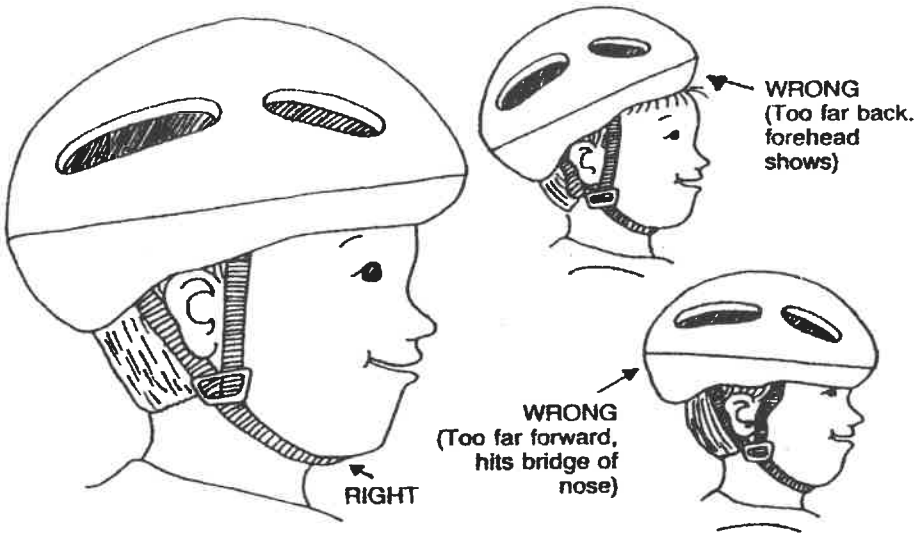
Activity 9-- Always wear a bike helmet.

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.

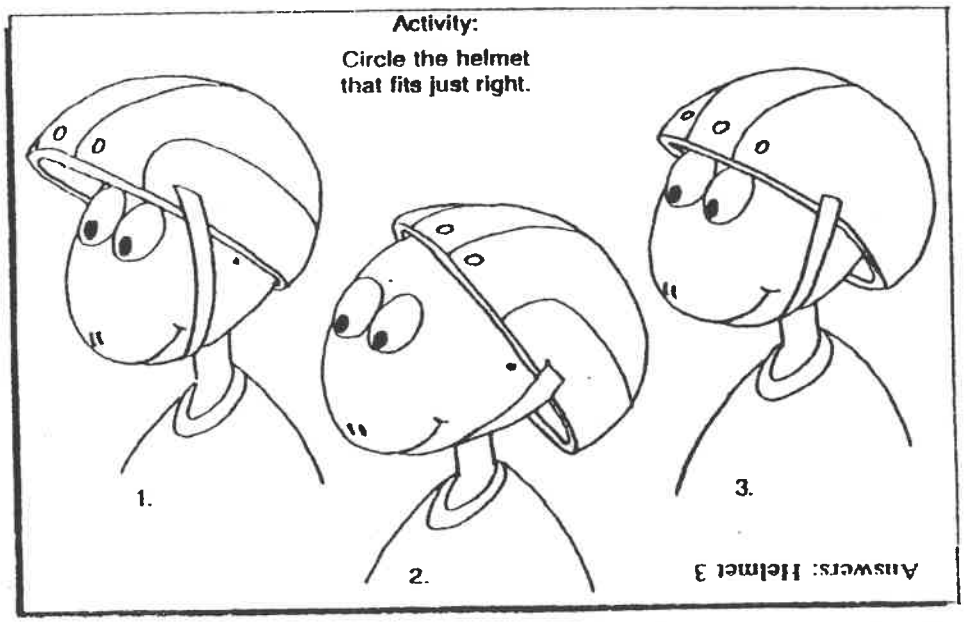


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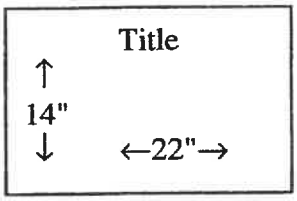
Exhibit Tips

If you have any questions about your projects, please call your leader or the County Extension Office. There are people there who can help you.

1. Choose 1 of the activities in the manual to base your exhibit on. Next year choose a different exhibit.

2. Poster suggestions
   a. Poster board 14" x 22" should be displayed horizontally. As shown.
   b. Title should be at the top of the poster.
   c. Poster should have stiff backing & covered with clear plastic.



3. Poster ideas:

   A) Draw a picture of you and your bike based on one activity in manual.

   B) Take a picture of you and your bike. Add a picture of Traffic Signs, Ways I Use My Bicycle, Rules of the Road, Bicycling is Fun, or Labeling Bike Parts.

   C) Draw a picture or take a picture of your bicycle helmet. Tell why it is important to wear a helmet.

   D) Decorate your bicycle as though it were going to be in a parade. Have pictures taken of you with your decorated bicycle and use them for your exhibit.

   E) Plan a short trip to the grocery store, to a friends house, etc. Make a map showing your route. Draw traffic signs, speed limits, danger points, corners, one way streets, etc. Include a picture of yourself with your bicycle, things you need for your trip, and anything else you can imagine for your exhibit.

F) Write a story about you and your bicycle. Include all the things you and your friends can do with your bicycles. You may want to add pictures to decorate your exhibit.

For more information on how to label your project, when to enter it in the Fair, and where the project needs to go, please contact your County Extension Office.

HAVE FUN!