

# Delivery Guide – Cycling for mental wellbeing

## Overview

This topic is available as an entry level, level 1 or level 2 topic. It explores the benefits of cycling on people's mental wellbeing. It will provide learners with the time to think about how being outside and exercising can boost their own and others' mood and help them to relax and unwind.

## Resources

### Digital

<https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/mindfulness-on-your-commute/>

This website explores how to use mindfulness whilst cycling on regular rides eg commute.

<https://www.youtube.com/watch?v=Mr4m7ZoVfwc>

This clip looks at how cycling can improve your mental health.

<https://www.britishcycling.org.uk/about/article/5-ways-cycling-can-help-improve-your-mental-health>

This topic looks at 5 ways cycling can improve your mental health.

<https://www.youtube.com/watch?v=aYaVaQK2pAs&t=55s>

This video explores the real benefits of cycling if you have been struggling with your mental health, for example through drug and alcohol addiction.

<https://www.sustrans.org.uk/our-blog/get-active/2020/everyday-walking-and-cycling/why-cycling-and-walking-are-great-for-your-mental-health>

This website explores the benefits of both cycling and walking on your mental health.

<https://www.cyclinguk.org/article/how-cycling-can-improve-your-mental-health>

This article explores cycling and its positive benefits on your health.

<https://www.theguardian.com/commentisfree/2017/dec/18/anxiety-depression-cycling-cbt>

This article discusses a person's journey with anxiety and depression and how cycling helped.

<https://www.youtube.com/watch?v=NTDRMLmPuWc>

This video talks about one person's journey through their own mental health journey and how cycling impacted positively upon this.

### Physical

Internet access and devices for your learners

Bikes and helmets

## Subject knowledge

It would be beneficial to have experienced being outside and exercising and the positive impact this can have on your mental wellbeing before delivering this topic. People can deliver this topic using the links above.

## Activity ideas

This topic could be delivered by:

- Using the resources above and discussing the key points.
- Arranging a speaker from a local cycling club to talk about cycling and mental wellbeing.
- Going for a bike ride and experiencing the positive effect cycling can have on your mental wellbeing.

## Evidencing completion of the unit

### Entry Level (unit code 117900)

#### Outcomes

shown knowledge of

- 1 at least one person who says cycling helps them to relax and unwind  
experienced
- 2 noting a difference in mood before and after riding a bike
- 3 riding in a place they find calming and relaxing.

#### Evidence

1. Record on the summary sheet when you have heard the learner talk about cycling helping them to relax and unwind.
2. Record on the summary sheet when you have witnessed the learner experience and difference in mood before and after riding a bike and talked about this with you.
3. Record on the summary sheet when you have discussed with the learner a place where they have ridden their bike that they found calming and relaxing.

### Level 1 (unit code 117901)

#### Outcomes

demonstrated the ability to

- 1 find a green space where they can ride their bike
- 2 notice how long it takes for their mood to change whilst cycling
- 3 describe how their mood has changed after a bike ride
- 4 evaluate two different places that people cycle to relax, unwind and have fun in their local area

shown knowledge of

5 three ways that cycling can help improve our mood

experienced

6 comparing their changes in mood when they ride in a green space and an urban environment.

### Evidence

1. Record on the summary sheet when you have observed the learner finding a green space where they can ride their bike. This could be done through the learner describing the space to you, showing you on a map or riding their bike with you to that space.
2. Record on the summary sheet when you have discussed with the learner how long, on average, it takes for their mood to change whilst cycling. The learner needs to talk about the length of time it takes from several different rides to gain an average.
3. Record on the summary sheet when you have discussed with the learner how their mood has changed after a bike ride. The learner needs to identify the change in emotion from before to after the ride.
4. Record on the summary sheet and complete the learner workbook. Learners can also discuss with you two places, providing reasons why this place is good to relax, unwind or have fun. Learners may also think about things that could improve the place to make it better for relaxing, unwinding or having fun. Learners can compare the two places and say which is the better place and why.
5. Record on the summary sheet and complete the learner workbook. Learners need to provide three ways that cycling can help improve our mood. If students don't record this answer in the learner workbook, they need to discuss it with you, for example an answer for one way could be, "Cycling improves my mood because I can enjoy the views on my ride and it takes my mind off anything that might be troubling me, so my mood improves and I feel happier. "
6. Record on the summary sheet when you have discussed the outcome with the learner. Answers need to include how their mood changes whilst riding in a green space, an urban space and then compare the two, for example, "My mood improves quickly when I am riding in a green space because it is quieter, there are fewer vehicles and I can breathe in the fresh air. However when I ride in an urban space, my mood does improve, but not as quickly, because there are more vehicles and I am breathing in the exhaust fumes. It is a lot busier. The calm from green spaces allows me to improve my mood more.

### Level 2 (unit code 117899)

#### Outcomes

demonstrated the ability to

- 1 suggest an activity to help improve mood
- 2 suggest an activity to help someone who is socially isolated
- 3 recognise a situation where wellbeing support is needed

acquired an understanding of

4 why the activity suggestions they have made would help in the given situations

shown knowledge of

5 a place where someone who feels frustrated or angry can ride in a way that helps them to process that emotion

6 a place where someone can ride and enjoy nature and nice views

7 a place where people can ride bikes in groups

8 a mental health condition that can be treated by activities that improve mood

experienced

9 noting their changes in mood before and after two different cycling activities

10 taking part in a cycling activity that can help reduce social isolation

11 taking part in a cycling activity that gives them time to think and feel a bit more positive about life

12 taking part in a cycling activity that can help overcome feelings of anger or frustration.

### Evidence

1. Record on the summary sheet when the learner has discussed an activity to help improve mood. This can also be done in the learner workbook. Answers could include, "Walking helps to improve my mood."
2. Record on the summary sheet when the learner has discussed an activity to help reduce social isolation. This can also be done in the learner workbook. Answers could include, "Visit a cycling club and go out on a club run."
3. Record on the summary sheet when the learner has discussed this. This can also be done in the learner workbook. Answers could include, "Wellbeing support is needed if a person has lost their job and is feeling very low."
4. Record on the summary sheet when the learner has provided reasons for the suggestions made above. This can also be done in the learner workbooks. Answers could include, "A visit to a cycling club and going out on a club run will help the person who is socially isolated meet new people with similar interests. It will provide an opportunity to talk to people. It provides a starting point for conversations. The socially isolated person has the opportunity to make new friends."
5. Record on the summary sheet when the learner has discussed this outcome. This can also be answered in the learner workbook. Learners need to explain how this place helps them to process that emotion. Answers could include, "A mountain bike ride allows me to work through my frustration. It helps because it is in the woods, I can breathe in the fresh air and it is calm and quiet. I can attack the climbs and give them my all and descend through the berms section fast. This really helps me to get rid of my frustration."
6. Record on the summary sheet when a learner has identified a place. Learners can also record this in the learner workbook. Learners may identify the place on a map or describe it to you. You could also visit the place on a bike ride.

7. Record on the summary sheet when a learner has identified a place to ride in groups. Learners can also record this in the learner workbook. Learners may also identify the place on a map or describe it to you. You could also visit the place on a bike ride. Answers could include, "off road cycling facilities."
8. Record on the summary sheet when a learner has identified a mental health condition. Learners can record their answer in the learner workbook.
9. Record on the summary sheet when you have discussed with the learner the changes in mood following two different cycling activities. Learners need to identify how they were feeling before and after and discuss the changes that took place.
10. Record on the summary sheet when you have observed the learner taking part in a cycling activity that reduces social isolation, for example a cycling club run, cycling club's meeting etc.
11. Record on the summary sheet when you have observed and discussed the outcome with the learner.
12. Record on the summary sheet when you have observed and discussed the outcome with the learner.