

Name: _____ Learner Number: _____

Centre Name: _____ Centre Number: _____

Learner Work Booklet

For cycling for mental wellbeing level 2

Unit Title (117899)



This workbook was created by Breaking Cycles CIC in partnership with The Bikeability Trust as part of the widening participation project in 2022.

These resources are free to use and intended to be used, alongside L3 Bikeability training, as part of your alternative curriculum.

(Outcome 1) How can you improve your mood?

Name an activity that can help improve your mood and describe how it does this.

(Outcome 2) You got a friend in me!

Name a one or more activities to help someone who is socially isolated.

(Outcome 3) Help!

Sometimes people need support for their wellbeing. Write about a situation where wellbeing support is needed.

(Outcome 4) Wellbeing

Look at the activity suggestions made for outcome 2 and the socially isolated situation in outcome 3. Why/ how would these suggestions help in the given situation?

(Outcome 5) Processing emotions

Sometimes riding a bike can help people to process their emotions and give them the time and space that they need. Name a place where someone, who feels frustrated or angry, can ride in a way

that helps them to process that emotion. How does this place help that person process that emotion?

(Outcome 6) What a beautiful world!

Riding our bikes gives us a chance to enjoy nature and the wonderful world in which we live. Write the name of a place where someone can ride and enjoy nature and nice views. Briefly describe what they would see.

(Outcome 7) Let's ride together!

Riding in groups is great for your mental wellbeing. You can share the ride with other people and have the opportunity to make new friends. Write the name of a place where people can ride bikes in groups.

(Outcome 8) Let's ride together!

People can suffer with mental health conditions for lots of reasons. Name a mental health condition that can be treated by activities, such as cycling, that improve mood.
