

Name: _____ Learner Number: _____

Centre Name: _____ Centre Number: _____

Learner Work Booklet

For cycling for mental wellbeing level 1

Unit Title (117901)



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 4) Where can you go on your bike to help you relax, unwind and have fun locally?

Think about your local area. Where do people go to relax, unwind and have fun? Could you cycle there or include it as part of your ride? Complete the table below thinking about your local area and bikes.

Name of place you could go to have fun, relax or unwind in your local area	Does the place help you to relax, unwind or have fun?	How does this place help you to relax, unwind or have fun? Evaluate it
<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

(Outcome 5) How can cycling help your mood?

Being outdoors can improve your mood and cycling can really help to do this. List three ways in which cycling can help improve our mood.

1.

2.

3.
