

# Sustrans School Programme

## Let 'er know!



Suitable for: KS2

**Aim:** To write a letter to a woman or girl who cycles and who you find inspiring.

**Instructions:** Think of a woman or girl you know, or you know of, who cycles. This could be a family member, a local person or a more famous person. How does she inspire you? What has she inspired you to do or to aim for? What habits, activities or characteristics of this woman or girl do you want to copy? Why? How do you feel when you see or hear what she does?



Write a letter to this person telling her how and why she is an inspiration to you, and why you look up to her. Use your answers to the questions above.

You can use the template on the next sheet if you'd like to.

### Who could you write to?

You can write to anyone at all that has inspired you. It could be a family member who rides their bike to the shops every day, or a friend who cycles to school. Maybe it's someone you've never met before, like someone on TV. Whoever you choose, be sure to tell them how they have inspired you, and how that makes you feel!

### Extra activities

Draw a picture of you doing something that this person has inspired you to do. Alternatively, take a photo of you doing it.

Give or send your letter and picture to the woman who inspires you. If it's not someone you know, you could send it to us and we'll share it online.



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Dear .....,

I'm writing to you this International Women's Day to tell you how much you inspire me.

I find you inspiring because.....

You have inspired me to .....

You are one of my role models because.....

I want to be/do..... like you are/do.

You make me feel.....

Happy International Women's Day!

Yours with admiration,

.....

