

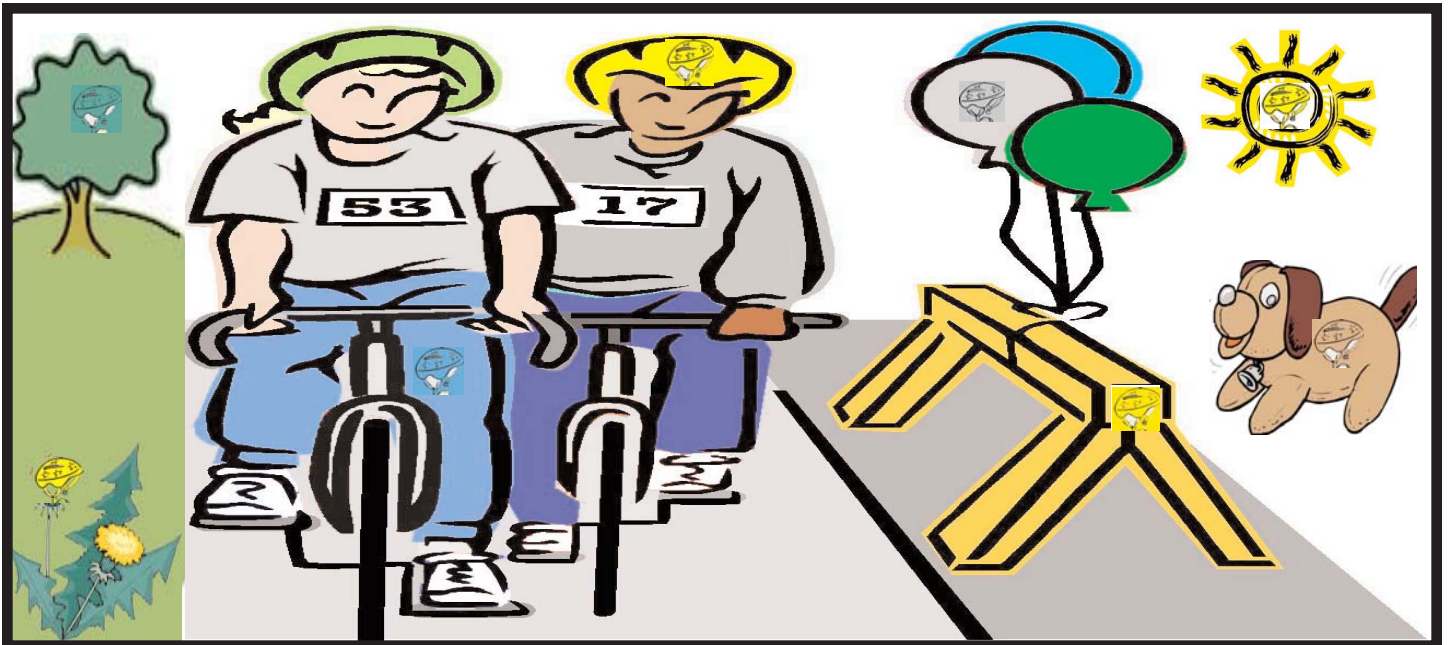
SHELLDON SAYS

Summer 2005



Hi, from the
Bike Smart Club

Shelldon wants you to have fun while riding your bicycle. He also wants you to be safe and to always remember to wear your helmet. In the picture below, see if you can find the eight hidden helmets. Circle them with a pencil or crayon.



Bicycle Craft Time

Making Handlebar Decorations:

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Step 1 - Using washable markers, color paper with bright colors. Cut paper into strips. Make two bunches and twist the tips of each bunch tightly together and hold in place with clear adhesive tape.




Step 1 - Cut a drinking straw in half. Push the bunched ends into one end of each straw. Fasten with clear adhesive tape. Insert the empty straw ends into your bicycle's handlebars.

Note* Keep your bike indoors in wet weather to protect your decorations!

SHELLDON TAKES A SUMMER RIDE!

When the  is hot,  rides his bike in the morning after he gets out of . First, he puts on a white  and his . Then his mother rubs some lotion on his skin so it doesn't get  and burn.

He also drinks a glass of  and fills a bottle with  to take with him on his ride.

Before he gets on his , he puts on his ! When he gets tired, he rests under a  where it is cool



Need A Helmet

or

Information on Bicycle Safety?

Contact:

American Trauma Society, PA Division

2 Flowers Drive

Mechanicsburg, PA 17050-1701

(717) 766-1616 or 1 (800) 822-2358

atspa@atspa.org