

**Friday 1 December**  
**Ring the changes on your school journey**

Pledge to walk or wheel in December –take a photo and share it on your social media with #ModeshiftCycleBells



**Monday 4 December**

**Jingle all the way**  
It's time to ring your bike bell, tinkle your scooter bell or jangle the one on your hat and jingle all the way to school!

**Tuesday 5 December**

**Holly Hunt**

Be on the lookout for prickly holly and its beautiful red berries.

**Wednesday 6 December**

**Elf Day**

Are you going elf ears, elf hat, elf shoes or full on elf?



**Thursday 7 December**

**Christmas JumperDay**

Jump along in a warm snuggly jumper.

**Friday 8 December**  
**Bikeability Buddies**

Show us your #SeasonalCycleSelfie – a photo or drawing of you and your friends and family out cycling.



**Monday 11 December**  
**Sustainable Sparkle**

Use recyclable materials to make you, your bike or scooter sparkle.

**Tuesday 12 December**

**Go Green**

How many evergreen trees can you spot on your way to school today?

**Wednesday 13 December**

**Spot the Snowflake**

Are there any real snowflakes or paper ones in windows? You could even make your own.

**Thursday 14 December**

**Christmas Tree Rock**

Show us your best moves - Get movin' & groovin', rockin' and rollin' as you walk or wheel to school.

**Friday 15 December**

**Reindeer Race**

Show your friends it's quicker to walk, cycle and scoot to school.

**Monday 18 December**

**Deck the Halls**

How many decorated houses or Christmas lights can you see on your journey?

**Tuesday 19 December**  
**Santa Rollin' and Strollin'**

Have you spotted Mr & Mrs Claus on your school journey yet?

**Wednesday 20 December**

**Stride and Ride sing along**

Join in with our Cycle Bells songs, post your own version or even write a new verse!

**Thursday 21 December**

**Celebrate in style**

Share a photo montage of your #ModeshiftCycleBells journey with us.



**TEAM**  
**MODESHIFT**

Share how you make your journey with us  
@TeamModeshift Team Modeshift

#ModeshiftCycleBells



**Chorus**

*Cycle bells, cycle bells  
cycle all the way!  
Oh what fun it is to ride  
and cycle everyday!*

*Cycle bells, cycle bells,  
cycle all the way  
you can also walk or wheel  
to brighten up your day!*

Take a roll or stroll  
it's an awesome way  
of making sure you're active  
as part of your school day  
but if it's a car ride  
there's no need to dismay  
you can park n stride  
as another active way

**Chorus**

In the winter months  
When it's not so light  
to help keep you safe  
why not wear something bright?  
Add some shiny things  
to your coat or wheels  
that extra bit of bling you add  
will give you festive feels

**Chorus**



Driving off to school  
If you're running late  
Please don't be tempted  
to park at the school gate.  
Help keep the air clean  
and each other safe  
turn the engine off and  
park in another place!

**Chorus**

Push n' glide and scoot  
to get you all the way  
What will you see enroute?  
It might be Santa's sleigh!  
You can tell your friends  
what you saw today  
perhaps a robin or a wren  
were spotted on your way?

**Chorus**

So why not ditch the car  
and choose another way?  
If it's not that far  
even Santa gives up his sleigh.  
Healthy heart a beat  
makes his pulse rate rise  
pedalling along or on two feet  
as fast as a reindeer flies!

**Chorus**



# Cycle Bells



 @TeamModeshift

  Team Modeshift



**TEAM  
MODESHIFT**