

Name : .....

Date : .....



# Tour DE TOTS

**Activity pack**



**FROG**<sup>®</sup>  
★ b i k e s ★



# Tour DE TOTS



## GET ON YOUR BIKE CHALLENGE

Complete as many of these challenges as you can...

Ride your bike  
in a figure of  
eight

☐

Follow your  
parent on  
their bike

☐

Climb a small  
hill on your  
bike

☐

Hop on and off  
your bike 5  
times

☐

Push a ball  
along with  
your front  
bike wheel

☐

Balance on  
your bike with  
your feet off  
of the floor

☐

Take a ride to  
your local  
park

☐

Ride on some  
grass

☐

Ride a  
straight line  
for as long as  
possible

☐

Go round in  
circles on  
your bike

☐

Ride through  
some puddles

☐

Go on a family  
bike ride  
adventure

☐

How many challenges did you complete?



### BALANCE BIKES

One of the most significant advantages of balance bikes is their role in preparing children for the transition to pedal bikes. By learning to balance and steer first, kids develop the essential skills needed for pedalling with ease. When the time comes to switch to a pedal bike, they'll already have the balance, knowledge of how to use brakes and the confidence to transition effortlessly. No need for training wheels!

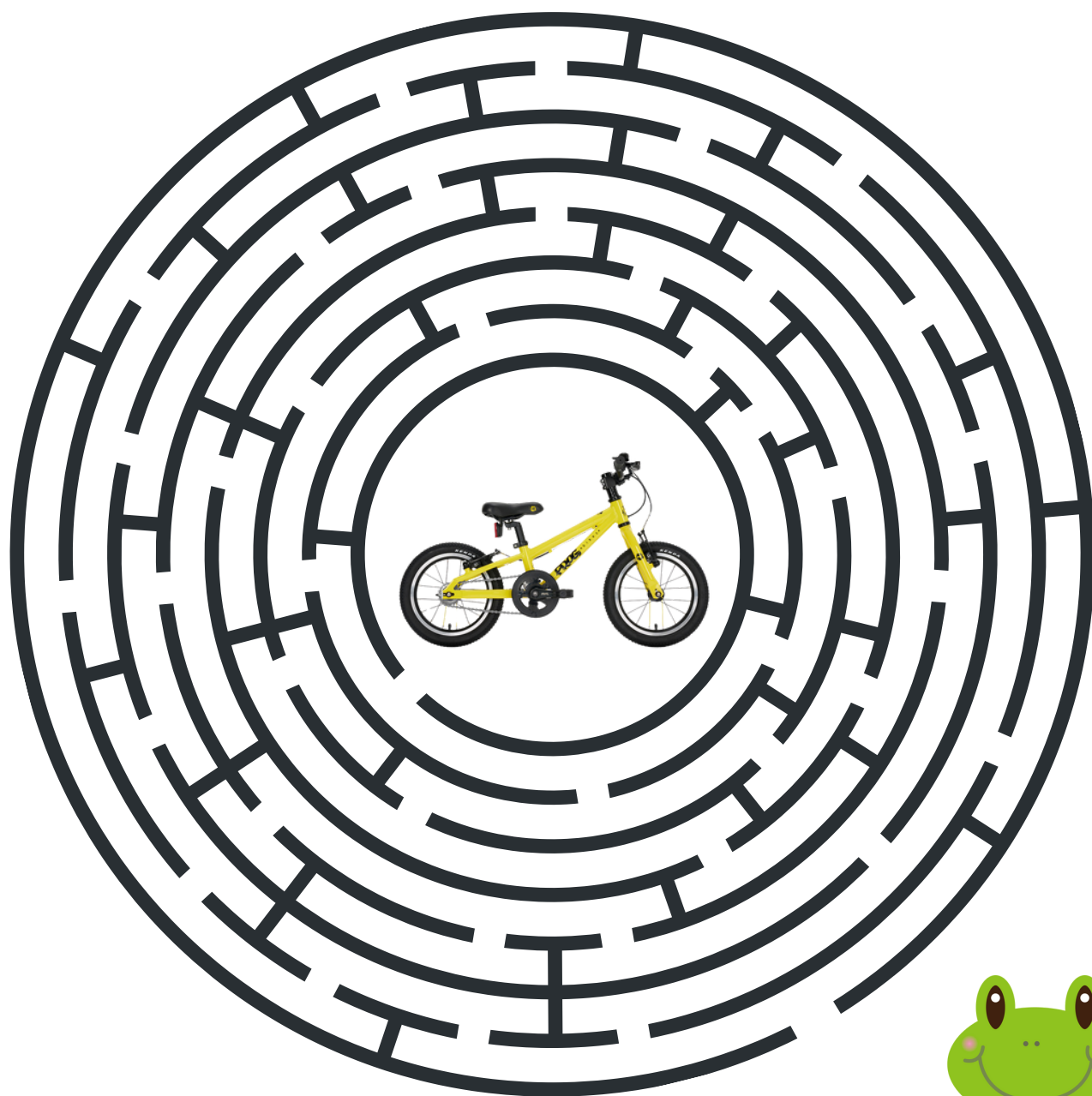


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## FROGGY MAZE

Help Frog find his way to his next bike...  
He's been using a balance bike but is now ready for a Frog first pedal bike!





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## FRENCH COLOURS

Ask an adult to help you learn these colours in French



rouge



orange



jaune



vert



bleu



rose



violet



blanc



gris



noir



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Draw a line to match the colour to the crayon colour.

Orange

Jaune

Vert

Rouge

Bleu





# Tour DE TOTS



## MY DREAM BIKE

What does your dream bike look like?

Draw and colour below...

