

# Sustrans School Programme

## Behind the Handlebars Haiku!!



Suitable for: Key stage 2 (7 to 11 years old)

**You will** learn what a haiku is and make your own haiku poster about a cycling adventure.

### **You will need**

- Imagination
- Paper and pen
- Colours

### **Extra activity**

Add some top tips for people who want to start cycling below your haiku.



# What is a Haiku?

A haiku is a type of Japanese poem. It is very simple because it only has three lines. The only rule is about the number of syllables in each line:

Five in the first line  
Seven in the second line  
Five in the last line

(This is a haiku itself!)

Here is another example:

Being bright with light  
In the night with my flash light  
On my flashing bike



## Instructions:

- Pretend that you are on a bicycle adventure. Maybe you have climbed a mountain and have a fantastic view from behind the handlebars. Or maybe you've cycled along by the sea, or through a busy city in another county.
- Create your own haiku about this experience – the Behind the Handlebars Haiku!
- Think about the views, and what you would hear and smell. Also how you would feel? Example:

To the top we go  
Amazed by the nature scenes  
All by riding bikes



## Extra activity

Add some top tips for people who want to start cycling below your haiku.



# Example Haiku Poster

## The High Visibility Haiku

(Complete with poster and top tips!)



Now try your own Behind the Handlebars Haiku!

