

Resources for Kids and Parents

Bike Smart Curriculum

Looking for some no-interaction bike games to play with your kids? [Check out our acclaimed Bike Smart curriculum](#). Improvisation is totally fine when it comes to equipment: Sponges, rags, outdoor toys, and (non-favorite) stuffed animals will all do for obstacle courses.

Bicycling Games

[Bike games for the whole family?](#) Sign us up!

Teaching a Kid to Ride with a Balance Bike

Want to get a head start on the bicycling season with your kiddo who can't ride yet? We've got a primer on how to teach children [how to ride a bike using the balance bike method](#).

Resources for Everyone

Managing Uncertainty with Walking

[Walking and moving](#) outside is an excellent, low-risk way of relieving stress and anxiety.

Take a Ride

[Here are some of Vermont's best bike routes](#), organized by length.