

# STAY ACTIVE WITH SUSTRANS

## WEEK 5: SIGNS OF SPRING



WIN A BIKE  
OR SCOOTER!

### The Challenge

Send a photo or drawing of the signs of spring that you can see or hear. Caption your image with no more than forty words.

### How to stand out – for children

We're looking for great camera angles or artistic flair. We also want an imaginative caption to complement the image.

### How to enter – for parents and carers

- Upload your video to Facebook or Twitter using the hashtag **#SustransActiveLondon**
- Or send your video to [BikeItPlusLondon@sustrans.org.uk](mailto:BikeItPlusLondon@sustrans.org.uk)
- Entrants must have the consent of a parent or guardian over the age of 18 to enter. Entries must be uploaded by a representative adult over the age of 18.
- Please see our [website](#) and read our Terms and Conditions for more details.

### Deadline

Parents/carers – upload or send the video to us by **Wednesday 10<sup>th</sup> June** to be in with a chance of winning a bike or scooter.

### What happens if I win?

- We will announce the winner on **Thursday 11<sup>th</sup> June** on Twitter and via email.
- We will be in touch to arrange your prize: a bike or scooter!
- Your video will be uploaded to our Twitter, @SustransLondon.

### What happens if I don't win?

- There's still a chance your video will appear on our Twitter page. We will be putting some of our favourites up throughout the week, so keep your eyes peeled!
- This is a weekly challenge so there will be plenty of opportunities to take part again. Look out for our next challenge which will be announced on Wednesday 10<sup>th</sup> June.

### DID YOU KNOW...



The first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness. In the Northern Hemisphere this happens on March 20<sup>th</sup>



Trees and bushes start to get their leaves back in the spring if they lost them. **Deciduous** trees have leaves that fall off yearly. **Coniferous** trees have needles or scales that do not fall off.



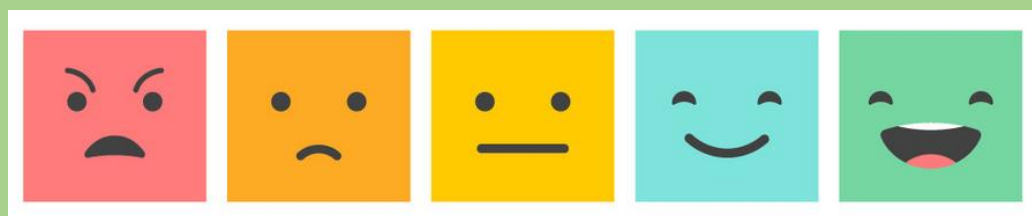
## SHARE YOUR CLIPS!

Click on the twitter logo to go straight to our twitter page



## #SustransActiveLondon

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey