

## Tips on integrating the Self-regulation Classroom Cruiser into a classroom



At first, the bike will be a new curiosity in the classroom. Don't worry, that will pass!



## Phase 1

### The first few days in the classroom

- 1 Explain how the bike works: it helps students to calm down and get the wiggles out.
- 2 Outline the benefits of exercise and its affect on the brain.
- 3 To minimize distractions, place the bike at the back of the classroom with a view of the board.
- 4 Create bike-use guidelines with the class. You may want to restrict bike use during certain times of the day.
- 5 Assign a student (helper of the day) to prepare a waiting list and have the students agree on a silent signal if they wish to use the bike.
- 6 Start using a sign-up sheet for students to schedule their own time with the bike with specified time slots.



## Phase 2

### One month in the classroom

- 1 Review bike-use guidelines with the class and make any necessary changes.
- 2 Continue using a sign-up sheet for students to schedule their own time with the bike using specified time slots.

## Phase 3

### Fully integrated into the classroom

- 1 Now that the bike is just like the other furniture in your classroom, try allowing students to self-regulate by hopping on the bike when they feel they need to.
- 2 Keep a log book, or have students log their time and distance as a motivational tool.

Name: \_\_\_\_\_

I went this far \_\_\_\_\_, with \_\_\_\_\_ RPMs in \_\_\_\_\_ minutes. I burned approximately \_\_\_\_\_ calories.

Date \_\_\_\_\_

Where I would like to go if I could  
(Check your class's online or paper sign-up sheet to see times.)

Things I think about while riding  
(Check your class's online or paper sign-up sheet to see times.)



## How to incorporate the digital display into lessons

### Geography



Pick a destination and track the distance your students have gone. Then plot the details on a map.

### Math



Calculate the time spent and the distance traveled.

### Health



Use the calories burned in health and fitness related discussions and activities.



## How to adjust the bike



1

Adjust the seat to the height of your hip bone.

3:3  
4:4

2

Match the number on handle bar post to the number on seat post. Check the guide on the bike.



3

You should be able to reach the handlebars easily while keeping your elbows slightly bent.



4

When pedaling, your knees shouldn't go past your toes. Adjust the seat forward or backwards as needed.



5

To tighten a pedal strap, pull upward on the end of the strap to release the tab from the slot. Move the strap to the desired slot and press the tab through the strap to secure it.