

TAKEHOME



In the news this week

Between 2nd and 6th September, more than 100 of the world's best cyclists competed in the Tour of Britain Men. The five-day race began in Lincoln and travelled through Lincolnshire and Yorkshire, before finishing in the Scottish Borders on 6th September. In the men's event, the cyclists cover nearly 900 kilometres, tackling steep hills and challenging conditions along the way. Thousands have been gathering along the route to watch and cheer the riders on.

Things to talk about at home ...

- > Can you think of a time when something felt difficult, but you kept going?
- > What helped you to persevere?
- > Who encourages you when you face a challenge?
- > When might taking a break or asking for help be the best next step?

Please note any interesting thoughts or comments



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