

All the children are getting ready for the Blueberry Hill bike race.



Hip is riding **FAAAAASSST!**



The Cheeky Monkeys are doing **AMAZING** stunts.



Kofi is riding **HIGH.**



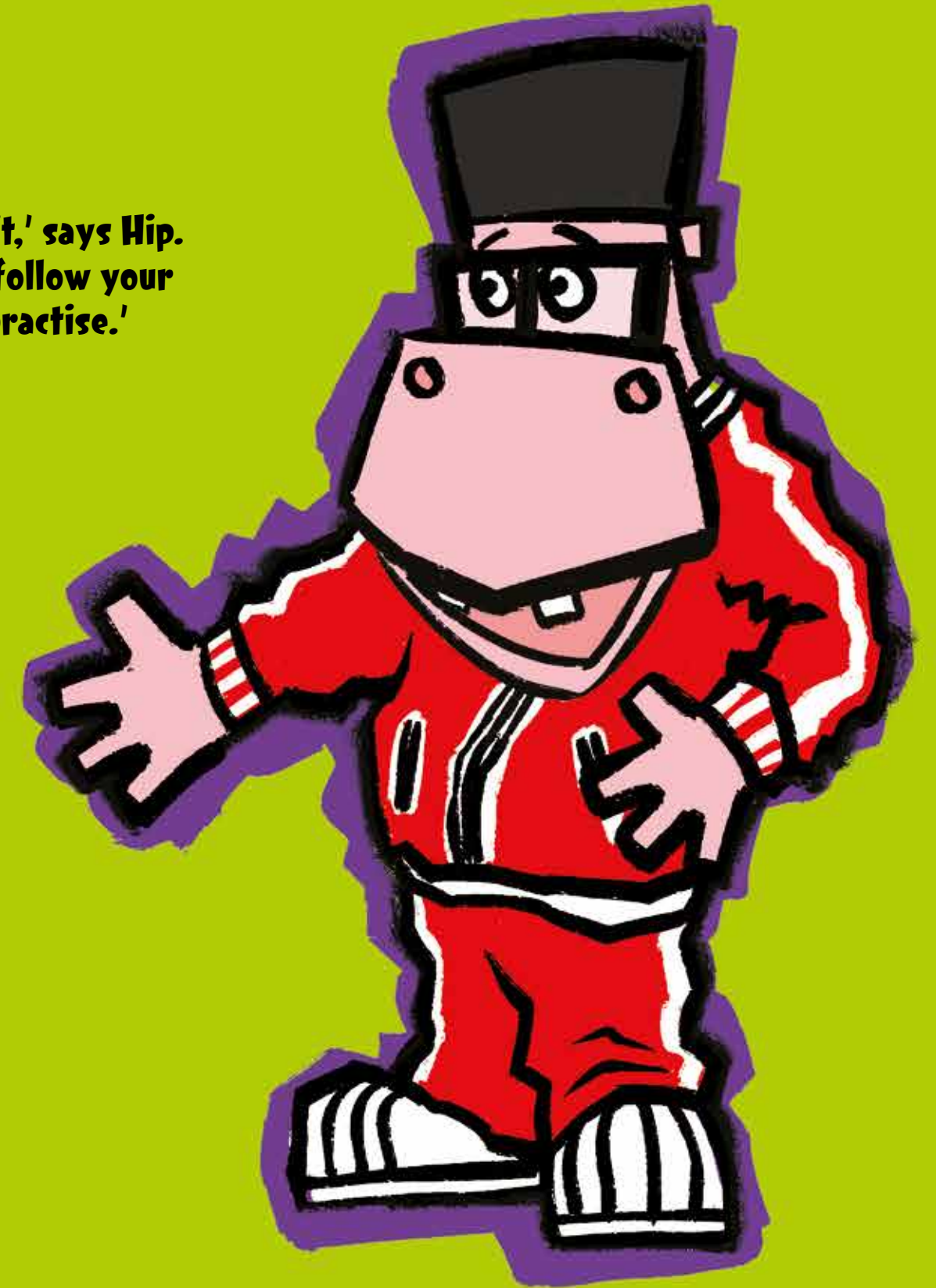
But where is Hop?

Hop is not having fun.
He dreams of racing his bike,
but he doesn't know how to ride.



'I don't think I can do it,' he says.

**'You CAN do it,' says Hip.
'You have to follow your
dreams and practise.'**



**'You can do anything if you try,
You can do anything, ride or fly.
Don't let anybody tell you no.
Focus on your dreams and go!'**



'Okay,' says Hop.

'I'll give it a go!'



**He rides past Hip,
and then ...**

**'HOP
STOP!'**



CRASH!

*'Don't worry,' say the Cheeky Monkeys.
'You just have to learn to balance.'*



*'Riding a bike is all about balance.
Letting go of your fear is the greatest challenge.'*

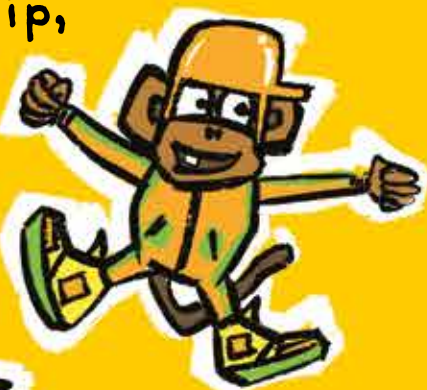
*Pedal and relax, let the bike do the rest.
Practise hard and you'll be the best.'*

'The Cheeky Monkeys are right,' says Hip.

**'You can do anything if you try,
You can do anything, ride or fly.
Don't let anybody tell you no.
Focus on your dreams and go!'**



Hop rides past Hip,



past the Cheeky Monkeys,



and then ...



**'HOP
STOP!'**

CRASH!



'Don't worry,' says Kofi. 'You just have to learn to use your brakes.'

***'If you're moving too fast, don't panic.
Use your brakes well, it's the best habit.'***



***Just slow down and take your time.
Practise hard and you'll be fine.'***