



**in the picture:**  
"a state of being fully informed or noticed"  
The Concise Oxford Dictionary

Time to get equal

**scope**  
About cerebral palsy.  
For disabled people achieving equality.

# The day we rode to the seaside

On the day we rode to the seaside, we took our bikes on the train.

Baby was crawling and walking and falling  
Sara heard the conductor calling  
And Dad lost our tickets, then found them again.

The day we rode to the seaside was a very windy day.  
I saw a kite flying high in the air  
Sara felt the breeze in her hair  
And Baby's hat blew away!

The day we rode to the seaside, we cycled two by two  
Dad rode with Sara  
Mum carried Baby  
And I zoomed along with my friend little Lou.

On the day we rode to the seaside, we met horses on the way.  
Sara touched the horse's whiskers  
Mummy ate the horse's carrot  
And Dad changed Baby in the horses' hay.

When we finally got to the seaside, we were tired and hungry too.  
I built a sand castle  
We all ate icecreams  
But Baby ate sand with her icecream – eww!

On the way back from the seaside, Dad fell asleep on the train.  
Sara told me a story  
Mum read the paper  
And Baby tasted Daddy's bicycle chain.

When we got back home from the seaside, Mum collapsed in a chair  
Dad made Sara a cup of tea  
Then Mum had a bath with Baby and me  
And we found sand everywhere!

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