

# Walk Notts Bingo

How many of these can you do?

## Scavenger Hunt

Collect leaves, twigs, or small stones – what can you make with them?

## #WalkNotts Stone

Paint a #WalkNotts stone and leave it for someone to find

## Photos

Go on a walk or wheel and take photos of things you find interesting

## Litter Picking

use gloves or a litter picker to pick up and recycle 5 pieces of litter

## Mindfulness

What do you see, hear or feel while you walk or wheel?

## Storytelling

Make up a story based on what you see around you.

## Heads or Tails

Flip a coin and let it choose your next move.  
Heads you go right...  
Tails you go left...

## Flower Power

Go outside and smell some beautiful flowers. Remember not to pick them

## Picnic

Go to a nearby park or green area and enjoy a snack together

## Walk or Wheel

With you family, friends or neighbours.

## Dancing Feet

Put on your favourite song and dance from room to room

## Step Counting

Count your steps in 2's, 5's or 10's

*it's all about wheeling as well as walking, and inclusive to all*

Wheeling is an alternative to walking, with people using wheeled aids to help them move eg rollators, wheelchairs, buggies, push scooters

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