# Walk Notts Bingo

How many of these can you do?

#### Find a stick

What is it? A magic wand, a broomstick, a walking stick...?

# **Animal Spotting**

What animals can you spot?

# What can you hear?

Listen to the birds, cars, trees

## **Puddle Splashing**

Go out in the rain and splash in the puddles

# Walk or wheel to Nursery/School

What do you see, smell or hear along the way?

#### Musical

Can you make up a song or tune to sing whilst you are playing?

#### **Obstacle Course**

Have fun by hopping over leaves and sticks and weaving round trees

#### **Colours**

What three colours can you see?

#### **Picnic**

Walk or wheel to a nearby park or green area and enjoy a snack together

## **Buggy Walk**

Go on a Buggy walk with family, friends or neighbours

# **Teddy Toddle**

Take your favourite toy for a walk or wheel

#### Superhero

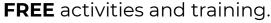
Pretend to be a superhero on an adventure, walking or wheeling and saving the world

# 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



can help you walk or wheel more with



www.transportnottingham.com/travelwell



info@walknotts.org.uk www.walknotts.org.uk

