

# 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

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