walk notts bingo

HOW MANY CAN YOU DO IN AUTUMN?

Spot a snail 	Squelch through mud 	Collect twigs and make a trail for someone to follow 	Look for something red 
Give a tree a hug 	Smell the autumn smells 	Splash in a puddle 	Look up as the leaves fall down 
Look for a squirrel 	Find an acorn 	Listen to leaves crunching as you walk through them 	Collect leaves, twigs and conkers and make a picture 

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: mobility scooters, wheelchairs, buggies, push scooters*

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