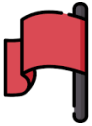
walk notts bingo

HOW MANY CAN YOU DO?

Look at the clouds 	Listen for the birds singing 	Look for some flowers 	Look for something red 
Listen for a dog barking 	Smell some flowers 	Splash in a puddle 	Look for a post box 
Look for insects 	Take your toy for a walk 	Sing a song 	Collect some leaves and twigs 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: rollators, wheelchairs, buggies, push scooters*

WALK notts