

# 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

Look out for 3 different animals

## What can you hear?

Listen out for birdsong

## Puddle Splashing

Splash in a puddle

## Nottingham Landmark

Look out for a famous Nottingham landmark

## Whistle while you walk

Whistle or sing a song whilst you walk

## What can you smell?

Shout out 3 different fragrances that you smell

## Autumn Colours

Spot three Autumn colours

## Walking Trail signs

Take a photo of a walking trail sign

## Benches

Find three benches

## Teddy Toddle

Take your favourite toy **Pudsey Bear?** for a walk or wheel

## Steps

Count how many steps you walk along the way

*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