

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

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



Walk Notts Bingo

How many of these can you do?

Scavenger Hunt

Collect leaves, twigs, or small stones – what can you make with them?

#WalkNotts Stone

Paint a #WalkNotts stone and leave it for someone to find

Photos

Go on a walk or wheel and take photos of things you find interesting

Litter Picking

use gloves or a litter picker to pick up and recycle 5 pieces of litter

Mindfulness

What do you see, hear or feel while you walk or wheel?

Storytelling

Make up a story based on what you see around you.

Heads or Tails

Flip a coin and let it choose your next move.
Heads you go right...
Tails you go left...

Flower Power

Go outside and smell some beautiful flowers. Remember not to pick them

Picnic

Go to a nearby park or green area and enjoy a snack together

Walk or Wheel

With you family, friends or neighbours.

Dancing Feet

Put on your favourite song and dance from room to room

Step Counting

Count your steps in 2's, 5's or 10's

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How many of these can you do?

Scavenger Hunt

What can you see when you're walking or wheeling around?

Picnic

Walk or wheel to a nearby park or green for a snack

Geocaching

Use a geocaching app to find hidden treasures

Walk or wheel to school

How many steps do you do?

Walk, wheel and chat

with friends or family

Culture Club

Read a book or watch a film and chat about it with friends while walking or wheeling

Night Adventure

Go with a group on an evening walk or wheel

Storytelling

Make up a story based on what you see around you

Walk Notts Stone

Paint a #WalkNotts stone and leave it somewhere for someone to find

Parkour or Fitness

Find safe areas to practise tricks or workout while you walk or wheel

Eco-Walk or Wheel

Pick up and recycle 5 pieces of litter found along your route

What can you see/hear?

What animals or birds can you see/hear?

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Walk Notts Bingo

How many of these can you do?

At Work

Have a walking or wheeling meeting

Picnic

Join with friends or family for a snack at a local park or green space

Photography

Take photos of unique perspectives of the world around you

Walk Notts Stone Trail

Paint a #Walk Notts stone and leave it somewhere for someone to find

Go Explore Local

Discover a new walking or wheeling route in your area and tell someone about it

Mindfulness

Focus on the moment, listen and observe your surroundings without distractions

Walking or Wheeling Group

Join or start a walking, wheeling or community group in your area

Step Challenge

How many steps can you do each day?

Sunrise or Sunset Walk or Wheel

Plan a walk or wheel to watch the sun rise/set

Audiobook/Podcast

Listen to a favourite book or podcast while walking or wheeling

Workout

Add some bodyweight exercises to your walk or wheel

Creative Thinking

Use a walk or wheel to think through ideas or solve problems creatively

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How many of these can you do?

10 Minutes

Can you walk or wheel for 10 minutes today?

Gratitude

Reflect on 1 thing you're grateful for while walking or wheeling

Garden Tour

Explore a garden – what plants, birds or trees can you see?

Fragrance

Smell 3 different fragrances like plants, flowers, the ground after rain

Walk or wheel round the shops

What do you see, smell and hear?

Sounds

Listen out for 3 different sounds you can hear like birds singing or leaves rustling in the trees

Bench to bench

Alternate walking with sitting down for a while on benches or chairs

Join a walking or wheeling group

Or go on one with a theme e.g. art, heritage or nature

Go Explore Local

Walk or Wheel with your friends or neighbours. Can you find a new route in your area?

Strength and Balance

Can you walk heel-to-toe alongside a bench or get up from sitting without using your hands?

Photography

Take 3 photos of interesting scenes

Picnic

Go to a nearby park or green area and enjoy a snack together.

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