

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



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