

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

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

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