

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

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