

# walk notts festival

01-31 May

How many of these can you do in May?

## 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](mailto:info@walknotts.org.uk) [www.walknotts.org.uk](http://www.walknotts.org.uk)



#nottswalkingfestival



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## 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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## 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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## 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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## 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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