

# Sustrans School Programme

## Walking Bingo

**Suitable for:** All ages

### You will need

- Paper
- Pens
- Colouring pencils or felt tips (optional)

**Activity:** use your daily outdoor exercise time to look around for all of the things on your bingo sheet.










Print out the bingo sheet on the next page. When you see an item on the sheet tick it off. Alternatively, you could draw it out on a piece of paper, or take a photo of the sheet on your phone. Who will be the first to spot all the items on the sheet?

### Variations

- Create your own versions with 9 items you might see or hear on your daily walk. Make one for each person in your family (each card can contain different things).
- Challenge yourself to find more difficult items, things you have to really look and listen for such as a Y-shaped stick, an ant or a Robin singing. Who is the best spotter in your family?



# Walking Bingo Card

<p>Post box</p> 	<p>Bicycle</p> 	<p>Bollard</p> 
<p>Yellow flower</p> 	<p>Dog</p> 	<p>Bus</p> 
<p>Bench</p> 	<p>Scooter</p> 	<p>Seagull</p> 

Make sure you follow the highway code as well as the current government guidance on social distancing measures whilst out on your walk or cycle.

<https://www.gov.uk/coronavirus>



# Walking Bingo

Think about how can you include the 5 Ways to Wellbeing into your Walking Bingo



BE ACTIVE



TAKE NOTICE

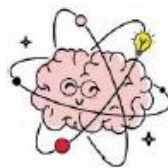


CONNECT



Do the activity with your family

KEEP LEARNING



Think about what you learnt

GIVE



Share your creations!

