

Bike It Brighton

Walking Bingo Challenge

Hello, it's Bike It Lucy here. I would love to encourage you to stay active during lockdown. Moving and being active is so important for our physical and mental health and wellbeing.



Getting outside to connect with nature and the local environment as well as getting some vitamin D on those days when the sun is shining makes me feel so much better. I'm loving my local walks and even saw a fox in a cemetery!



I would like to invite you to take part in my challenge this week which is walking bingo. I've prepared you some sheets which you can print out, or copy onto some scrap paper or the back of a cereal packet.

There are four sheets with different themes for you to do throughout the week and there's also a quiz. More details on the following pages. I'd love to hear how you get on.



Bike It Brighton

Walking Bingo Challenge

Suitable for: All

You will look around at the environment in your local area whilst out on your daily exercise. There are four bingo cards and one quiz.

You will need

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



You should 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>

Extra activity

You could send Bike It Lucy photos of your adventures outside or your bingo cards.

email lucy.dance@sustrans.org.uk

Twitter @BikeItLucy

Facebook @SustransBrighton



WALKING BINGO

Whilst out on your daily exercise in your local area, look out for the items below. There is a mix of nature, man made, moving and still objects to find. You can tick objects as you find them. You can either print this sheet out to take with you, draw it out on a piece of paper, or take a photo of the sheet on your phone. Try and pick a dry day or your paper might get a bit soggy!



WALKING BINGO

Instead of looking for set objects, you could look for items which are different colours of the rainbow. How many items are natural, and how many are man-made? You can either print this sheet to take with you, or you can get really creative with your own with pencils, felt tips or paints!

COLOUR	ITEM(S) FOUND

What other colourful objects did you spot?



WALKING BINGO

Instead of looking for set objects, you could look for items which begin with different letters of the alphabet!

You can either print this sheet to take with you, or you can write it down on a piece of paper.

A...	B...	C...
D...	E...	F...
G...	H...	I...
J...	K...	L...
M...	N...	O...
P...	Q...	R...
S...	T...	U...
V...	W...	X...
Y...	Z...	

How many boxes
can you fill during
a walk?



WALKING BINGO

Make your own sheet of objects to find on your next adventure. Try to create a mixture of nature, man made, moving and still objects to find.

You can either print this sheet out to fill in or draw it out on a piece of paper.

What else did you see?



ROAD SAFETY

It's the last day of our walking bingo week. You might have missed a day and wish to catch up, or you might have a favourite day that you could do again. There's also a mini Friday quiz for you! Before heading out, try our mini road safety quiz to test your knowledge when walking, cycling or scooting. You can discuss why each option may or may not be a suitable answer.

Question 1 Before crossing the road you should:

- a) Keep walking whilst looking
- b) Stop, look, listen
- c) Look, talk, run
- d) Stop, listen, run

Question 2 Which is the safest place to cross a road?

- a) On a bend
- b) Behind a car
- c) On the brow of a hill
- d) On a straight clear road

Question 3 While cycling when should you use a bell?

- a) To show off
- b) When you see your friend
- c) To make music
- d) To warn someone you're there

Question 4 Which brakes on your bike should you use to come to a stop?

- a) Just your front brake
- b) Just your back brake
- c) Both at the same time
- d) Use your feet on the floor

Question 5 Which of these should you **not** do when crossing the road?

- a) Listen to music
- b) Check messages on your phone
- c) Walk on a 'red man' signal
- d) a,b and c.

