

# Sustrans School Programme

## Walking Bingo

Suitable for: All

**You will** look around at the environment in your local area whilst out on your daily exercise.



### 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>

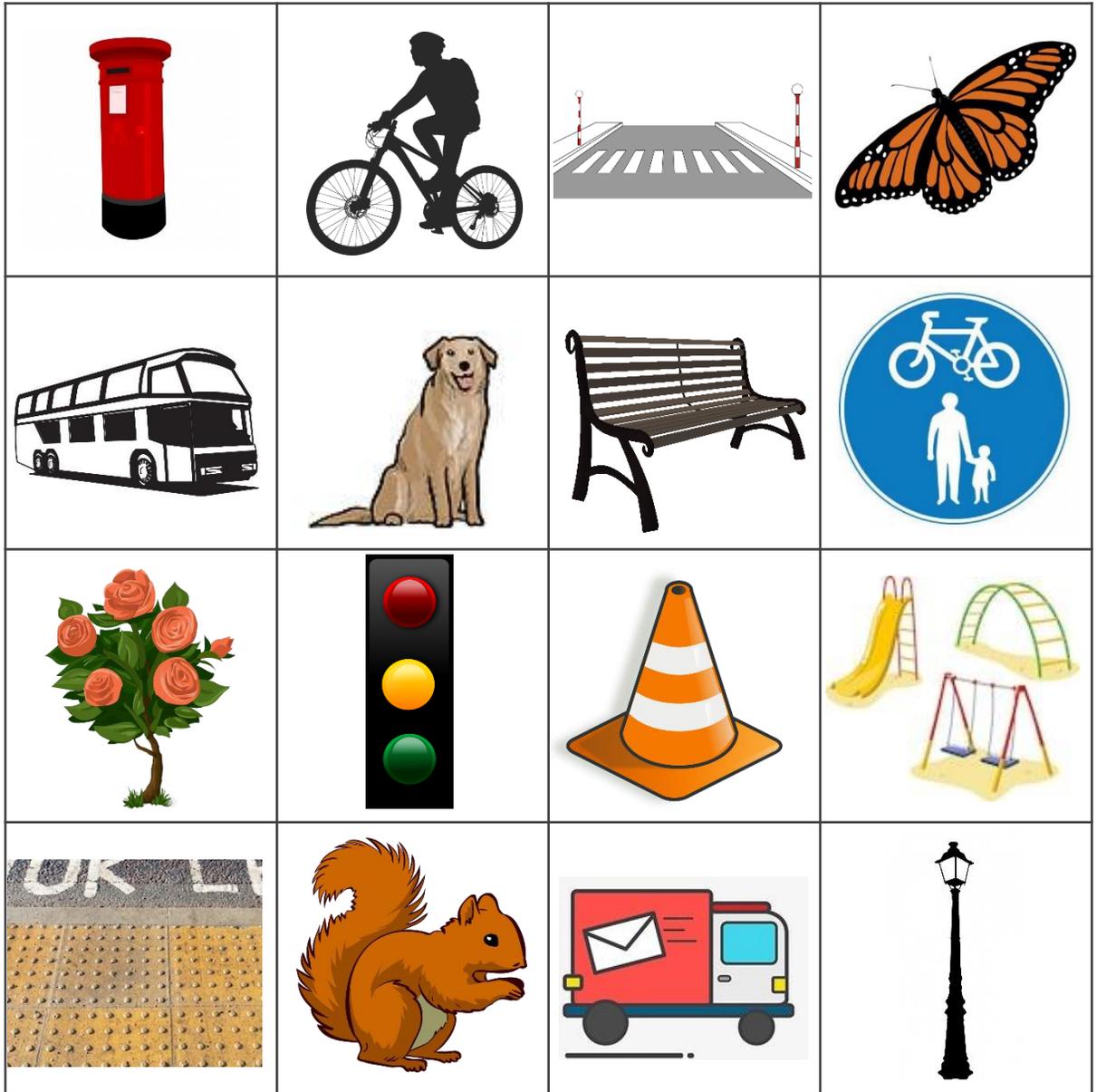
### Extra activity

**You could** report any good or bad walking and cycling infrastructure to the local authority using online platforms.



# 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.



# 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
Red	
Orange	
Yellow	
Green	
Blue	
Purple	
Pink	

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

This walking activity is designed for the whole family to enjoy whilst exploring your local area. 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.



## EXTRA ACTIVITY

Southampton City Council is making changes to make social distancing easier when walking and cycling. You can see some examples of what they've already done below.



While you are out and about, if you come across a space that does not allow you to socially distance safely, you can let the council know by going to: <http://southamptontravelmap.commonplace.is> This could include widening pavements, or installing temporary cycle lanes.

If you have used any of the individual schemes installed, you can report general feedback using:

<https://www.sustrans.org.uk/space-to-move/>

If you wish to officially comment on or object to us about the changes please do so in writing to

[Traffic.Orders.Legal@southampton.gov.uk](mailto:Traffic.Orders.Legal@southampton.gov.uk)

