

30 Days Wild Business Presentation

Notes for Presenters

Slide 1

- 30 Days Wild is the UK's month-long nature challenge and it's here to help you feel happier, healthier and more connected to nature: at work and in your daily lives
- Last year 250,000 people took part and The Wildlife Trusts are hoping to double that this year
- This year, we're taking part as a team/organisation

Slide 2

- Taking part is simple – everybody tries to do one wild thing every day throughout June, this could be anything from:
 - Having your lunch break in a green place
 - Listening to bird song
 - Learning to identify a tree
- There's loads of hints and tips to provide inspiration
 - The Random Acts of Wildness poster
 - 'Going Wild at Work' booklet
 - Organisers from each business taking part will receive weekly emails with ideas to inspire and encourage
 - Online at mywildlife.org.uk/30dayswild
 - From others taking part - #30DaysWild
- Whatever you do The Wildlife Trusts would love to hear about it, share your stories:
 - using #30DaysWild
 - with colleagues by completing the calendar
 - send directly to ebottomley@wildlifetrusts.org

Slide 3

Some ideas to get you going wild (see the full list [here](#))...

- **Take a break in nature** - Switch off your screens at lunch or after work and relax outside. Enjoy the colours of the flowers, the feeling of the sun (fingers crossed), the smells in the breeze, the sound of birdsong and the sweet taste of homemade elderflower cordial
- **Meet up in the wild** – Take your meetings outside; a walking one to one can be a great way to bond with your staff
- **Forge a daisy chain** - Pick daisies and thread their stems together for a relaxing lunchtime activity that takes you back to your childhood
- **Workout in the wild** - Do your stretching outside (Yes – don't skip your stretches) or change your exercise routes to explore and enjoy wild places
- **Ditch your disposables** – Buy a re-usable coffee cup for your commute to cut down on waste

Slide 4

- There will be loads of resources provided for organisations taking part such as
 - Calendar
 - Posters
 - Activity booklet
 - Selfie props
 - Bunting to decorate your workspace

Slide 5

- This is the fourth year of 30 Days Wild, it's been doubling in size every year
- This is what happened last year

Slide 6

- Connecting with nature is known to improve health and wellbeing
- Participants in 30 Days Wild feel happier and healthier after taking part
- This is sustained two months later

Slide 7

It has this effect because its built around the Five Ways to Wellbeing:

- **Giving** back to nature
- **Being active** in natural spaces
- **Taking notice** of the world around us, taking some time to appreciate it
- **Connecting** with others who are undertaking the challenge
- **Learning** new things

Slide 8

If you're inspired and you want to get even wilder

- **Get involved on social media**
There's a lovely, friendly community online sharing hints, tips, ideas and experiences
- **Link up with your Wildlife Trust**
Your local Wildlife Trust runs events and manages nature reserves across the county
- **Download more resources**
Sign up to an individual pack to get even more resources and share with colleagues