

30 DAYS WILD

What *wild things* can you do nearby?

☐ Create artwork in the wild

Use leaves, pine cones, twigs, feathers and whatever else you can find

☐ Lunch in the wild

Share with friends on a blanket, bench or under a tree

☐ Watch a wild webcam

Take a peek at ospreys, puffins and other wildlife

☐ Discover urban wildness

Colourful lichens on walls, mini-forests of mosses and wildflowers in pavement cracks

☐ Explore somewhere wild

Somewhere you've never been before: check out your local Wildlife Trust nature reserve

☐ Invite a friend into nature

Next time you go to a wild place: a wild wander makes a lovely alternative to a café

My nearest Wildlife Trust nature reserve is:

Hint: Find out at wildlifetrusts.org/wildlife/reserves



☐ Brew a leafy tea

Find and pick dandelion roots and leaves to make your own cuppa

☐ Identify a wildflower

Take notes or even a quick sketch, and then search in a book or online

☐ Tweet for the wild

Share a photo of a wild place - tag it #30DaysWild

☐ Keep a note of wildlife

Make a list of all the species that you see from your window

☐ Map your local wildlife

Draw a map & mark where you see wildlife

☐ Look up at clouds

What shapes can you see?

☐ Spot a wild mammal

From urban foxes to country hares, or even a dolphin at sea

☐ Taste wild elderflowers

Use the flowers to make refreshing cordial (mix with water or fizzy wine!)

☐ Inhale a wild scent

Take a few seconds to smell a wildflower, a plant or the leaves of a tree

Take *action* for wildlife

☐ Start a compost heap

Use organic vegetable peelings, grass cuttings and plant trimmings

☐ Spread wildflowers

Scatter native wildflower seeds in grassy and hard to reach spots

☐ Clean up the wild

Improve your hood and clean up wildlife habitats by collecting litter (safely)

☐ Write to your MP

Choose a wildlife issue that really matters to you and share it with your MP, MSP or AM

☐ Let it grow wild

Mark out a patch of lawn, don't mow and watch it grow



☐ Build a hedgehog highway

Cut a hole in your fence for them to travel through

☐ Encourage wild at work

Hang up birdfeeders, meet outdoors or transform a lawn to a wildflower patch

☐ Swap your cups and bottles

Invest in a reusable coffee cup and water bottle to cut down on waste

☐ Check for microplastics

Swap harmful cosmetics for natural products that won't affect our sealife



Time to *find* your *wild life*

☐ Sip in the wild

The first tea or coffee of the day tastes better outside, accompanied by birdsong

☐ De-stress naturally

Walk somewhere quiet. Make a wild facemask from crushed mint leaves and honey

☐ Switch off to tune in

Turn off all electronic gadgets today - just you and the natural world

☐ Stay up on a summer's eve

Find a dark wild place - let your ears 'see' what's around

☐ Read a book in the wild

Find a book about wild creatures or places and read it outside

☐ Get crafty in the sun

Knit, crochet, sew or colour outside and soak up the rays

☐ Sketch the wild up close

Use a pencil to capture the detail, shapes and texture

☐ Wake up with the dawn

You'll hear the dawn chorus and watch the sun rise

☐ Write a wild poem

Use a haiku or sonnet to recreate a wild experience

☐ Climb for a wild view

Seek out and scale a wild hill or mountain

Unleash your inner *wild child*

☐ Dance in a downpour

Get outside and rock some moves in the rainstorm

☐ Tell wild stories

Use nature to inspire your characters, setting and plot

☐ Dangle your feet in wild water

A stream, brook, river or gentle waves will tingle your senses

☐ Inspire a wild child

Take kids or grandkids somewhere wild for the day - let them imagine, play and discover

☐ Start a wild adventure

What have you always wanted to see in the wild? Make it happen!

☐ Feel the wild under your feet

How many wild landscapes can you feel through the soles of your feet?

☐ Build a wild retreat

Put up a den, tipi or tent in a woodland or a backyard

☐ Showcase on a nature table

Display wild treasures like feathers, fossils and bones

☐ Wear a flower behind your ear

Dandelions or daisies will brighten up any outfit

☐ Follow a bumblebee

You'll need your eyes and ears to keep up!

☐ Cuddle your favourite tree

Work out if it's ancient - the wider your hug, the older it is!



Image credits: Family © Katharine Davies; Urban plants © Paul Hobson; Feet in water, Woman meditating © Matthew Roberts; Bumblebee © Andy Jones; Boy in cap © John Ferguson
Take care when exploring wild places. Be careful not to damage wildlife or yourself. Never eat or drink anything wild unless you know it is safe to do so.



#30DaysWild Find your wild life with your Wildlife Trust wildlifetrusts.org



30

DAYS WILD

All our lives are better if they're a bit wild.

Note down or draw your daily Random Acts of Wildness and how they made you feel.

Share with #30DaysWild

Be inspired at wildlifetrusts.org/30DaysWild

Wednesday

JUNE 01

☐

Thursday

JUNE 02

☐

Friday

JUNE 03

☐

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Share your photos, ideas and activities #30DaysWild

Saturday

JUNE 04

☐

Sunday

JUNE 05

☐

Monday

JUNE 06

☐

Tuesday

JUNE 07

☐

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Looking for a wild weekend? Check out our Random Acts of Wildness online

Wednesday

JUNE 08

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Thursday

JUNE 09

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Friday

JUNE 10

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Saturday

JUNE 11

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Sunday

JUNE 12

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Monday

JUNE 13

☐

Tuesday

JUNE 14

☐

Wednesday

JUNE 15

☐

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You're half way through! Keep it up!

Thursday

JUNE 16

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Friday

JUNE 17

☐

Saturday

JUNE 18

☐

Sunday

JUNE 19

☐

Monday

JUNE 20

☐

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Stuck at work? Don't worry – wildlife and wild places are closer than you think

Tuesday

JUNE 21

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Wednesday

JUNE 22

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Thursday

JUNE 23

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Friday

JUNE 24

☐

Saturday

JUNE 25

☐

Sunday

JUNE 26

☐

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Snap a photo of your favourite wild place and share #30DaysWild

Monday

JUNE 27

☐

Tuesday

JUNE 28

☐

Wednesday

JUNE 29

☐

Thursday

JUNE 30

☐

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Amazing work going wild this June! Can you #StayWild

We hope you've loved your wild month. Can you Stay Wild?

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Share your favourite Random Acts of Wildness, photos and wild places with us.

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#StayWild

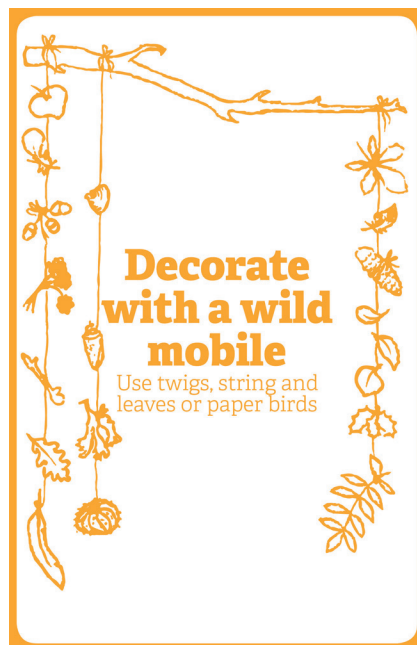
Find your wild life with your Wildlife Trust

wildlifetrusts.org

THE

wildlife

TRUSTS





**Random Act
of Wildness**

03

#30DaysWild



**Random Act
of Wildness**

02

#30DaysWild



**Random Act
of Wildness**

01

#30DaysWild



**Random Act
of Wildness**

06

#30DaysWild



**Random Act
of Wildness**

05

#30DaysWild



**Random Act
of Wildness**

04

#30DaysWild



**Random Act
of Wildness**

09

#30DaysWild



**Random Act
of Wildness**

08

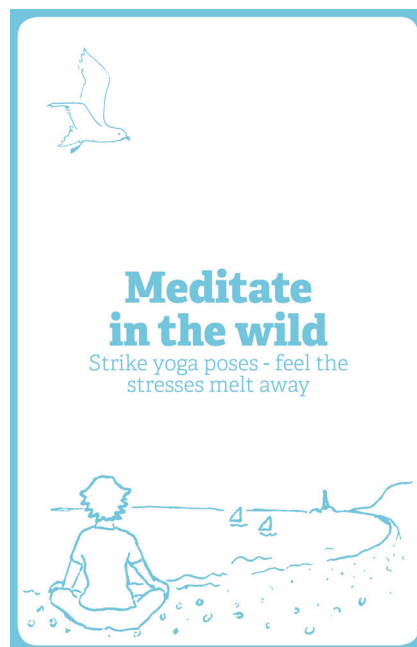
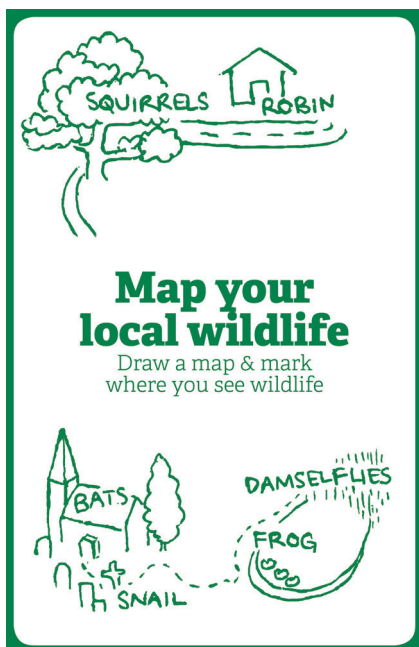
#30DaysWild



**Random Act
of Wildness**

07

#30DaysWild





**Random Act
of Wildness**

12

#30DaysWild



**Random Act
of Wildness**

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#30DaysWild



**Random Act
of Wildness**

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#30DaysWild



**Random Act
of Wildness**

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#30DaysWild



**Random Act
of Wildness**

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#30DaysWild



**Random Act
of Wildness**

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#30DaysWild



**Random Act
of Wildness**

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#30DaysWild



**Random Act
of Wildness**

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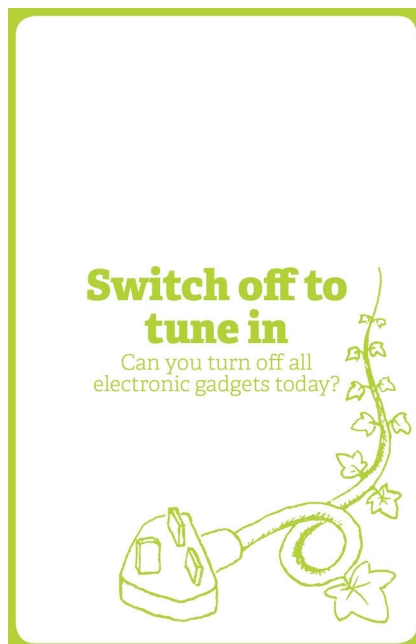
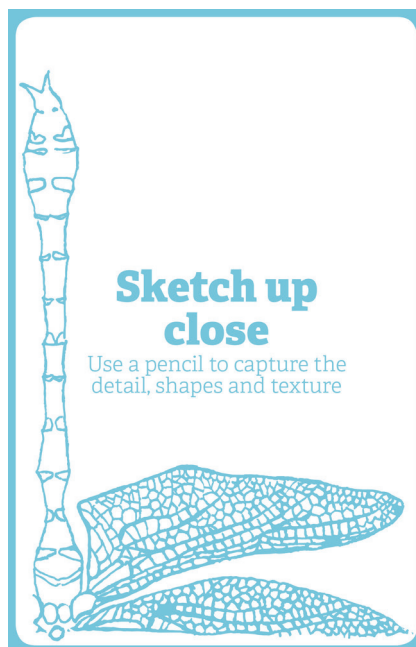
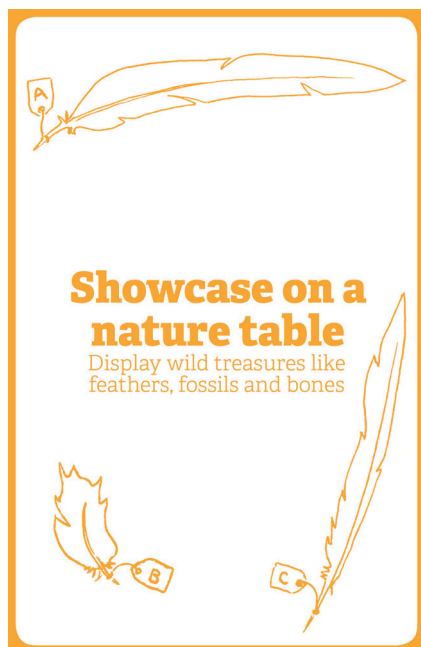
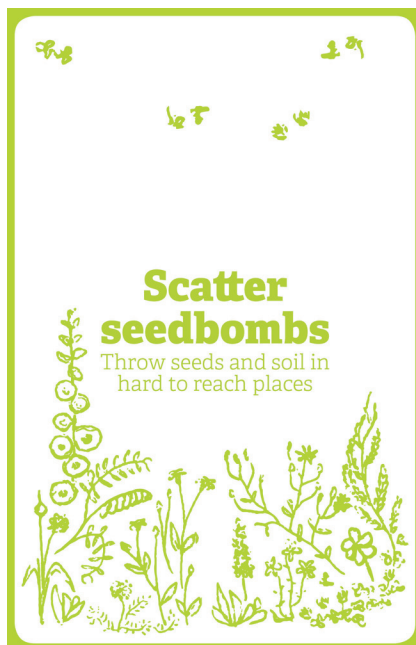
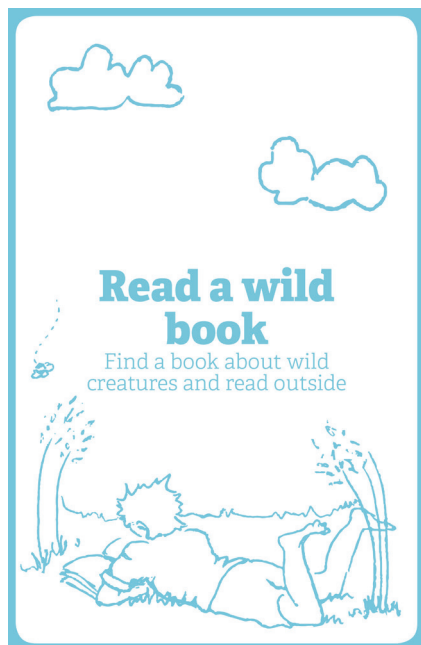
#30DaysWild



**Random Act
of Wildness**

16

#30DaysWild





Random Act of Wildness

21

#30DaysWild



Random Act of Wildness

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#30DaysWild



Random Act of Wildness

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#30DaysWild



Random Act of Wildness

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#30DaysWild



Random Act of Wildness

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#30DaysWild



Random Act of Wildness

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Random Act of Wildness

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#30DaysWild



Random Act of Wildness

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#30DaysWild



Random Act of Wildness

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#30DaysWild



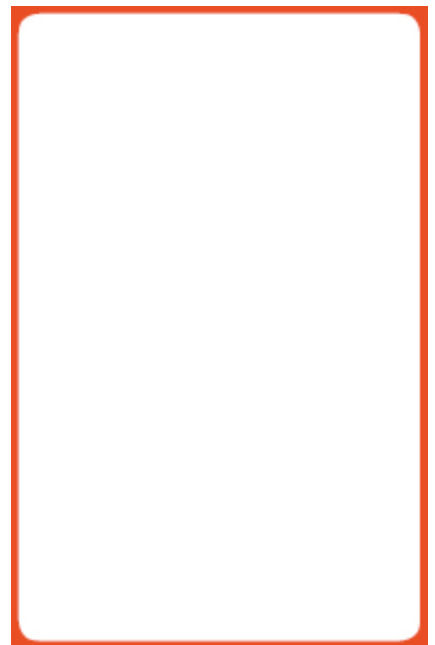
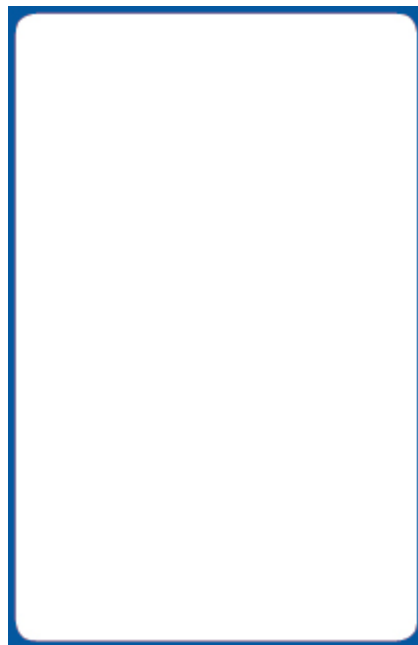
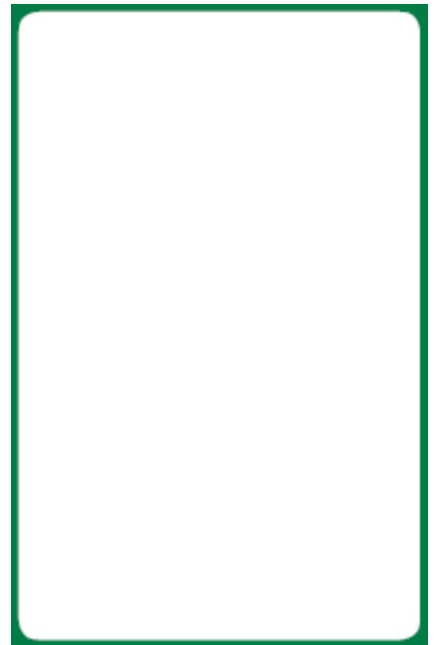
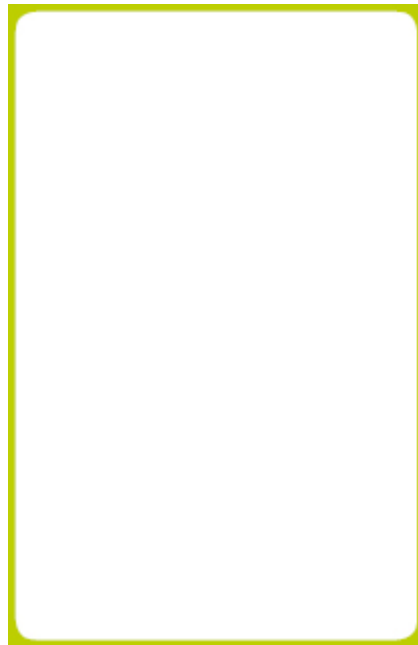
Watch a wild webcam
Peek at ospreys, peregrines and other wildlife



Whistle with grass
Use a thick blade of grass between your thumbs



Write a wild poem
Use a haiku or sonnet to recreate a wild experience





Random Act of Wildness

30

#30DaysWild



Random Act of Wildness

29

#30DaysWild



Random Act of Wildness

28

#30DaysWild



Share in a...

Random Act of Wildness

#30DaysWild



Discover a new...

Random Act of Wildness

#30DaysWild



Create your own...

Random Act of Wildness

#30DaysWild



Design your own...

Random Act of Wildness

#30DaysWild



Write down a...

Random Act of Wildness

#30DaysWild



Make a note of a...

Random Act of Wildness

#30DaysWild