

# Be a Wildlife Hero with your Wildlife Trust!

The Wildlife Trusts is a movement of people passionate about nature. We are local charities, formed by people to make a difference where they live, and all working together for the wildlife of the UK. Wherever you are, there is a Wildlife Trust saving, protecting and standing up for wildlife and wild places near you.

Supported by our 800,000 members, together The Wildlife Trusts care for 2,300 diverse and beautiful nature reserves, and most people live within a few miles of one of these special places. We look after

the amazing wildlife that lives on our coasts and in our seas, too!

By taking part in 30 Days Wild, you're helping to preserve our wildlife and wild places for generations to come – you're a Wildlife Hero!



- 61 Make your own cards with fresh leaves
- 62 Be water wise
- 63 Look for animal tracks
- 64 Enjoy a midsummer feast
- 65 Get up close to a garden snail
- 66 Look for minibeasts
- 67 Swim somewhere wild
- 68 Cook outside
- 69 Make a grass trumpet
- 70 Climb a tree
- 71 Share a taste of nature
- 72 Photograph a wild diary

- 73 Feed the birds
- 74 Spot the difference
- 75 Turn off electronic devices for a day
- 76 Help protect wildlife by signing a petition
- 77 Go on a night-time nature walk
- 78 Start a wild list
- 79 Make a bark boat and watch it set sail
- 80 Write to your MP
- 81 Sketch a plant, bug or feather up close
- 82 Build a loggery for beetles
- 83 Watch flowers as they follow the sun
- 84 Shine a torch on a pond and meet a newt
- 85 Find out which mammals visit your garden
- 86 Create space for nature in your neighbourhood
- 87 Share the good things in nature
- 88 Listen with a bat detector
- 89 Make a wild map
- 90 Volunteer your wild time
- 91 Go wild swimming
- 92 Make a daisy chain
- 93 Picnic with your garden birds
- 94 Check out a local bird ringing demonstration



- 95 Take a nap in long grass
- 96 Watch a wild webcam
- 97 Put water under the microscope
- 98 Get close to wildlife in a bird hide
- 99 Birdwatch on your bike
- 100 Make a moth trap
- 101 Contact your local Wildlife Trust



Share your Random Acts of Wildness using #30DaysWild

**30 DAYS WILD**

**101 Random Acts of Wildness**

# Bring out your wild side!

Use this list of activities for ways to go wild or be inspired to create your own. You can find the full list and more at [wildlifetrusts.org/30DaysWild](https://www.wildlifetrusts.org/30DaysWild)

## Follow us...

 @WildlifeTrusts  
 @wildlifetrusts  
 @thewildlifetrusts

Follow the Wildlife Trust in your area too – for local nature inspiration and wild ideas!

## #30DaysWild

Be careful not to disturb or damage wildlife. Foraging for wild foods can be dangerous. Some plants can cause serious illness or death, so unless you're certain you know what you've picked, we suggest you get it identified by an expert/professional forager. The Wildlife Trusts do not take responsibility for any harm caused during the carrying out of these activities. Keep it wild!

Photo credits: Zsuzsanna Bird, Pete Dommett, Drazen\_/iStockphoto, Guy Edwardes, Teodor Lazarev/Shutterstock, Tom Marshall, Elliott Neep, Lynne Newton, Matthew Roberts, Emma Websdale.

1 Make a nature table

2 Dance in a downpour

3 Explore somewhere wild nearby

4 Feel the cool grass between your toes

5 Admire the setting sun

6 Cuddle your favourite tree

7 Exercise in the wild

8 Meditate somewhere wild

9 Save a spider!

10 Create wild art

11 Inhale the perfume of a wildflower

12 Dip your feet in wild water

13 Rewild your garden

14 Write for wildlife

15 Investigate tracks and signs

16 Explore nature's colour palette

17 Eat or drink a wild ingredient

18 Tweet your favourite wild place

19 Invite a friend into nature

20 Go stargazing

21 Sit in a wild spot

22 Follow a bumblebee

23 Design a recycled home for wildlife

24 Notice something new in nature

25 Go butterflying

26 Experience a wild "wow"

27 Scribble a poem, blog or story about a wild place

28 Make lunch-hour your wild-hour

29 Pick up a wildlife magazine

30 Throw a wild party

31 Go moongazing

32 Make a bird feeder

33 Go on a wild adventure

34 Hide out in the wild

35 Look up!

36 Organise a mini litter-pick

37 Get a new perspective in the woods

38 Make your own nature trail

39 Plant a mini meadow

40 Build a den in a wild place

41 Look for orchids

42 Make a moss bath matt

43 Rewild your walls

44 Make a natural facemask

45 Watch the sun rise

46 Listen to the dawn chorus

47 Think before you buy

48 Stay up late and watch nightlife

49 Share your favourite tree

50 Get involved in a citizen science project

51 Climb a hill and take in the view

52 Tell a wild tale

53 Visit your favourite wild place

54 Organise a wild garden party

55 Create a wildlife pond

56 Explore a blooming meadow

57 Record wild sounds

58 Grow borage for bees

59 Make a forest mobile with twigs

60 Leave a pile of leaves