



Random Act of Wildness



#30DaysWild

Feel the wild between your toes

Squelch your toes in the
grass, sand or mud.





Random Act of Wildness

02

#30DaysWild



Look up at the clouds

What shapes can you see?





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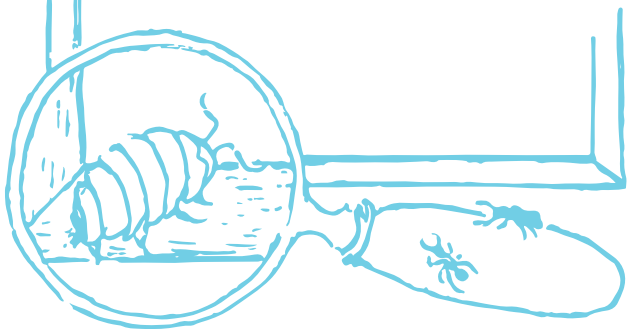
03

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Find a creepy crawly

Be gentle. Get close and
watch the way it moves.





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04

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Thread a daisy chain

Pick daisies and thread
their stems together.



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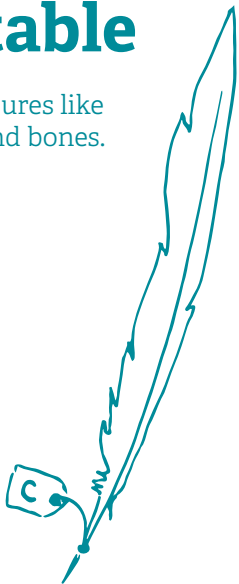
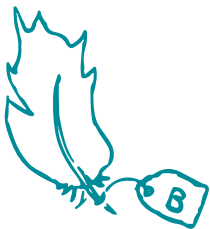
05

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Showcase on a nature table

Display wild treasures like feathers, fossils and bones.





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06

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Lunch in the wild

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





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07

#30DaysWild

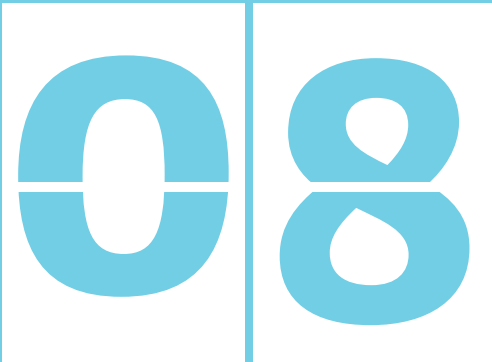
An illustration of a person with curly hair wearing a blindfold, surrounded by birds on branches. The person is at the bottom left, looking down with their eyes covered by a white cloth. Five birds are perched on branches around them: one at the top right, one at the top left, one on the middle left, one on the middle right, and one at the bottom right. The background is a solid light blue.

Listen for wild sounds

Use a blindfold to focus
– what can you hear?



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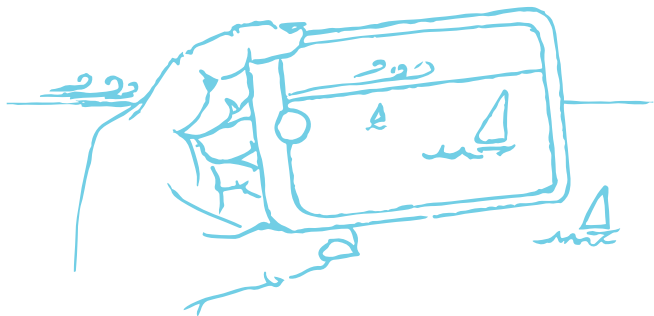


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Snap a blue photo

Butterflies, damselflies or even a clear blue sky.





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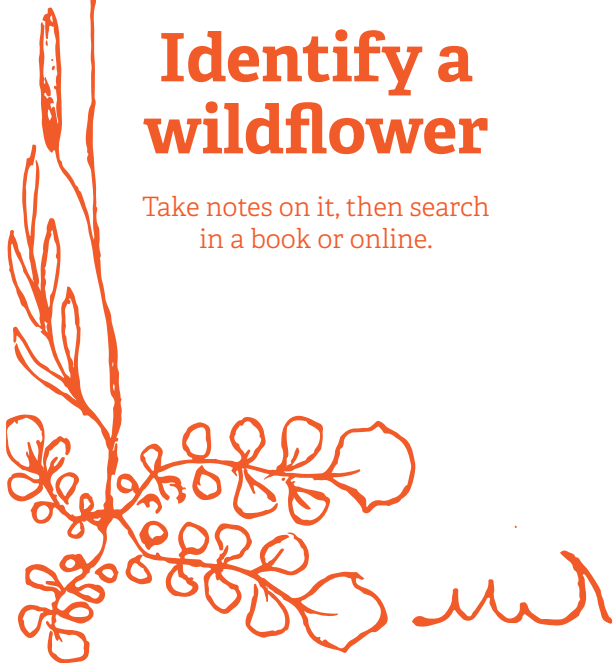


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Identify a wildflower

Take notes on it, then search
in a book or online.





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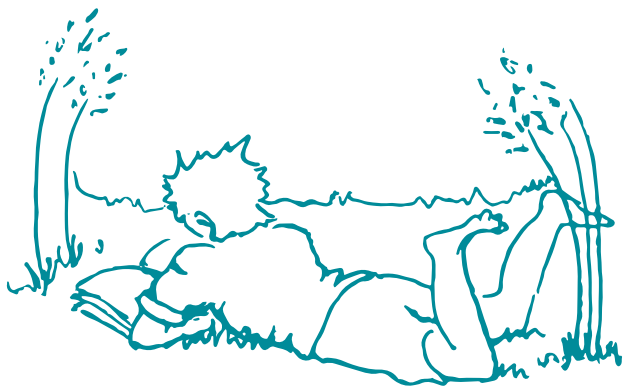
10

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Read a wild book

Find a book about wild creatures
and read outside.



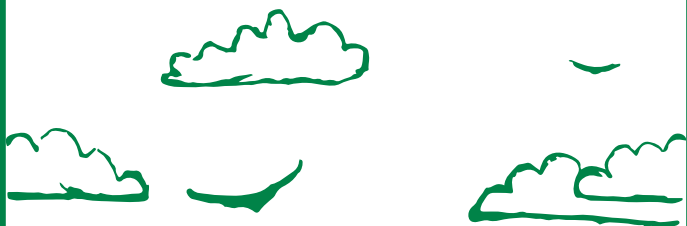


Random Act of Wildness

1

1

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Picnic with the birds

Prepare a bird feast with fruit, cheese and seeds.





Random Act of Wildness

1

2

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Create a work of art

Using leaves, pinecones,
feathers and twigs.





Random Act of Wildness

1

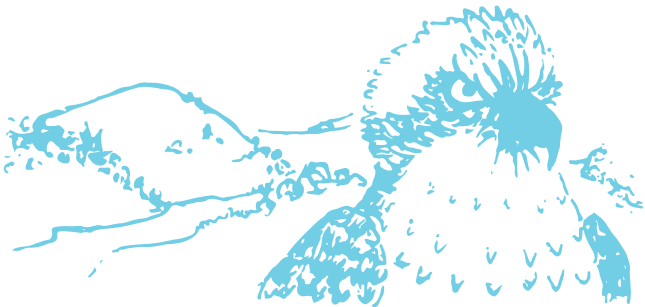
3

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Watch a wild webcam

Peek at ospreys, peregrines
and other wildlife.





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1

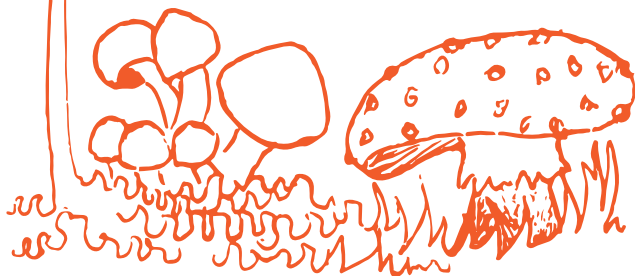
4

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Search for mini wildness

Lichens, forests of moss
and flowers in pavements.





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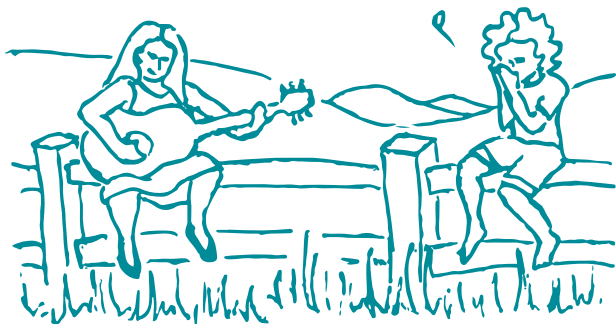
1

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Whistle with grass

Use a thick blade of grass
between your thumbs.





Random Act of Wildness

1

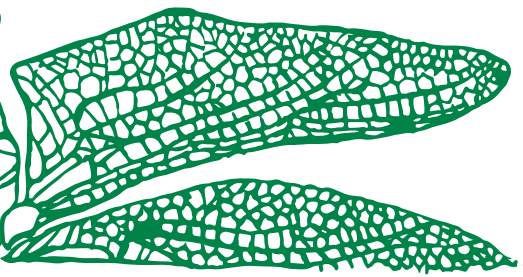
6

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Sketch up close

Use a pencil to capture the detail, shapes and texture.





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Quiz your friends

Write a wildlife quiz to challenge friends.





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1

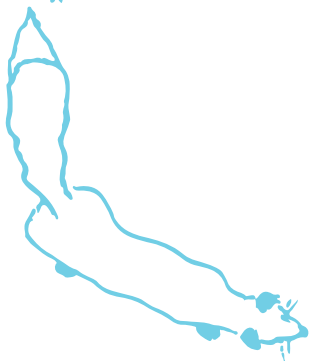
8

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Spot a wild mammal

From urban squirrels, foxes or deer to country hares.





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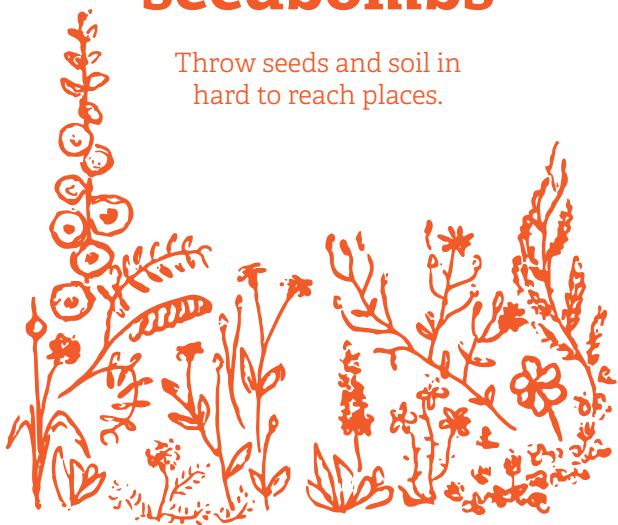
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Scatter seedbombs

Throw seeds and soil in
hard to reach places.





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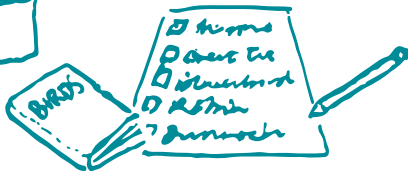
20

#30DaysWild

A hand-drawn illustration of a window with curtains, a cat on the sill, a cup of coffee, and a notepad with a pencil. The window is framed by a simple line drawing of a curtain rod with rings. The curtains are drawn back, revealing a window sill. A cat is sitting on the sill, looking out. A cup of coffee is on the floor next to the sill. A notepad with a pencil is on the floor in front of the window. The notepad has a list of birds written on it: "Herring", "Great Tit", "Blackbird", "Robin", and "Sparrow". The word "BIRDS" is written on the cover of the notepad.

Keep a note of wildlife

List the species that you see from your window.





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Google wild facts

Discover secrets about
your favourite animal.





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Meditate in the wild

Strike yoga poses – feel the
stresses melt away.





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Decorate with a wild mobile

Use twigs, string and
leaves or paper birds.

Use twigs, string and leaves or paper birds.



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24

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Design a wild home

From bug hotels to a
hedgehog hideout.





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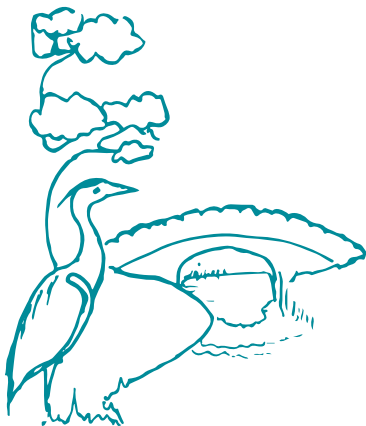
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Draw a wild landscape

Can you use
your imagination?





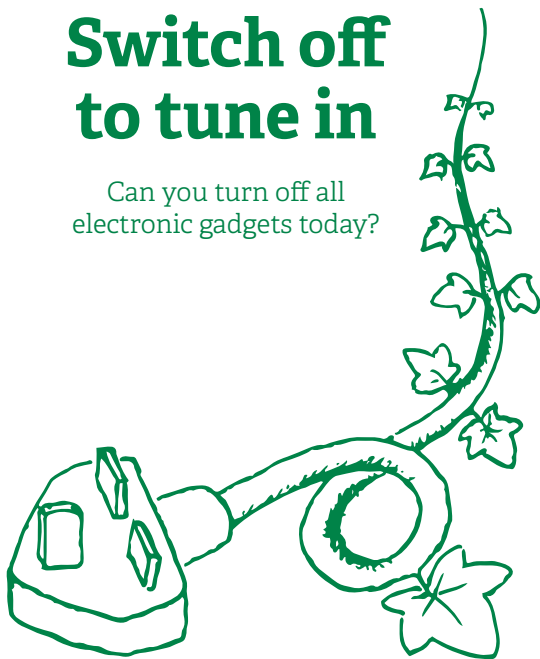
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Switch off to tune in

Can you turn off all
electronic gadgets today?





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2

7

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Race for a rainbow

Race friends to find the
colours of the rainbow.





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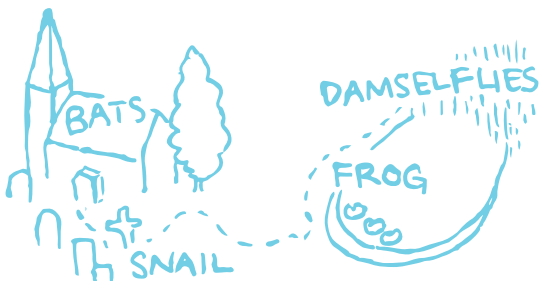
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Map your local wildlife

Draw a map and mark where you see wildlife.





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#30DaysWild



Pick up litter

Sweep the area for rubbish
and pop it in the bin.





Random Act of Wildness

30

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Write a wild poem

Use a haiku or sonnet to
recreate a wild experience.

