



Random Act of Wildness

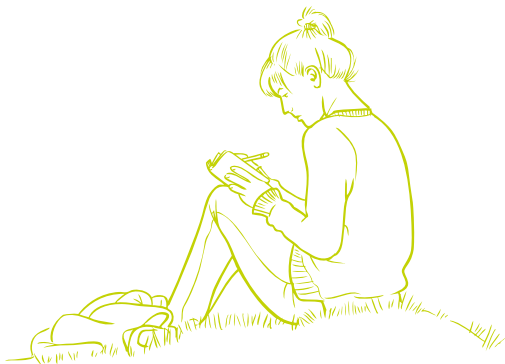


#30DaysWild



Write a wildlife poem

Ask residents to think of the words that remind them of nature. Form them into phrases, paragraphs and poems.





Random Act of Wildness

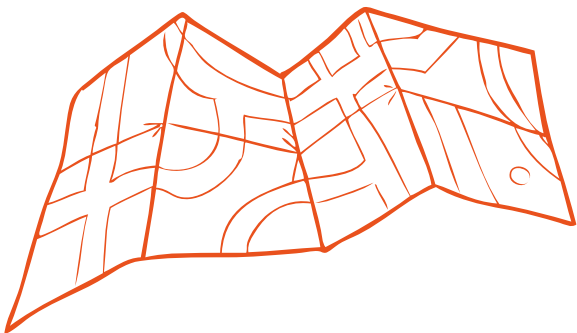
02

#30DaysWild



Draw a wildlife map

Create a map of your home and use stickers to chart your wild finds and adventures. Where did most of your sightings take place?





Random Act of Wildness

03

#30DaysWild



Litter pick in the local area

Pledge to keep a small area of land clear of rubbish. Discuss the issue of recycling with residents, and create works of art from discarded items.





Random Act of Wildness



#30DaysWild



Draw a wild landscape

Use pens, pencils, paints or natural materials to create wild landscapes.





Random Act of Wildness

05

#30DaysWild



Make a wild mobile

Attach feathers, seeds, leaves and other natural items to mobiles that can be displayed in communal areas or residents' rooms.





Random Act of Wildness

06

#30DaysWild

Meditate outdoors

Experience nature at its most peaceful, and spend time outdoors concentrating on residents' breathing and gentle exercises.





Random Act of Wildness

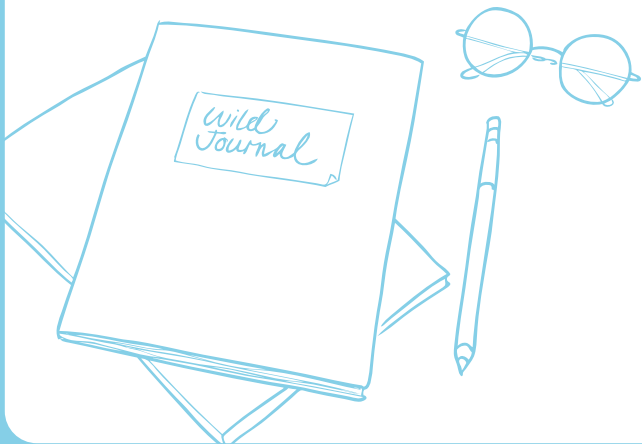


#30DaysWild



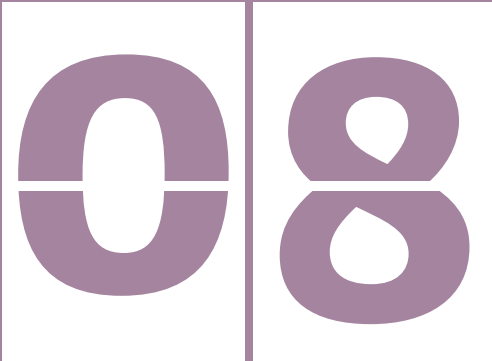
Create a wild journal

Create a journal or scrapbook for your residents' nature notes and findings.





Random Act of Wildness

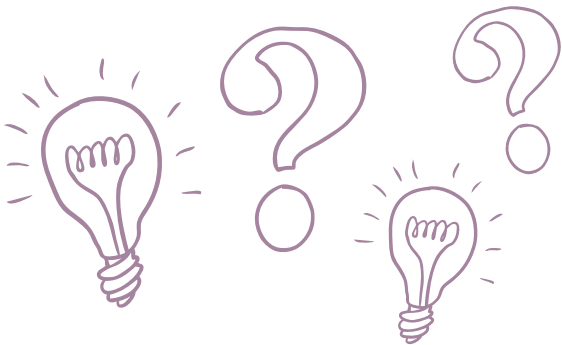


#30DaysWild



Take part in a nature quiz

Test your residents' nature knowledge with a picture quiz or series of questions that show what they've learned.

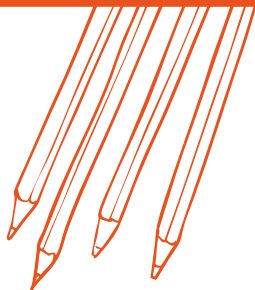




Random Act of Wildness

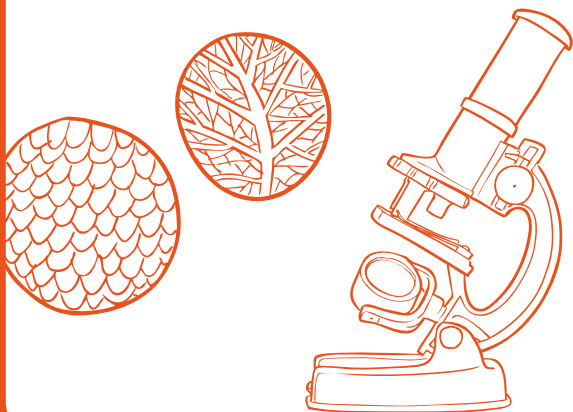


#30DaysWild



Sketch close-up details

Use a microscope to analyse nature's deepest secrets, including scales and feathers, different textures and shades, and minute details.





Random Act of Wildness

10

#30DaysWild



Whistle with grass

Learn how to whistle a tune with grass.

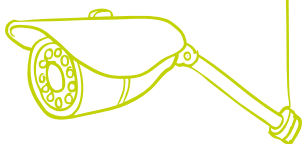




Random Act of Wildness



#30DaysWild



Watch a wild webcam

Choose any of The Wildlife Trusts' live wild webcams to get a glimpse of animals' lives.



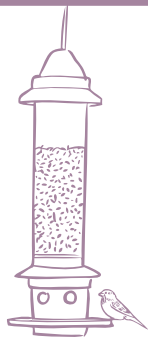


Random Act of Wildness

1

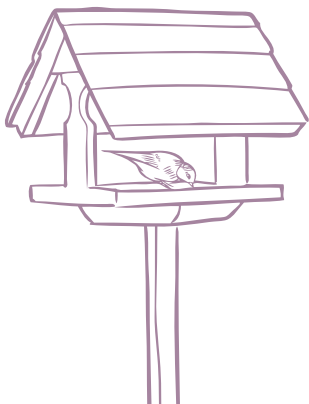
2

#30DaysWild



Feed the birds

Put your residents in charge of keeping bird tables and feeders stocked with fruits, seeds and cheeses.



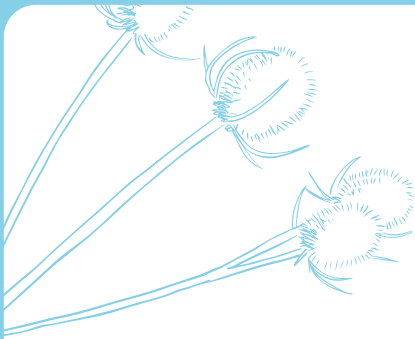


Random Act of Wildness

1

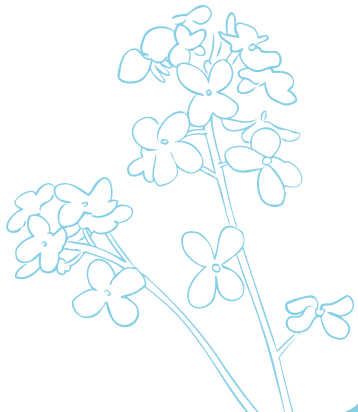
3

#30DaysWild



Wild flower identification

Help residents to identify the
wildflowers that grow around
your home's garden and grounds.

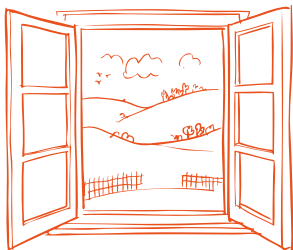




Random Act of Wildness

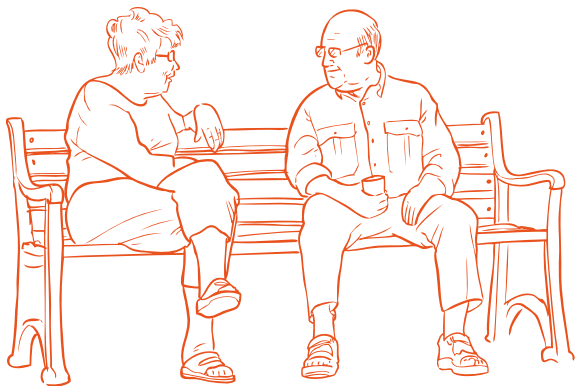


#30DaysWild



Listen out for wild sounds

On a still, quiet day take some time to sit outside, or open windows and doors to revel in nature's music.





Random Act of Wildness

1

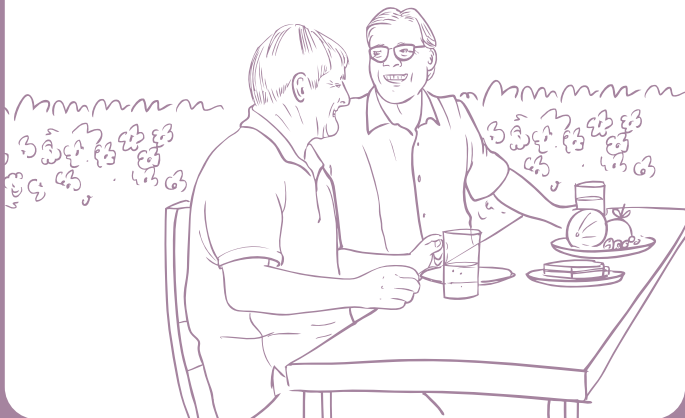
5

#30DaysWild



Eat a meal outdoors

Make the most of good weather and eat your breakfast lunch or dinner outside with your residents.



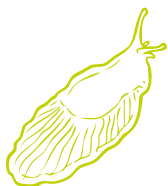


Random Act of Wildness

1

6

#30DaysWild



Examine creepy crawlies

Identify different bug habitats and characteristics, and jot down what you've seen.





Random Act of Wildness

1

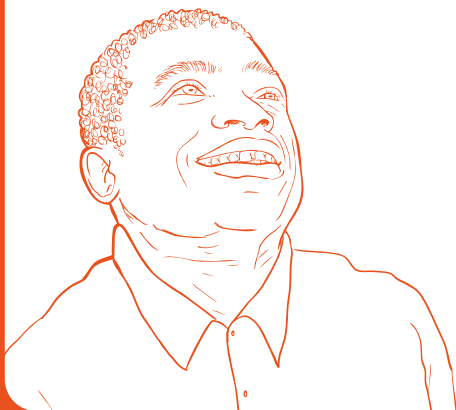
7

#30DaysWild



Spot shapes in the clouds

Rediscover a favourite childhood pastime and stare up at the sky. What shapes, animals and objects can your residents identify?





Random Act of Wildness

1

8

#30DaysWild

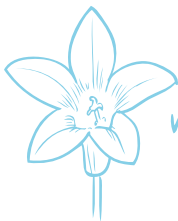


Chase a rainbow

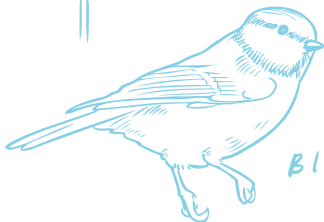
Locate objects from nature that represent each colour of the rainbow. Take a photo and arrange them into a display.



Red



violet



Blue



Random Act of Wildness

19

#30DaysWild



Crafts with nature supplies

Use pinecones, eggshells, leaves, pressed flowers, twigs and pebbles to create wild works of art.





Random Act of Wildness

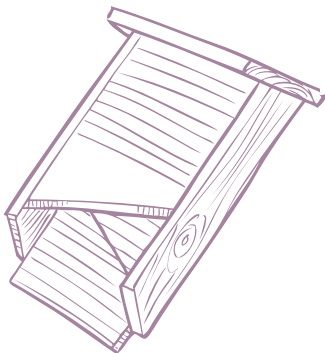
20

#30DaysWild



Install bat boxes

Ask a local expert's advice as you seek to attract species of bat to your home and grounds.





Random Act of Wildness

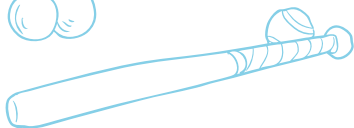
21

#30DaysWild



Play outdoor games

Discuss childhood games and outdoor hobbies. Try out or adapt the favourites such as bowls and kite flying!





Random Act of Wildness

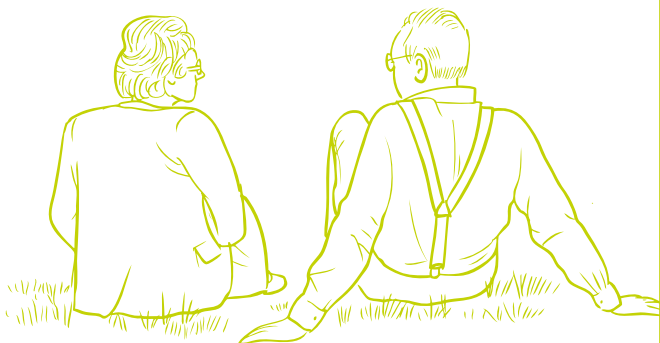


#30DaysWild



Watch the sun

Take a break from a busy morning or evening schedule and watch the sun set, or rise. What a perfect moment of quiet and calm.





Random Act of Wildness

23

#30DaysWild



Wear flowers in your hair

Create a floral crown or headband, or pin posies to staff members' and residents' clothing.





Random Act of Wildness



#30DaysWild



Treasure hunt

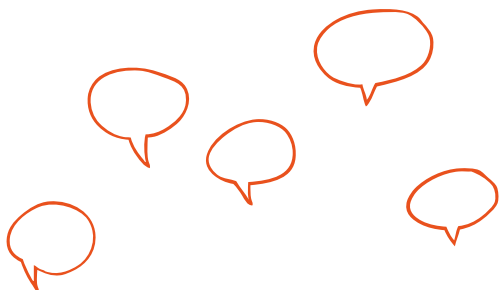
Can residents follow picture clues or riddles to find a series of wild treasures?



Random Act of Wildness

25

#30DaysWild



Read a nature book

Soothe residents' souls with a passage or two from nature books from different eras.
What can you learn about wildlife?





Random Act of Wildness

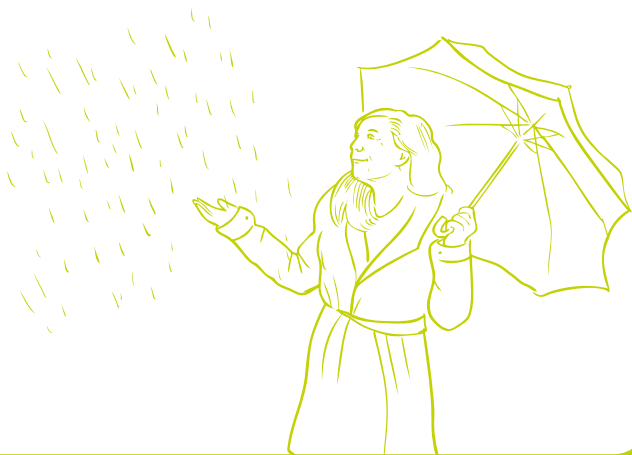
26

#30DaysWild



Dance in the rain

Wrap residents warmly and head outside as it begins to drizzle. Revel in the sensations of the droplets on warm skin, but don't get too wet.

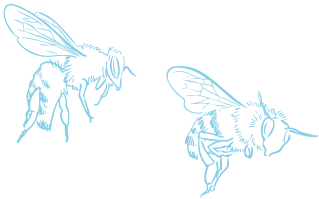




Random Act of Wildness

27

#30DaysWild



Save the bees

Choose plants and shrubs that flower all year round to provide a plentiful source of nectar for bees. Ask your residents to choose their favourite flowers.





Random Act of Wildness

28

#30DaysWild



Discover nature's scents

Take a big sniff! What can residents smell when they head outside, and what do the different fragrances remind them of?





Random Act of Wildness

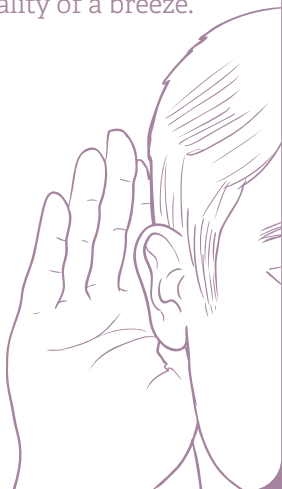
29

#30DaysWild



Listen to the wind

Gather residents to listen to gusts of wind,
and appreciate the musicality of a breeze.





Random Act of Wildness

30

#30DaysWild

Bake for nature

Get your bake on and raise funds for your Wildlife Trust with a cake sale, afternoon tea or fete.

