

Nature Table

Use this page to collect things from your adventures in the wild...
From mud to moss or feathers to fur, make as much mess as you can!



Rocks, stones,
fossils and bones

Pine cones
and seeds

Feathers
and fur

Moss
and mud

Leaves
and twigs

Petals and
grasses

Remember, wildflowers should stay in the ground

Your guide to going wild



#30DaysWild



wildlifetrusts.org/30DaysWild

Welcome to 30 Days Wild

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Here at The Wildlife Trusts, we believe that everyone should have the opportunity to experience the joy of wildlife in their daily lives. From hearing a burst of birdsong to glimpsing the golden glow of a buttercup, these wild moments work wonders for our wellbeing. By bringing 30 Days Wild into your care home, you and your residents can celebrate these daily doses of nature and enjoy the benefits of being wilder.

We've filled this pack with ideas to start your adventure, but the beauty of 30 Days Wild is that you can go wild and create activities of your own! We'd love to see what you get up to, so please share your stories using **#30DaysWild** on social media.

You can find even more activity ideas and downloadable resources at wildlifetrusts.org/30dayswild

Let's go wild!



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The healing power of nature

Have you ever noticed the little surge of happiness after spotting a butterfly fluttering by, or seeing a meadow ablaze with bright and beautiful wildflowers? We've always known that nature has healing powers, but thanks to 30 Days Wild we now have the data to prove it! Working with the University of Derby, we've shown that participants feel happier, healthier and more connected to nature throughout the challenge, and afterwards too.

These effects can be even greater for those in care, helping with feelings of anxiety and confusion, and reconnecting people with the natural world. Whether you head out into nature or bring the outdoors in, we promise you'll feel better after spending 30 Days Wild!

Five Ways to Wellbeing

Connecting with nature can really help people feel happier and healthier. Following the 'Five Ways to Wellbeing' can greatly enrich your residents' lives and is recognised by multiple health organisations.

1. GIVE

30 Days Wild provides the opportunity for your care home to give nature a helping hand and remind residents they're still capable of making a meaningful contribution.

2. BE ACTIVE

Even taking gentle exercises outside can work wonders for physical and mental health amongst the elderly and vulnerable.

3. TAKE NOTICE

Taking notice of everyday nature will remind residents and care staff that there's so much to be seen and experienced, no matter where you are.

4. CONNECT

Embracing nature within a safe environment is a great way for residents to connect more meaningfully with staff and give them something special to talk about with family.

5. LEARN

Education doesn't have an age limit! So even if your residents' school days are behind them, use the challenge as an opportunity to learn something new.



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Activities for you and your residents

Inhale a wild scent

Whether it's the aroma of a flower or the smell of the air after a storm, a scent can really stir the emotions. That's because the scent centre of our brain is close to our emotional and learning centres, so we associate a scent with what we were doing and how we felt the first time we smelt it. Head outside and take a deep breath. What can you smell? Where does it take you?



© Tom Marshall

Create a wild corner

Invite nature into your garden by setting aside your own mini wildlife refuge. Let the grass grow a little longer and allow bushes and flowers to spread – tidiness is the enemy of nature! Your residents can help speed things along by planting native wildflowers and making stick piles for insects.

Wild meditation

The simplest acts of wildness can also be the most effective. Encourage your residents to have a little 'me' time in nature. Close your eyes and feel for the world around you. Synchronise your breathing with the leaves rustling in the breeze, let the birdsong envelop you and feel the earth beneath your feet.



Enjoy a wild story

Choose a wildlife-themed book and revel in the stories and pictures. You could read aloud or savor the moment to yourself.

Unleash your inner artist

Take a pencil and some paper out into a park or garden to sketch what you see. Or bring a wild object, like a feather or fossil, inside and try your hand at still life. You'll find yourself getting lost in the variety of exquisite details, shapes and textures of nature – you'll be spoilt for choice!

Breakfast and birdsong

Start the day the wild way with an al fresco breakfast. Lay down some blankets and let the birds serenade you as you eat. See how many of the songs you can identify, or just enjoy their wonderful voices.

Watch a wild webcam

If you're not able to head outside then don't worry, there are plenty of ways to bring the wild to you! Set up a computer, tablet or smartphone and peek into an osprey nest, barn owl box or bat roost. **wildlifetrusts.org/webcams**

Show off a nature table

Set up a nature table (or use the one in your 30 Days Wild pack) to showcase natural objects. Encourage residents to hunt out new and interesting wild treasures or get competitive and see who can find the most exciting! The different textures can make for a great sensory experience.



© Kevin Caster

Adventure out in the dark

Some of the most spell-binding wild moments happen after the sun has set.

Wrap up and head outside at dusk, looking for the flitting shadows of bats as the light fades. Try to spot the constellations in the sky and if there's a pond nearby, shine a light on the water and you might spot some newts.



© Ben Hall/2020VISION

Feed the birds

Your local birds will appreciate a free meal at any time of year, so

set up some bird feeders, sit back and wait for your new feathered friends to arrive.

Position feeders in view of a window to enjoy them on rainy days, too. If you haven't got any garden space, invest in some feeders that stick to the outside of a window.



© Penny Dixie

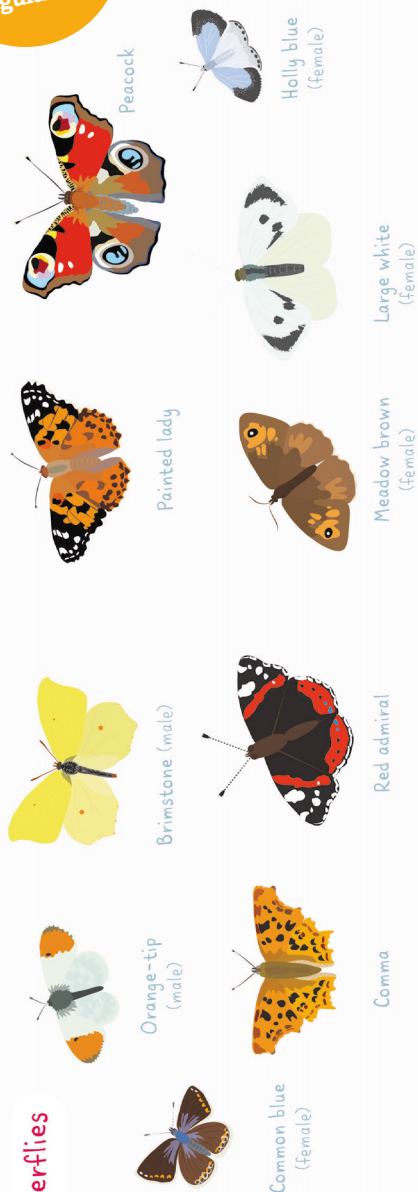


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Why not
use our
spotter's
guide?

Butterflies



Moths



A few considerations

You know your residents, their limitations, personal interests and vulnerabilities. Consider the risks associated with some activities before getting started. Give special attention to those with restricted mobility, or residents living with dementia or other degenerative conditions.

We want everyone to enjoy 30 Days Wild, regardless of age, or ability. We've provided ideas for a wide range of simple activities that will be adaptable for almost all of your residents in your local surroundings.

Go to wtru.st/carehomestudy to read our blog on how taking part in 30 Days Wild helped a care home and its residents in Nottinghamshire.

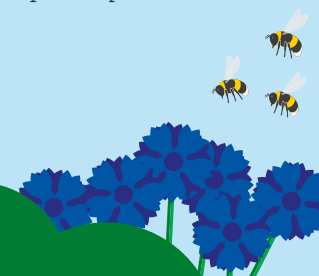
We've had wonderful feedback from residential homes that took part in 30 Days Wild previously. Residents have developed new interests, appeared calmer and happier,

and taken an active interest in inviting more wildlife into their gardens. We've heard amazing stories of residents being transported back to their childhood by the soft touch of grass or becoming less anxious and agitated as they spend more time in nature.

Your leap into 30 Days Wild is a pledge to do more for your residents and staff members, as well as the wildlife all around your home; a decision you'll value in the weeks, months and years going forward! Don't forget to observe your residents throughout the challenge, too. Have you noticed any positive changes in physical and mental wellbeing? Is there anything you'll take away from the challenge?

Do share your experience with us.

© Penny Dixie



Stay wild with your Wildlife Trust



#30DaysWild

The Wildlife Trusts is a grassroots movement, made up of 46 individual Wildlife Trusts operating in every corner of the UK, Alderney and the Isle of Man. We care for 2,300 incredible wild places, from remote woods and wild rivers to inner city pockets of nature. We also look after the amazing wildlife that lives on our coasts and in our seas. By taking part in 30 Days Wild you're helping us achieve our mission of bringing people closer to nature, and land and seas rich in wildlife. If you want to find out how you can do more to help visit wildlifetrusts.org/get-involved.

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Follow the Wildlife Trust in your area too for information about wildlife where you live.





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















What Random Acts of Wildness will you try with your residents this 30 Days Wild?

Share your daily Random Acts of Wildness photos and wild places using

#30DaysWild



Make up your own wild activities or be inspired by our Random Acts of Wildness at wildlifetrusts.org/30DaysWild

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Stay wild with your Wildlife Trust

Feeling inspired?

Find out more about your Wildlife Trust and how you can continue to act for wildlife
wildlifetrusts.org/get-involved

