

Hello from The Wildlife Trusts!



#30DaysWild

Welcome to 30 Days Wild! We want to share our passion for the natural world with everyone, which is why we set this wonderful challenge every June. The Wildlife Trusts is a movement of 46 charities working tirelessly to protect, restore and create new homes for wildlife, bringing nature back to where you live and work in the UK, Alderney, and Isle of Man. We're working towards the ambitious goal of protecting and connecting 30% of land and seas for nature by 2030, but we couldn't do it without the generous support of our 850,000 members and 38,000 amazing volunteers. We'd love you to join us!



Protecting rare UK species

Across the UK, The Wildlife Trusts work to protect rare species: from beavers and red squirrels, to dwindling pollinators such as butterflies and bees. We work across our own 2,300 nature reserves, but also with partners, from farmers to fishermen to house builders, for nature's recovery.



wildlifetrusts.org/saving-species

Our work with people

We think the natural world is the foundation of our wellbeing – and that everyone should get the opportunity to experience the joy of wildlife in their own lives. That's why we give people of all ages and backgrounds the chance to learn about our wonderfully wild world, making them healthier and happier in the meantime.



wildlifetrusts.org/closer-to-nature

Let nature help beat climate change!

Protecting and restoring wildlife and wild places is essential for us to combat the nature and climate emergency. We are working hard to make sure our peatlands, saltmarshes and woodlands are healthier, so that they lock up carbon and provide other benefits such as clean water. All of us can help play a part in nature's recovery by calling on our politicians to restore our natural landscapes and thinking carefully about some of the decisions we make as consumers, such as buying peat-free compost in the garden centre.



wildlifetrusts.org/climate-emergency

Protecting our seas

Our oceans are in trouble... unsustainable development, the way we fish, and pollution are putting a huge burden on the big blue. However, The Wildlife Trusts are campaigning for better protection, leading surveys and citizen science projects on the coast and under the sea, and inspiring people with the wonder of our underwater wildlife.



wildlifetrusts.org/marine-protected-areas

Where will you discover next?

We care for over 2,300 nature reserves, creating havens not just for wildlife but for people too. Whether you're exploring with little ones, steeling yourself up for a challenging walk, or searching for something out of the ordinary, the diversity of our nature reserves means we can help you find somewhere that's special.



wildlifetrusts.org/nature-reserves

There's always something wild going on

All our lives are better when they're a bit wild – and your local Wildlife Trust is here to help with that! From bat walks to online talks, there are hundreds of organised events every year up and down the country, helping people experience, learn about and enjoy wildlife.



wildlifetrusts.org/events

Plan your next adventure
with your Wildlife Trust





#30DaysWild

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

What Random Acts of Wildness will you try this 30 Days Wild? Note what you did and how it made you feel.

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

1 Big Wild Breakfast wildlifetrusts.org/big-wild-breakfast	2 	3	4	5 	6 	7 
8	9	10 	11	12 	13	14
15 	16	17 	18 30 Days WildLIVE 19 Big Wild Camp-out 20 Big Wild Quiz Big Wild Weekend wildlifetrusts.org/big-wild-weekend			21 
22	23 	24	25 	26 	27	28 
29	30 	30 DAYS WILD		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		





Your activity passport



#30DaysWild

#30DaysWild

This is your passport to a wild month!

Use it as you wish – for inspiration, or as a full plan for your month. Most of these activities are super simple, while others may take a bit of forward planning. We've also marked special activities with #30by30, which means they'll work towards 30% of land and sea in recovery for nature by 2030. And remember, when sharing your Random Acts of Wildness on social media, make sure to use #30DaysWild!

Enjoy your breakfast al fresco for the Big Wild Breakfast!



Place sticker here

Take action for insects by planting wildflower seeds
(wildlifetrusts.org/action-for-insects)

#30by30

Place sticker here

Explore a Wildlife Trust nature reserve
(wildlifetrusts.org/nature-reserves)

Place sticker here

Sketch something from nature



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Go on a mini litter-pick



Place sticker here

Take a wild photo, or build your own My Naturewatch camera
(mynaturewatch.net)

Place sticker here

Read a wild book, blog or poem



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Attempt a plastic-free day



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**Listen out for
birdsong and
learn some of
the calls**



Place
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**Create a log pile
for bugs and
beetles**



#30by30

Place
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here

@ Lauren Heather

**Follow a
bumblebee**



Place
sticker
here

**Make a map of
local wildlife**



#30by30

Place
sticker
here

© Katrina Martin / 2020VISION

**Record what
you see in your
garden or at a
park**

Place
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here

**Set up your own
moth trap with a
sheet and torch**

Place
sticker
here

**Help create
a hedgehog
highway**

#30by30



Place
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**Watch a wild
webcam
(wildlifetrusts.org/webcams)**

Place
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**Go on a
bug-hunt**



Place
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here

**Visit your local
park at dusk
and look for
bats**



Place
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here

**Set up camp, in
or outdoors
([wildlifetrusts.org/
big-wild-weekend](https://wildlifetrusts.org/big-wild-weekend))**

Place
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here

**Watch
the sunrise or
sunset**



Place
sticker
here

© Jon Hawkins - Surrey Hills Photography

Identify a
wildflower



Place
sticker
here

Go barefoot
- connect to
the earth



Place
sticker
here

© Matthew Roberts

Donate to a
nature appeal or
sign a petition

#30by30

Place
sticker
here

Hug a tree



Place
sticker
here

Switch a
household
product to a
green one



Place
sticker
here

Write to your MP
about why nature's
recovery is
important to you
([wildlifetrusts.org/
write-your-mp](http://wildlifetrusts.org/write-your-mp))

#30by30

Place
sticker
here

© Guy Edwards 2020 DIVISION

Lie on the floor
and look for
shapes in
the clouds

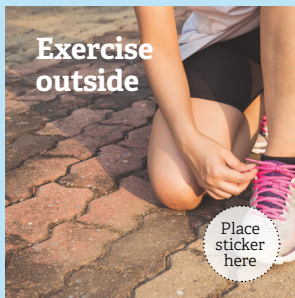


Place
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here

Reflect on how
nature has
made you
feel the
past month

Place
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here

Exercise
outside



Place
sticker
here

Choose a colour
and look for it in
nature



Place
sticker
here

Yay! You've completed
#30DaysWild!

Celebrate by downloading your
30 Days Wild completion certificate from
wildlifetrusts.org/30dayswild (available
30 June), or head to wtru.st/30dw-badge
to purchase your very own badge.



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. We want 30% of land and seas to be connected, protected and recovering for nature by 2030 – but we can't do it without you! If you want to find out how you can do more to help, visit our website:

wildlifetrusts.org/30-30-30

T 01636 677711
E 30dayswild@wildlifetrusts.org
wildlifetrusts.org

Follow us...

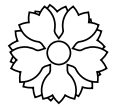
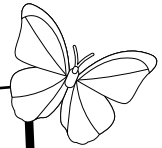
 /WildlifeTrusts
 /wildlifetrusts
  /thewildlifetrusts

Follow the Wildlife Trust in your area too for information on what's going on where you live and great places to visit.



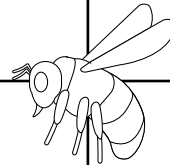


BINGO!

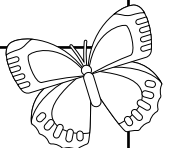
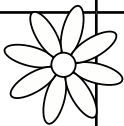
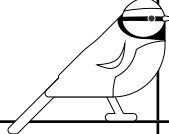
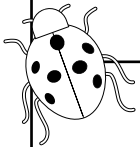


How many of these things can you spot on your 30 Days Wild adventures?
Simply cross off each box as you spot them. To make it a competition, the first
to get a line wins, or go for a full house!

BLACKBIRD	ANT	RABBIT	OAK TREE	MALLARD
SWAN	DRAGONFLY	BEE	FEATHER	ORCHID
LADYBIRD	DANDELION	BLUE TIT	CATERPILLAR	SNAIL
POND OR PUDDLE	WORM	NETTLE	SPIDER'S WEB	WASP
DAISY	TREE STUMP	BUTTERCUP	ANIMAL- SHAPED CLOUD	BUTTERFLY



Challenge:
choose a
particular species
of bee to make it
harder!



Challenge:
choose a
particular species
of butterfly to
make it harder!

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

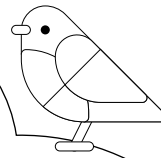
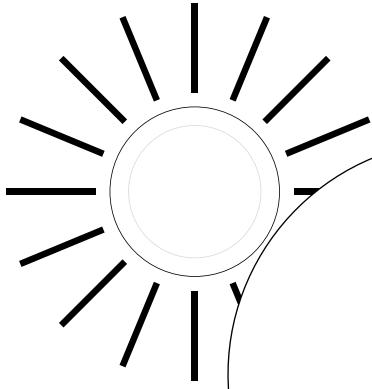
Feathers
and fur

Moss
and mud

Leaves
and twigs

Petals and
grasses

Remember, wildflowers should stay in the ground



#30DaysWild

1 - 30 June

I'm doing
30 Days Wild!

