



Your activity passport



#30DaysWild

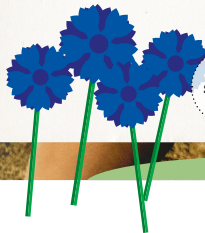


#30DaysWild

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 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



Place sticker here

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



Place sticker here

Attempt a plastic-free day



Place sticker here

Listen out for
birdsong and
learn some of
the calls



Place
sticker
here

Create a log pile
for bugs and
beetles



#30by30

Place
sticker
here

@Lauren Heather

Follow a
bumblebee



Place
sticker
here

Make a map of
local wildlife



#30by30

Place
sticker
here

© Katrina Martin / 2020/1510N

Record what
you see in your
garden or at a
park

Place
sticker
here

Set up your own
moth trap with a
sheet and torch

Place
sticker
here

Help create
a hedgehog
highway

#30by30



Place
sticker
here

Watch a wild
webcam
(wildlifetrusts.org/webcams)

Place
sticker
here

Go on a
bug-hunt



Place
sticker
here

Visit your local
park at dusk
and look for
bats

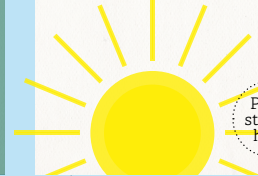


Place
sticker
here

Set up camp, in
or outdoors
(wildlifetrusts.org/big-wild-weekend)

Place
sticker
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 Edwards2020VISION

Lie on the floor
and look for
shapes in
the clouds



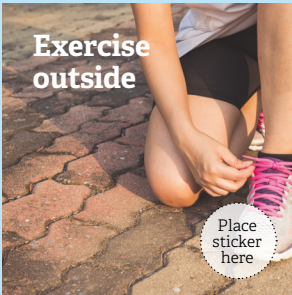
Place
sticker
here

Reflect on how
nature has
made you
feel the
past month



Place
sticker
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

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

