

Random Acts of WILDNESS



#30DaysWild

A few ideas to get you started!

For wildlife

- 1 Feed the birds
- 2 Leave a log pile
- 3 Switch to green energy
- 4 Start composting
- 5 Plant wildflower seeds
- 6 Reduce your emissions
- 7 Write to your MP
- 8 Go peat-free
- 9 Watch what you wash away
- 10 Buy local produce
- 11 Make a mini pond
- 12 Have a plastic-free day
- 13 Leave grass to grow long
- 14 Build a birdbox
- 15 Leave water for wildlife

For your wellbeing

- 16 Take breakfast outdoors
- 17 Read a wild book, blog or poem
- 18 Walk in your local green space
- 19 Listen to birdsong
- 20 Exercise outdoors
- 21 Watch the sunrise or set
- 22 Go barefoot
- 23 Hug a tree

With your colleagues

- 24 Volunteer at your Wildlife Trust
- 25 Take a meeting outside
- 26 Wild your workplace
- 27 Organise a team picnic
- 28 Have a wildlife photo competition
- 29 Plan a team litter-pick
- 30 Go on a bug hunt

Share your Random Acts of Wildness with us on social media using

#30DaysWild

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