Let's go 30 Days Wild!

The Wildlife Trusts

Can you do one wild thing every day in June?

We suggest starting gently, with a bit of sensory bingo in week one from June 1st to 4th. Smell freshly cut grass, listen to a buzzing bee, feel the bark of a tree and find a pink flower. Stick up your wall chart and see how you blossom and grow on your **30 Days Wild** journey through June.

By week two, from June 5th to 11th, you'll be ready to get moving! **30 Days Wild** is a time for adventure and a chance to explore the great outdoors. Walk barefoot on the grass, hug a tree, picnic in a park, explore a nature reserve or wander down a river. Subscribe to our e-calendar for an idea a day.

In week three, from June 12th, learn something new! Join a minibeast hunt, name a wildflower and discover five facts about your favourite animal. Join us for the **Big Wild Weekend** on 17th June, drop in to an event for that morale boost to help you reach the end of the challenge, and look out for our wild quizzes online.

In week four, from June 19th to 25th, we'd love you to help nature and give something back. Make a bee home or log pile for beetles, splash water into a shallow dish for hedgehogs to drink. We really want you to succeed, so use the seeds in this pack (not included in the digital pack) to sow some wildflowers.

In week five, from June 26th to 30th, you'll have so much to share! As nature seeps into your daily routines, science says you will feel more smiley, joyful and happy! Share your love of nature with a neighbour, friend or on social media using **#30DaysWild**.

There is no better time of year to feel inspired by nature, so let's go wild for 30 Days. ☺

Any questions about **30 Days Wild**?

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The Wildlife Trusts want to say a big thank you to players of People's Postcode Lottery, who have helped make the #30DaysWild challenge possible!

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