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01



# Go on a sensory adventure

*Make it a mission to find one thing in nature  
you can see, hear, touch, and smell.*



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## Find a spiky leaf

*Feel different textured leaves. Is it smooth and soft against your skin or rough and spiky?*



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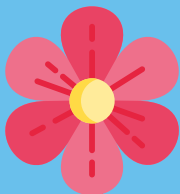
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# Smell wildflowers and herbs

*Enjoy the delicate aroma of  
summer flowers and herbs.*



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## Listen to wild sounds

*Can you hear bird song, crickets in the grass,  
buzzing bees or wind in the trees?*



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# Hug a tree

*Trees give us clean air and store carbon,  
helping with climate change – we need  
to remember to love them back!*



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# Wildlife yoga or meditation

*Take 10 minutes of mindfulness in nature –  
breathing exercises are encouraged!*



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# Play an outdoor game

*Think stuck in the mud, hide and seek  
or even a game of rounders.*



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# Have a picnic

*Enjoy a meal outdoors.*



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## Treasure hunt

*Create a list of things you want to find on a treasure hunt and head out for an hour to see how much you can cross off.*



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## Make a splash

*No sunshine? No problem! Splash in a puddle and shake your hips or arms in a rain shower.*



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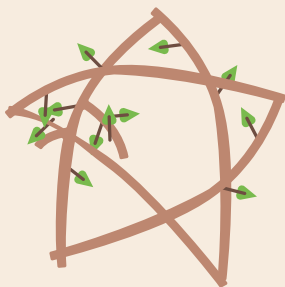
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## Make a wild sculpture

*Using natural materials you find outside, craft a wild sculpture.*

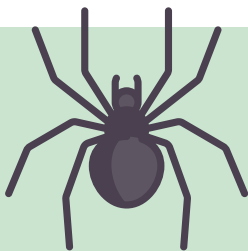


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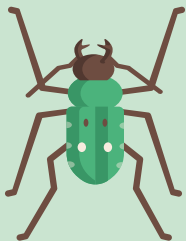
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# We're going on a bug hunt

*Search for a spider, look for a ladybird  
and track down a tiger beetle.*



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# Become a bee champion

*Learn why bees are so important to us and how we can help protect them.*

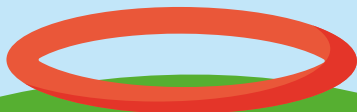


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# Survey like a scientist

*Drop a hula hoop on a patch of grass  
and count how many species of  
plants and insects you find.*



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# Watch a wild webcam

*There's a big wild world out there!  
Head to [wildlifetrusts.org/webcams](http://wildlifetrusts.org/webcams)  
to discover secret worlds.*



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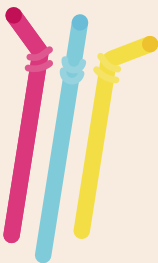
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# Do a lunchtime packaging survey

*How much plastic is there in your lunchbox?  
Do you know what you can recycle?*



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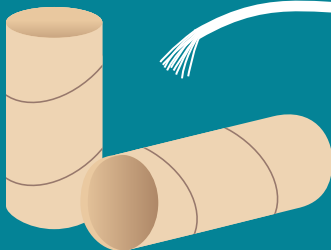


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# Make your own binoculars

*All you need to become a wildlife adventurer  
is two kitchen roll tubes and some string!*

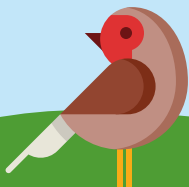


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## Get into birdwatching

*Spend half an hour watching birds in the play area, garden or park. See how many you can identify from their looks or songs.*

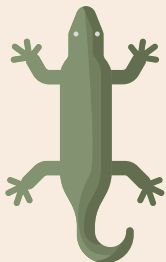


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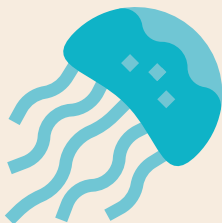
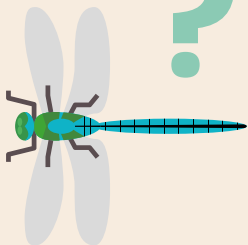
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## Host a nature quiz

*Test your wildlife knowledge.*

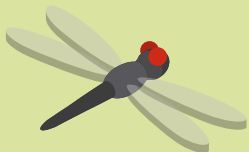


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## Make a mini pond

*Repurpose an old washing-up bowl or similar to create  
a vital habitat for frogs, dragonflies and more.*



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## Sow a seed

*Plant a herb, vegetable or wildflower and check back regularly to watch its progress.*

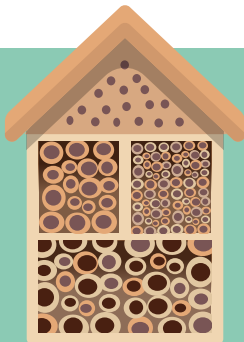


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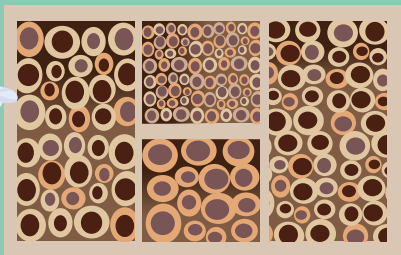
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# Build a bug hotel

*Provide bugs with somewhere to sleep.*



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# **Wear wildlife-themed clothes for the day**

*Transform yourself into a butterfly, stag beetle, fallow deer or beaver and go wild for a day.*

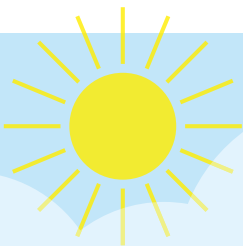


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# Read a book in the grass

*Read a chapter of a good book whilst  
enjoying being out in nature.*



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## Draw a feather

*Find and draw an intricate bird feather.*

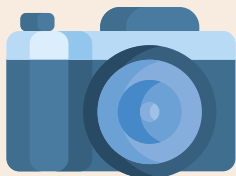


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## Snap a beautiful wild photo

*Head out with a camera or phone to take  
a photo of something in nature.*



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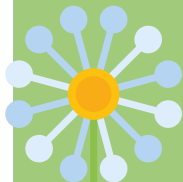
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# What makes you happy in nature?

*Write a short story about a bird, animal  
or insect that makes you smile.*



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# What do you love about nature?

*Write about why wildlife is so special  
and how we can help it to thrive.*



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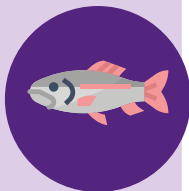
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# Share wild stories

*Share stories of times you adventured  
out into the wild world.*



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# Share the best bits of 30 Days Wild

Use **#30DaysWild** on social media or share  
your adventure with friends and family.



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