

Let's go 30 Days Wild




The
Wildlife
Trusts


To help you go wild this June, we've come up with 30 ideas!


This is just a guide - feel free to adapt any of these activities to your lifestyle, or come up with your own. It's completely up to you. For inspiration, take a look at what others are up to by keeping an eye on **#30DaysWild** on social media, and joining the 30 Days Wild Facebook group.

Sensory nature

01 Look for a feather, flower, bee and butterfly 


02 Feel a smooth leaf, lump of moss and wind on your face


03 Smell wild herbs or a flower 

04 Listen to water flowing, birds singing and bees buzzing 

Move in nature

05 Swing on a branch, hug or climb a tree


06 Exercise in nature 

07 Play a game outdoors 

08 Have a picnic 

09 Go on a nature treasure hunt

10 Splash in water 


11 Visit a nature reserve, park, garden or beach 

Discover nature

12 Go on a mini beast hunt 


13 Identify a bee, fly or a beefly

14 Count and identify wildflowers

15 Learn five facts about your favourite bird, mammal or insect 

16 Speak up for nature - take part in a campaign

17 Camp out or go to a Big Wild Weekend event

18 Take the Big Wild Quiz 

Help nature

19 Reduce plastic waste 

20 Put out a water dish or make a mini pond

21 Sow wildflower seeds or feed the birds


22 Make a leaf pile, log pile or bee home for wildlife

23 Raise money for wildlife with a sponsored walk


24 Leave a patch of long grass and dandelions to grow for wildlife

25 Draw, paint or write about your favourite creature

Connect to nature

26 Take time to admire the beauty in nature 

27 Find what makes you happy in nature

28 Talk to a friend about what you love in nature 

29 Tell a wild story about nature

30 Share the best bits of 30 Days Wild with friends and family!



Take a photo, draw or write about nature, tell someone or share on social media **#30DaysWild**

