

30 wild ideas



Week 1 – Discover and notice

1 Go on a sensory adventure this weekend: look out for bees buzzing past and listen out for the melodic tunes of the birds around you.



2 Become a nature detective for the day as you search for butterflies and moths. How many can you find? Snap a photo on your phone to share!



Week 1 – Discover and notice

3 Hug a tree on your commute or during a tea break from home. How does the bark feel against your fingertips? Trees give us clean air and store carbon – we need to remember to love them back!



4 Take five minutes to discover a fact about slugs and snails. We've a handy downloadable guide here to help: wildaboutgardens.org.uk



5 Today is Environment Day! Celebrate by pledging to recycle and reuse more – for handy tips see: wildlifetrusts.org/actions/recycle-and-reuse

6 Team activity time! Go on an alphabet letter hunt – choose a letter and hold a competition to see how many things in nature you can find starting with it.

7 Forget dress down Friday; take your work outside instead. Just make sure your router reaches and you're good to go! And take a minute to unwind with a wildlife webcam: wildlifetrusts.org/webcams

8 Unleash your creative side this World Oceans Day by making some marine-themed art. Crabs, seals, whales and dolphins – sketch, collage or paint your favourite animal found in UK seas.

9 Indulge your green fingers this Sunday, whether you have a garden or window box. Plant wildflower or herb seeds and check in on their progress daily. For advice see: mycoronationgarden.org

Week 2 – Move

10 Exercise whilst you work by taking your 1-2-1's outside. Walking meetings are all the rage now.

11 Sun shining bright? Make the most of it by hosting a staff picnic lunch (or maybe a dance in the rain if the weather isn't with you?!).



12 Take 10 minutes of mindfulness in nature with a little bit of lunchtime outdoor yoga or meditation – breathing exercises are encouraged!



13 Game of rounders anyone? Whatever your sport, arrange an outdoor game with your colleagues – it can be lots of fun and allows you to take in the fresh air.

14 Organise an away-day at your local Wildlife Trust nature reserve for some team bonding. Find your nearest here: wildlifetrusts.org/nature-reserves

BIG WILD WEEKEND

15 Host a Big Wild Weekend Family Event or come along to one of ours: wildlifetrusts.org/big-wild-weekend



16 Hold a staff fundraiser. Plan a nature quiz and raise money at the same time. It's a great way to bring your staff together for a good cause: wildlifetrusts.org/fundraise

Week 3 – Learn and help nature

17 Give wildlife a helping hand by setting up a drinking station – particularly important during hot, dry spells and icy cold weather: wtru.st/water-for-wildlife

18 Learn how to grow wildlife friendly food and make a pledge mycoronationgarden.org

19 Stand up for wildlife with us and thousands of others, by adding your name to one of our campaigns: wildlifetrusts.org/campaigns

20 Help save our oceans by taking action on plastics. Find out how here: wtru.st/less-plastic

21 Climate change is impacting on us and wildlife – find ways you and your company can reduce emissions today: wtru.st/help-tackle-climate-change

22 Give a veggie or vegan diet a go for a day to help tackle climate emissions right away. If you're already meat-free, why not share your favourite recipe with friends and family?

23 Create a home from home: if you've some outdoor space flex your DIY skills and build a bug hotel or bird feeder.



Week 4 – Connect

24 Monday morning calls for a well-being boost: head outside and give Tai Chi a go. It can help improve balance, stability and flexibility – you can even try it sat down.

25 It's time for a bit of nature kindness. What random act will you choose? Take a look at all the options at wildlifetrusts.org/actions

26 This lunchtime read a chapter of a good book whilst enjoying the outdoors; maybe even pick up a new nature title?



27 Take some time out today to reflect on what it is that makes you happy about being outdoors. Why not share your thought of the day on your LinkedIn page?

28 Admire the beauty of nature as you lie back in the grass and cloud spot, or go in hunt of all the colours of the rainbow in the natural things around you.

29 Give forest bathing a go: being calm and quiet amongst the trees can help boost health and well-being in a natural way.



30 To mark the last day of 30 Days Wild, we'd love to know what you've enjoyed most about your adventure? Email us to let us know! 30DaysWild@wildlifetrusts.org