



The  
**Wildlife**  
Trusts

**NATURE  
HEROES**

# LET'S GO #30DaysWild

**FOR CARERS**



**10**  
YEARS

#30DaysWild

[WILDLIFETRUSTS.ORG/30DAYSWILD](https://www.wildlifetrusts.org/30dayswild)

# WELCOME TO #30DaysWild

**WE'RE DELIGHTED THAT YOU AND YOUR RESIDENTS ARE JOINING IN WITH THOUSANDS OF OTHERS WHO ARE TAKING A WALK (OR WHEEL) ON THE WILD SIDE THIS JUNE!**

**L**ast year we saw photos of residents with flowers in their hair, playing outdoor games, and hugging trees. The Wildlife Trusts believe that everyone, everywhere, should have access to nature and the joy and health benefits it brings. That's why we've planned a month of activities for everyone to enjoy regardless of age or ability. You can follow our simple daily activities or adapt for your residents or people you care for.

Thank you so much for signing up to 30 Days Wild with The Wildlife Trusts, and joining in with the 10<sup>th</sup> anniversary celebrations! We hope you enjoy what nature has in store for you and we wish you every success. Be sure to let us know what you get up to!

**Priya,**  
The Wildlife Trusts

## Week 1

**From June 1<sup>st</sup> to 9<sup>th</sup> we suggest starting with breakfast outdoors and a game of sensory bingo to help everyone get into the habit of noticing nature all around us.** Smell the flowers, listen to birdsong, and see how many butterflies you can spot. Stick up your wallchart and get ready to watch your residents blossom and grow on their 30 Days Wild journey.

## Week 2

**Between June 10<sup>th</sup> to 16<sup>th</sup>, we encourage you to get your whole residential home moving.** Go outdoors for a walk around the gardens, try gentle exercises like stretching out in the fresh air, and if some residents are up for it, Tai Chi. You could even go on a nature treasure hunt. At the end of the week we'll be celebrating our Big Wild Weekend, where you can test your knowledge in our Big Wild Quiz.

## Week 3

**From June 17<sup>th</sup> to 23<sup>rd</sup>, we'd love you to help wildlife, encouraging your residents to give something back to the natural world that does so much for us.** Why not grow your own food in a wildlife-friendly way, show your support by signing an e-petition or make a wild logpile that insects will love? We really want you and your residents to succeed, so sow some delicious herbs and watch nature flourish. You could even check out the Coronation Gardens website for tips on growing for food and nature. [mycoronationgarden.org](http://mycoronationgarden.org).

## Week 4

**In our final week from June 24<sup>th</sup> to 30<sup>th</sup>, you'll have opportunities for mindful moments.** Nature is known to nurture us, helping to bring balance and calm into our lives. How can you and your residents bring more nature into your daily lives? What do your residents love about nature? What will your random acts of nature kindness be? Be sure to share your love of nature with each other, and friends and family.

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



# HOW TO START YOUR #30DaysWild challenge

**Y**ou know your wonderful residents, their limitations, personal interests and vulnerabilities, so do consider any risks associated with the activities before getting started. Give special attention to those with restricted mobility, or those living with dementia or other chronic conditions. We want you and your residents to enjoy this challenge together.

You might want to start by choosing individuals or small groups that would benefit most and follow the activity cards day by day or mix and match, picking one that best suits the weather. You can also freestyle, so don't feel limited by our suggestions! Finally, don't forget to look ahead so you are prepared as the challenge moves into each week.

## Top tips on how to go #30DaysWild

- 1 CHECK THE WEATHER**  
Consider how the weather might affect your plans and adapt accordingly.
- 2 USEFUL REMINDERS**  
Explain the activity indoors before going outside and repeat once again when outdoors.
- 3 START SMALL**  
Go outside for a short period. Try five minutes outdoors breathing in fresh air and listening to nature.
- 4 USE YOUR 30 WILD ACTIVITY CARDS AS YOU WISH**  
Pick a random card each day or use them in order to give your month structure.
- 5 KEEP IT SIMPLE**  
Simple sensory activities and games help to focus attention and improve mental well-being.
- 6 BE FLEXIBLE**  
Shorten or lengthen the time spent outdoors according to how people are feeling.
- 7 BE CURIOUS**  
Learn from each other, research wildlife facts online or get in touch with your local Wildlife Trust.
- 8 KEEP IT SOCIAL**  
Keep an eye on #30DaysWild on X/Twitter and Instagram. You'll find lots of activities you can try with your own home. Our dedicated 30 Days Wild Facebook group is also a fountain of inspiration.
- 9 TALKING NATURE**  
Prompt residents to talk about what they discovered outdoors or share what they found on a nature table.



# WAYS TO HELP nature\*

By taking part in **30 Days Wild** you're pledging to do more for your residents and staff members, as well as the wildlife all around your home. Our natural world **needs your help** now more than ever. From bisons to beavers and butterflies, otters to ospreys and water voles to wildcats, **The Wildlife Trusts are bringing wildlife back!**

**But we can't do this alone, nature needs you.**

## SUPPORT OUR CAMPAIGNS

Stand up for wildlife and ask those in power to do the same by taking part in one of our campaigns. Visit [wildlifetrusts.org/campaigns](http://wildlifetrusts.org/campaigns)



## GROW WILD

Pledge to grow wildlife-friendly food at your care home. Visit [mycoronationgarden.org](http://mycoronationgarden.org)



## BECOME A MEMBER

Join as a member today and help us care for 2,300 special places including UK rainforests, rare heathlands, majestic coastlines and wild wetlands. Visit [wildlifetrusts.org/join](http://wildlifetrusts.org/join)




**"The Wildlife Trusts are giving countless people the chance to experience wildlife in their everyday lives."**

## David Attenborough

President Emeritus of  
The Wildlife Trusts



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