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# 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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# LOOK FOR BUTTERFLIES

How many can you find?  
Can you hear the fluttering  
of their wings?

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# HUG A TREE

Enjoy the enticing earthy and floral aromas. Trees give us clean air and help us tackle climate change – we need to remember to love them back!

**HOW DOES THE BARK FEEL AGAINST  
YOUR FINGERTIPS?**

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# GO ON A SLUG AND SNAIL SAFARI

How many can you find?  
Discover a new fact about them.



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# PRESS PETALS

Find petals that have already fallen from their flower, place them in the pages of a heavy book and close it. Check back a few weeks later for beautiful dried and pressed petals.



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# HOST AN OUTDOOR CONCERT

Play your favourite instruments  
outdoors and sing along with  
the birds!





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# ALPHABET NATURE HUNT

★ Choose a letter and see how many things in nature you can find that start with it.

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# SKETCH YOUR FAVOURITE UK SEA CREATURE

There's so many to choose from – crabs, seals, whales, dolphins and a whole lot more! What will you go for?



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# WILD COOKING

Try a recipe using a wild ingredient.  
Nettle soup, dandelion tea or a crab  
apple cocktail anyone?



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# SOW SOME SEEDS

Plant herb seeds and check in  
on progress daily.



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# WATCH THE BIRDS (AND BEES)

Spend half an hour watching birds, bees and butterflies from the window, in gardens or a park. See how many you can identify.



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# OUTDOOR YOGA OR MEDITATION

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



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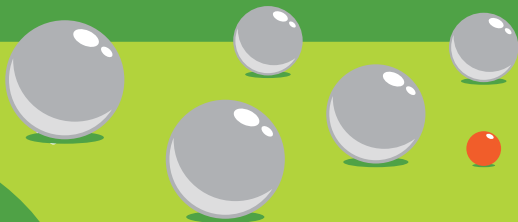


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# PLAY OUTDOOR GAMES

Boules and skittles can be lots of fun  
and allow you to take in the fresh air.



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# TRY TAI CHI

Practicing Tai Chi can help improve  
balance, stability and flexibility.  
You can try it sat down if needed.



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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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# HOST A NATURE QUIZ

Test your wildlife knowledge.

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# GIVE WILDLIFE A DRINK

Provide fresh drinking water for  
any wild visitors.



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# INVESTIGATE COMPOST

Dig out a sample and using magnifiers and clean wooden lolly sticks, see what tiny wonders you can discover.



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# MAKE A BIRD FEEDER

Help our feathered friends with a homemade feeder. Remember to clean them out regularly.



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# SAVE WATER

Capture those raindrops as they fall in a tub or deep metal dish and use them to water any plant pots.



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# WILD AFTERNOON TEA

Enjoy an outdoor tea party with sweet treats. You could even try making tea using wild nettle and mint.



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# GO MEAT-FREE FOR A DAY

Cut your carbon footprint by swapping  
out a meat-based meal for an alternative  
to help tackle climate change.



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# BUILD A BUG HOTEL

Provide insects with somewhere  
to sleep.



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# WATCH THE SUNRISE OR SUNSET

Sit back and enjoy a magical outdoor  
experience – all for free!

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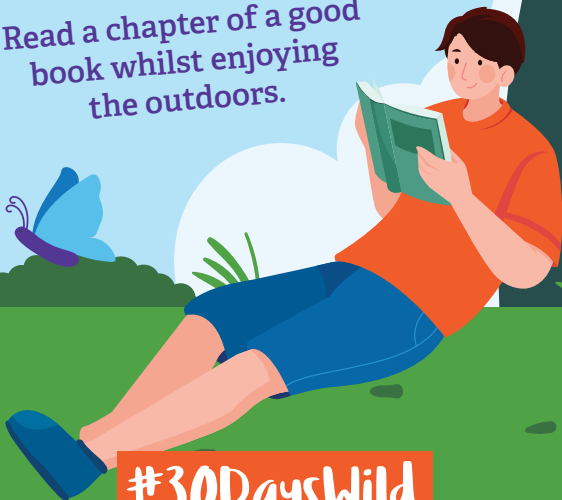


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# READ A BOOK IN THE GRASS

Read a chapter of a good  
book whilst enjoying  
the outdoors.



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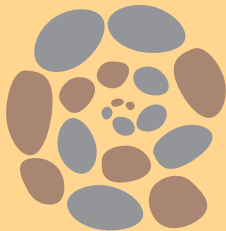
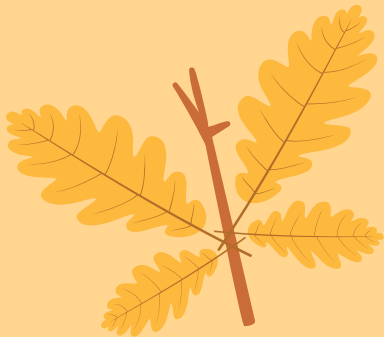


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# ARTS AND CRAFTS WITH NATURE

Collect natural materials from outside  
and make art with them.



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# MAKE A NATURE JOURNAL

Share what it is you love about wildlife,  
and what makes you happy about being  
outdoors. Jot down anything you've seen  
in nature today.





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# HOLD AN ART COMPETITION

Challenge your residents to create  
the thing they find the most  
beautiful in nature.



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# TRY FOREST BATHING

The art of being calm and quiet amongst the trees, grateful for the nature around us. Forest bathing can boost health and well-being in a natural way.

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# WHAT DID YOU MOST ENJOY DURING YOUR CHALLENGE?

Write to (or email) us about your favourite 30 Days Wild moments and whether there's anything you'll be doing differently now.



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