

30 DAYS WILD

What *wild things* can you do nearby?

Create artwork in the wild

Use leaves, pine cones, twigs, daisies and whatever else you can find

Launch in the wild

Throw water balloons or a water gun into the air

Watch a wild embrace

Take a peek at couples, puppies and other wild life

Discover urban wildlife

Look for urban wildlife, like foxes, rabbits, birds and squirrels in your garden

Explore somewhere wild

Go somewhere you've never been before, like a park, a field or a forest

Invite a friend into nature

Next time you go to a wild place, a wilder friend will be there to join you



#30DaysWild

Find your wild life with your wildlife trust
wildlifetrusts.org

Inspiring ideas to help you *stay wild* wherever you are...

My nearest Wildlife Trust nature reserve is:

My favourite Random Act of Wildness is:

High Trail out at a Wildlife Trust nature reserve



Take action for wildlife

Start a compost heap

Use organic vegetable peelings, green cuttings and plant trimmings

Spread wildflowers

Scatter native wildflower seeds in grassy and hard to reach spots

Clean up the wild

Remove your foot and clean up wildlife habitats by collecting litter

Write to your MP

Choose a wildlife issue that really matters to you and write to your MP

Let it grow wild

Mark out a patch of wild and watch it grow

Build a hedgerow

Get a local tree nursery to help you plant trees to create a hedgerow

Encourage wild at work

Plant up native plants, trees and shrubs or transform a lawn to a wildflower patch

Swap your cups and bottles

Swap to a reusable coffee cup and water bottle to cut down on waste

Check for microplastics

Swap to natural cosmetics and natural products that don't affect our wildlife



Time to *find your wild life*



Slip in the wild

The first tea or coffee of the day tastes better outdoors, accompanied by nature

De-stress naturally

Walk somewhere quiet. Make a wild soundscape from crickets, birds, leaves and bushes

Detach all the noise in

Turn off all electronic gadgets for a day - just you and the natural world

Stay up on a summer's eve

Find a dark wild place - let your eyes see what's around

Read a book in the wild

Find a book about wild creatures or plants and read it outside

Get cozy in the sun

Roll a blanket, sit or lounge on the grass and soak up the rays

Sketch the wild up close

Use a pencil to capture the detail, shape and texture

Wake up with the dawn

We'll hear the dawn chorus and watch the sun rise

Write a wild poem

Use a book or notebook to document a wild experience

Climb for a wild view

Find a tree and climb a wild hill or mountain

Unleash your inner *wild child*



Dance in a downpour

Get outside and rock away - move to the raindrops

Tell wild stories

Use nature to inspire your imagination, writing and play

Dangle your feet in wild water

A stream, brook, river or garden water will refresh your senses

Rejoice a wild child

Take kids to grand old somewhere wild for the day - let them explore, play and discover

Start a wild adventure

What have you always wanted to see in the wild? Make it happen

Feel the wild under your feet

How many wild seeds get on your feet through the soil of your feet?

Build a wild nest

Put a stick, twig or leaf in a basket and let it nest

Decorate on a nature table

Display wild treasures like twigs, leaves and stones

Take a flower behind your ear

Decorations or daisies will brighten up any outfit

Follow a trail

Let it lead you to a new place and way to keep fit

Carve your favourite tree

Mark out a tree trunk - the wilder your path, the better it is

