

Find inspiration at [wildlifetrusts.org/30DaysWild](http://wildlifetrusts.org/30DaysWild)

# 30 DAYS WILD

This June,  
can you do  
something  
**wild** every  
day for one  
month?

#30DaysWild



DANCE

SCRIBBLE



EXPLORE



ADMIRE





**30**  
**DAYS**  
**WILD**


All our  
lives are  
better if  
they're  
a bit **wild**

**Make room for nature this June.**

This booklet is packed full of **Random Acts of Wildness** – simple ways you can connect with nature and help wildlife: one for every day of the month. There are lots of grown-up ideas for adults (a nature cocktail, anyone?) and children and families too. After all, nature makes us all feel young at heart, so why should kids have all the fun?

All these activities and ideas can be done in your typical working week, mostly in your lunch hour or before or after work, no matter where you are (we've included some ideas for weekends, too). All of our ideas are super summery, but they can be adapted to any time of the year.





■ You can find more inspiration on our website where there are 101 Random Acts of Wildness to explore and try. You can create your own, too – try and spend 30 minutes in nature every day – you can choose what you do. Or if you're already outside a lot this could be your chance to spend time learning something new, developing your wild skills or sharing them with others. Join in on social media using #30DaysWild to share your pictures, ideas and nature adventures. And check your Wildlife Trust website for ideas too.

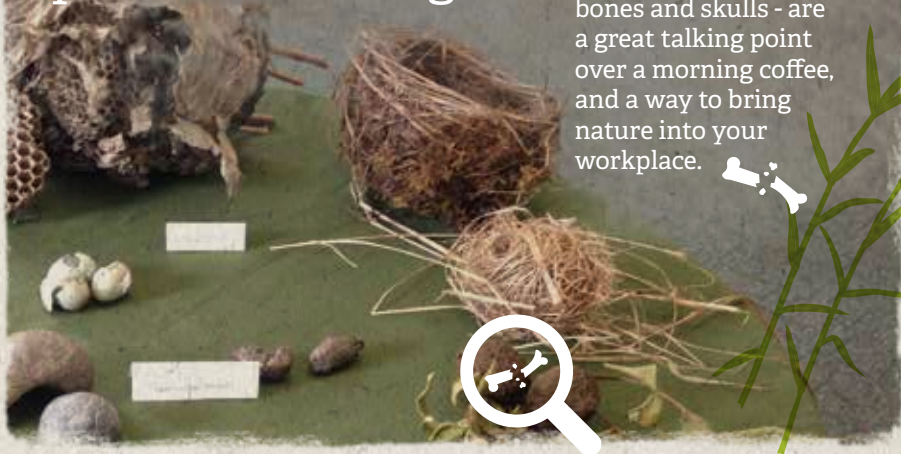
***"It's time to make  
nature part of  
your life!"***

Share your ideas  
and stories on your  
blog, on Twitter and  
on Facebook.

#30DaysWild  
[wildlifetrusts.org/30DaysWild](http://wildlifetrusts.org/30DaysWild)

Contact  
[campaigns@wildlifetrusts.org](mailto:campaigns@wildlifetrusts.org)  
for more information.

## Showcase your wild findings



by starting a nature table at work, school or home: feathers, mosses, fossils - even bones and skulls - are a great talking point over a morning coffee, and a way to bring nature into your workplace.



## Dance in a downpour

It's raining, it's pouring! So what? Splashing in puddles isn't just for little ones - so get outside and rock some moves in the rainstorm.



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## Explore somewhere wild

nearby that you've never been before: local parks, nature reserves or churchyards are perfect.







# Feel

## the cool grass beneath your feet

by discarding your socks and shoes. How many wild landscapes can you feel under the soles of your feet? Or squidge those toes between delicious mud for a wild pedicure.



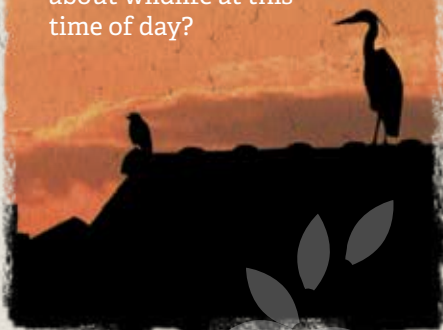
## Give your favourite tree a **cuddle**

and work out if it's ancient. If you've got an oak that is three adult hugs (or more), a beech measuring two or a skinny rowan tree that's one hug round, then you've got yourself an ancient tree that could have been alive for 100s of years!

Find somewhere with a view to the west, get comfy and

## admire the setting sun

in all its colourful glory. What do you notice about wildlife at this time of day?



Take a few seconds on the way to work or school to

## **inhale** the scent of a wildflower,

a plant or  
the leaves  
of a tree.



Change your walking, jogging or cycling route to

## **exercise** in wild places,

where nature and greenery can help you maximise the benefits of your workout.



Take some 'me' time and

## **meditate** somewhere wild.

Feel your stresses melt away as you strike yoga poses, shoulder-stands or simply lie down outdoors and take a different view of the wild!



## **Save** a life

If you find a house guest or pest inside, catch it and release it outside. Don't kill it!

Take care when handling or moving any live creatures – we don't want any trapped legs!





# Create

## artwork in the wild

using leaves,  
pine cones, twigs,  
feathers - whatever  
is to hand. Leave it  
somewhere - on a  
branch, by a path,  
by a bench - and  
it will make a  
lovely surprise for  
someone else to  
enjoy.



People love  
being close to water:  
crashing waves, a  
babbling brook, gentle  
canals or peaceful  
ponds. So does wildlife.

## Dangle

your feet in water  
nearby, or take a net and go dipping!



# Restore

## a wild place

by marking out a square metre (or more) in your garden and watch it grow! Leave the lawn and watch the wildflowers (not 'weeds!') grow on the patio. Nature will love it - and so will you!



Is there a local nature issue that you care passionately about? Maybe a local wild place or species is under threat, or maybe you have too little wildlife in your area.

## Write to your MP about wildlife;

pen an article for a local parish magazine or send a letter to your local newspaper.



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## Snap

## a picture of something blue

and bring a little colour to someone's life by sharing it on social media. Cornflowers, delicate holly blue butterflies, common blue damselflies or even a clear blue sky are all worth a photo.







## Mix

a wild cocktail,  
fresh brew or  
leafy salad

using an ingredient  
you've found in nature:  
elderflowers, dandelion  
leaves and nettles have  
great flavours (just  
make sure to identify  
them properly before  
you tuck in – if in  
doubt, leave it out!).



## Invite

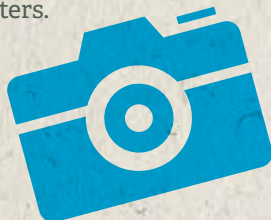
a friend  
into nature

next time you go to a  
wild place: a wild wander  
makes a lovely (and  
cheap!) alternative to a  
cafe or shopping centre.

## Tweet

for the wild

Why not tweet a  
photo of your local  
wild place and why  
it matters to you.  
Local media outlets,  
councils, tourist  
boards are all good  
places to share why  
nature matters.



No one knows everything about nature, but there is so much to discover.

# Challenge

yourself to  
learn a new  
birdsong



or to identify different trees, butterflies or flowers: it'll make a great break from work and you'll be a whizz at pub quizzes.

Make the most of long, sunny evenings and

**read**  
your favourite  
nature book  
somewhere wild.

Up a tree or in a meadow, perhaps! Why not pack a glass of wine or a flask of something to keep you warm, too?



# Follow

a bee

on its bustling, bumbling journey. Stay sharp - you'll need your eyes and ears to keep up!





# Design

## a home for wildlife

by recycling bits and bobs from your garden - nature needs lots of textures and hidey holes, so get your creative hat on. From bug hotels to hedgehog hideouts, consider different homes for a range of creatures.



Gently attach a strand of hair to a leaf, and wrap the other end around your middle finger. 'Pick' the leaf off the tree, then 'magically'

## levitate

### the leaf between your hands.

Finish the trick by placing your hands together, subtly removing the thread from the leaf - and leave your audience amazed!



It can be hard to find your inner wild in the middle of the working day.

## Make lunch-hour your wild-hour. and **find** nature nearby.

You'll get back to your desk feeling inspired and energised.



Share a close

## encounter with wildlife.

June is a great time to track down special wild animals and plants. Check your Wildlife Trust website for ideas. Check out your Wildlife Trust website for ideas and places to go.



## Discover urban wildness and mini habitats.

Find the wild in the world around you. Look out for colourful lichens adorning walls, mini-forests of mosses on bricks and wildflowers growing in pavement cracks.



Rather than going to the gym,

## workout by volunteering

for a couple of hours on a nature reserve: it's social and fun and you'll burn those calories, too.



Give your neck a rest from staring down at a phone or computer, and

## look up to the sky:

search for shapes in the clouds or spot birds circling above towns and cities, or perching on buildings.





# Record

wildness and set it  
as your ringtone.

Next time your phone goes off, it'll remind you of a wilder place. Try recording birdsong, crickets, bees or the sound of local wild places. Why not add a wild wallpaper to your phone too.



You decide.

## Choose your own wild adventure.

Try and spend 30 minutes doing something wild every day. Visit local wild places, explore your garden, seek out urban wildness, identify wildlife. Make it happen this June!



# JUNE

# Wildlife and wild places are closer than you think...

93% of people living in England live within six miles of one of our nature reserves, whilst 90% of people in Scotland live within 10 miles of a Wildlife Trust nature reserve.

#### Image credits:

Cover: Boy rockpooling – Matthew Roberts. Girl with moth – Tom Marshall. P2: Emma Bradshaw. P4-5 Nature table – Yorkshire Wildlife Trust. Sunset – Paul Carter. Tree hug – Matthew Roberts. Man with binoculars – Matthew Roberts. Boy exploring sand dunes – Amy Lewis. P6-7 Cycling – Eleanor Church. Boy making art – Sheffield Wildlife Trust. Lake – Eleanor Church. Girl under tree – Matthew Roberts. P8-9 Man in wild garden – Cairis Hickey. Picking nettles – Eleanor Church. Exploring wood – Matthew Roberts. Blue tit – Amy Lewis. Snail – Tom Marshall. Picking flowers – Eleanor Church. Bee – Gillian Day. Reading outside – Eleanor Church. P12-13 Buzzard – Amy Lewis. Urban graffiti – Paul Hobson. Wildflower meadow – Barney Wilczak. Exploring Wilwell Cutting – Kathryn Edwards. Looking at the sky – Eleanor Church. Volunteering – Eleanor Church. Boy in sand dune – Emma Bradshaw. Dandelion clock – Zsuzsanna Bird.



## Wildlife and wild places...

*...bring tranquillity to the busiest of lives*

- From a sweaty workout to a gentle stroll, exercising in wild places can make us happier and improve concentration.

*...help us make new friends and encourage us to be active*

- Volunteering in wild places helps you meet new people, learn new skills and get active, and you can make a difference to Britain's natural world.

*...bring communities together*

- Spending time in urban wild spaces can reduce mental stress and develop a sense of wellbeing. Urban wild places touch the lives of many people every day and bring people closer to nature.

*...put water in our taps and food on our tables*

- Wild places are homes to pollinators such as bees, which provide us with healthy food. If we lost all of our pollinators, scientists have estimated that it would cost the UK economy £430 million every year!

*...let children's imaginations (and feet) run wild!*

- Less than one in ten children ever play in natural areas, but The Wildlife Trusts are working to change this by engaging with around 350,000 children every year.



**30**  
**DAYS**  
**WILD**

Got any questions,  
comments or ideas?  
Contact us!

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Follow us 

Tweet us @30DaysWild @wildlifetrusts #30DaysWild

And follow the Wildlife Trust for your area too –  
for local nature inspiration wild and ideas!



### Who are The Wildlife Trusts?

- More than seven million people visit our nature reserves every year
- We run over 11,000 events a year, helping more than 380,000 people connect with nature in their local patch
- 93% of people living in England live within six miles of one of our nature reserves
- There are 47 individual Wildlife Trusts covering the whole of the UK and the Isle of Man and Alderney
- We are the UK's largest people-powered environmental organisation working for nature's recovery on land and at sea
- We care for 95,000 hectares of land, across 2,300 locations, for wildlife and people
- We're made up of 650 trustees, 40,000 volunteers, 800,000 members and over 2,000 staff



*Disclaimer: All of the activities in this booklet are designed to be carried out responsibly, without causing harm to persons or wildlife. Foraging for wild foods can be dangerous if you're not sure what you're doing. Some plants, if ingested, may cause serious illness or death, so do not eat anything that you've picked in the wild unless you know what it is, and that it is edible.*

*The Wildlife Trusts do not take responsibility for any harm caused during the carrying out of these activities.*