



The  
**Wildlife**  
Trusts

**NATURE  
HEROES**

**LET'S GO**   
**#30DaysWild**



**10**  
YEARS

#30DaysWild

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

# WELCOME TO #30DaysWild

## CAN YOU DO ONE WILD THING EVERY DAY IN JUNE?

**W**e're so pleased that you're taking part in The Wildlife Trusts' 30 Days Wild challenge! We have planned a month of fun and exciting outdoor activities to help you on your way.

This booklet is packed with handy information and activities to help you complete your challenge, and on the reverse, you can find your wallchart! We want you to make this challenge your own so we encourage you to choose your own daily wild activities, but for those days when inspiration doesn't quite hit, you can use our 30 wild ideas.

We've included a section for reflections so you can record your adventures and thoughts, a summer wildlife spotter sheet to help you discover nature around you, and plenty of practical tips to help you complete your 30 Days Wild challenge. Thanks for coming on this adventure with us, as we mark the 10<sup>th</sup> anniversary of 30 Days Wild!

AND DON'T FORGET TO SHARE YOUR LOVE OF NATURE WITH A NEIGHBOUR, FRIEND OR ON SOCIAL MEDIA USING #30DAYSWILD.

**Day one is a Saturday!** Hurrah! We suggest you start with a bang, venturing out on an exciting adventure to learn more about the wildlife around you. Why not make a list of what you see – including that overlooked dandelion poking through the pavement. Discover nature is the theme for the first phase of 30 Days Wild (from 1<sup>st</sup> to the 9<sup>th</sup> June): meet (extra points for hugging) a tree, learn to identify butterflies and celebrate World Environment Day (5<sup>th</sup> June). Don't forget to stick up your wallchart and get ready to blossom and grow on your 30 Days Wild journey!

### **From June 10<sup>th</sup> to 16<sup>th</sup>, you'll be ready to move in nature.**

30 Days Wild is a time for adventure and immersing yourself in the wonders of our great outdoors. Do a spot of yoga in your garden, garden or community space/park, walk barefoot on the grass, try a spot of wild swimming (seek guidance if it's your first time), trek a nature reserve or explore a new cycle path. By the weekend it'll be time to celebrate reaching the halfway point, so be sure to get involved in the **Big Wild Weekend**, where you can drop into a local Wildlife Trust event or join our online activities – including a fun, family-friendly quiz – for that morale boost to help you reach the end of the challenge ([wildlifetrusts.org/events](http://wildlifetrusts.org/events)).

**In week three, from June 17<sup>th</sup>, we'd love you to help nature** – it gives us so much and needs us! Pledge to grow wildlife-friendly food, speak up for wildlife at risk by signing an e-petition, and make a change to your routine to help tackle climate change ([wildlifetrusts.org/actions](http://wildlifetrusts.org/actions)). We really want you to succeed, so use the seeds in this pack (not included in the digital pack) to sow some delicious herbs and watch nature flourish.

**As we reach the end of 30 Days Wild**, from June 24<sup>th</sup> to 30<sup>th</sup>, take every opportunity for a mindful moment. This final week is all about how we connect to nature. Take a snapshot of the clouds as you gaze up, unleash your inner creativity to craft a nature crown or compose a natural masterpiece. You could even try forest bathing. Finish off by writing a letter (or email) to The Wildlife Trusts sharing your 30 Days Wild experiences and hopes and dreams for our natural world.

# WEEKLY reflections



Use this section to reflect on your week, your most enjoyable moments and how you felt being out in nature.

WHAT HAVE YOU DISCOVERED OR LEARNT THIS WEEK? AND HOW DID IT MAKE YOU FEEL?

Discover nature: 1<sup>st</sup> - 9<sup>th</sup>  
Week 1

HOW DID YOU MOVE YOUR BODY IN NATURE? DID YOU SET YOURSELF A GOAL OR WAS IT SIMPLY JUST TO BE PRESENT? HOW DID YOU JOIN IN WITH BIG WILD WEEKEND?

Week 2

Move in nature: 10<sup>th</sup> - 16<sup>th</sup>

Connect to nature: 24<sup>th</sup> - 30<sup>th</sup>

Week 4

Week 3

How have you connected to our natural world this week and throughout the challenge? Finish the challenge with a letter (or email) to The Wildlife Trusts on your hopes and dreams for our natural world.

Help nature: 17<sup>th</sup> - 23<sup>rd</sup>

HOW DID YOU HELP NATURE THIS WEEK? HAVE YOU CHANGED ANY HABITS? WHAT WILDLIFE WILL BENEFIT THANKS TO YOUR EFFORTS?

# 30 wild ideas



## Week 1 – Discover and notice

**3 Take a selfie with a tree.** How does the bark feel against your fingertips? Enjoy the enticing earthy and floral aromas.

**4 Go on a slug and snail safari:** how many can you find? Discover a new fact about them.



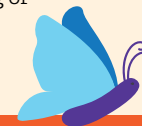
**5 Celebrate World Environment Day** by letting us know what your favourite wild creature is using #30DaysWild on social media.

**6 Identify tracks and watch our webcams.** You could even try to identify wildlife poop! Visit [wildlifetrusts.org/webcams](http://wildlifetrusts.org/webcams)

**7 Go on an alphabet nature hunt:** choose a letter and see how many things in nature you can find that start with it.

**8 Celebrate World Oceans Day** by sketching your favourite animal found in the UK's seas: crabs, seals, whales and dolphins – there's so many to choose from.

**9 Take part in Great Big Green Week** – find out more here: [greatbiggreenweek.com](http://greatbiggreenweek.com)



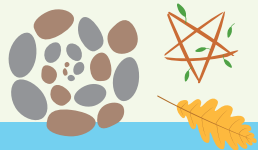
## Week 2 – Move

**10 Take 10 minutes of mindfulness in nature** - breathing exercises are encouraged! You could also try out some wildlife yoga positions.

**11 Run, stroll or wheel until you see something yellow in nature** (will it be a bee or a buttercup?).



**12 Go on a scavenger hunt** and challenge yourself to find a set number of natural items.



**13 Play some outdoor games.** Hide and seek or after work rounders anyone? You could even grab some friends and do a workout in your local park.

**14 Visit a Wildlife Trust nature reserve.** Maybe take the opportunity to go somewhere new? And try out our 'dance like wildlife' activity sheet.

## BIG WILD WEEKEND

**15 It's the big wild camp out!** Pitch up outdoors or even indoors. You can even attend a Big Wild Event!



**16 Take the Big Wild quiz.** Visit [wildlifetrusts.org/30dayswild](http://wildlifetrusts.org/30dayswild) for more info.

## Week 3 – Learn and help nature

**17 Learn how to help wildlife in hot weather.** Leave a water dish out or create a den for wildlife in a shady space.

**18 Learn how to grow wildlife friendly food** and make a pledge [mycoronationgarden.org](http://mycoronationgarden.org)

**19 Speak up for wildlife under threat** by taking part in one of The Wildlife Trusts' campaigns: [wildlifetrusts.org/campaigns](http://wildlifetrusts.org/campaigns)

**20 Reduce your plastic use.** Visit: [wtru.st/less-plastic](http://wtru.st/less-plastic)

**21 Set yourself a personal challenge to help tackle climate change,** we've some top tips here: [wtru.st/help-tackle-climate-change](http://wtru.st/help-tackle-climate-change)

**22 Create a feast using a wild ingredient or two.** Check out our social media channels for some great meat-free recipes!

**23 Make a bee hotel or bug mansion.** Give wildlife a home.



## Week 4 – Connect

**24 Spend half an hour watching birds, bees and butterflies from the window,** in your garden or a park. How does watching nature make you feel?

**25 What will your random act of nature kindness be today?** Let us know on social media or by email [30dayswild@wildlifetrusts.org](mailto:30dayswild@wildlifetrusts.org)

**26 Make a nature crown or a picture using natural materials.** We can't wait to see your creations.



**27 Have a think about what you love about nature.** The great Sir David Attenborough says "no one will protect what they don't care about" so it's worth giving it some thought!

**28 Indulge in a bit of cloud spotting** - what shapes can you see?



**29 Try forest bathing** - deep breathing and taking notice of wildlife around you is encouraged.



**30 A day for reflections.** Write (or email) us about why wildlife is so special to you and what you're doing to help it thrive. Find out how to get in touch on the back page of this booklet.

# Summer spotter sheet ✨



What will you spot this summer? Can you get a 'full house'?

Tick off as many as you can

## Practical tips

### CHECK THE WEATHER

Consider how the weather might affect your plans and adapt accordingly. If you're going outside on an adventure, are you dressed for our British summer weather? Outdoors planting pollinator-friendly plants? Don't forget a hat and SPF suncream.

### PLAN AHEAD

(SO YOU CAN ALSO BE SPONTANEOUS)

Use our resources to plan and ease yourself in. If you have a handful of activities lined up in advance, you have a much better chance of completing all 30 days.

### BE CURIOUS










Learn from the wonderful 30 Days Wild community, by joining the 30 Days Wild Facebook group. Research wildlife facts online, watch our wildlife webcams or connect with your local Wildlife Trust.

### LET YOURSELF RELAX

Using the weekly reflections part of this booklet use the prompts to help track your 30 Days Wild journey. You'll be amazed at how much you can do in one month.

## Summer wildlife



				
Kingfisher <input type="checkbox"/>	Large skipper <input type="checkbox"/>	Grass snake <input type="checkbox"/>	Roe deer <input type="checkbox"/>	Meadow brown <input type="checkbox"/>
				
Whitethroat <input type="checkbox"/>	Badger <input type="checkbox"/>	Puffin <input type="checkbox"/>	Common blue <input type="checkbox"/>	Rabbit <input type="checkbox"/>

[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)

Credits: Jon Hawkins - Surrey Hills Photography, Paul Lane, Danny Green/2020VISION, Vaughn Matthews, Andrew Parkinson/2020VISION, Mark Hamblin/2020VISION, Janet Packham, Dawn Monrose

# Nature needs you

From bisons to beavers and butterflies, otters to ospreys and water voles to wildcats, The Wildlife Trusts are bringing wildlife back.

**We care for over 2,300 special places,** from small urban meadow nature reserves to vast shimmering coastlines.

With climate change putting nature under threat, and the loss of nature accelerating climate change we are taking action now.

Across the UK, there are 46 Wildlife Trusts working hard to bring about nature's recovery. **We want to see at least 30% of land and seas protected for wildlife by 2030.**

To do this we need to work together, with everyone taking meaningful action for nature.

**We need you.**

## SUPPORT OUR CAMPAIGNS

Stand up for wildlife and ask decision-makers to do the same by taking part in one our campaigns. Visit [wildlifetrusts.org/campaigns](https://wildlifetrusts.org/campaigns)



## GROW WILD

Make a pledge to grow wildlife-friendly food. Visit [mycoronationgarden.org](https://mycoronationgarden.org)



## BECOME A MEMBER




Help us care for 2,300 special places including UK rainforests, rare heathlands, majestic coastlines and wild wetland landscapes by becoming a member: [wildlifetrusts.org/join](https://wildlifetrusts.org/join)

## WILDLIFE WEBCAMS

Learn more about our fascinating wildlife from the comfort of the living room by tuning into one of our webcams. Visit [wildlifetrusts.org/webcams](https://wildlifetrusts.org/webcams)

#30DaysWild

**FOLLOW US:**

-  @30DaysWild
-  @30DaysWild
-  @thewildlifetrusts

**01636 677711**  
[wildlifetrusts.org](https://wildlifetrusts.org)

Registered Charity No 207238

The Wildlife Trusts,  
The Kiln, Mather Road,  
Newark, NG24 1WT

The Wildlife Trusts want to say a huge thank you to players of People's Postcode Lottery, who have helped make the **#30DaysWild** challenge possible.

Supported by players of



Awarded funds from

