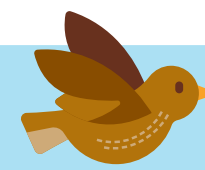


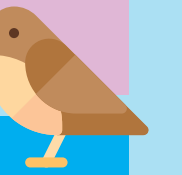


All our lives are better if they're a bit wild













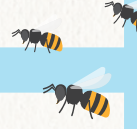

Share your daily Random Acts of Wildness photos and wild places using

#30DaysWild



Make up your own wild activities or be inspired by our Random Acts of Wildness at wildlifetrusts.org/30DaysWild

What Random Acts of Wildness will you try this 30 Days Wild? Note what you did and how it made you feel.

1 	2	3 	4	5 	6 	7 
8	9	10	11	12 	13	14
15 	16	17 	18	19 	20-21 Big Wild Weekend 	
22	23	24	25	26 	27	28 

30 DAYS WILD

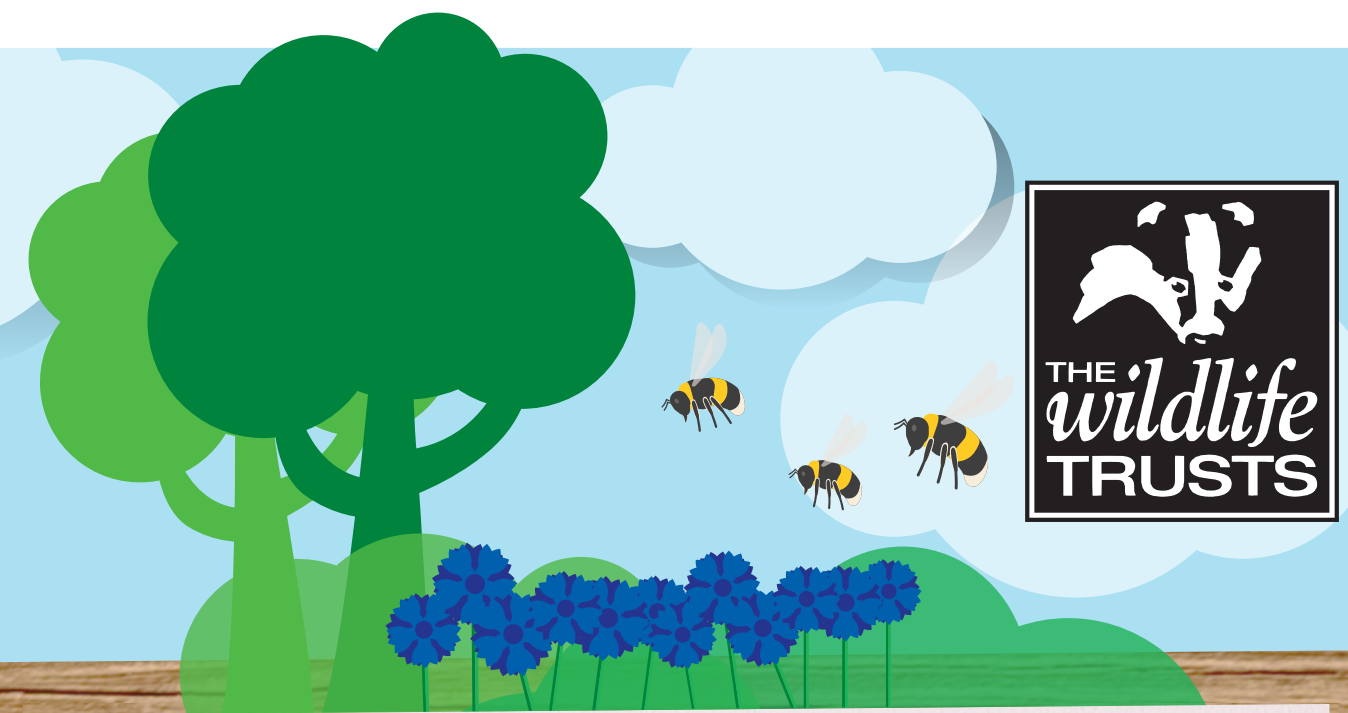
Stay wild with your Wildlife Trust

Feeling inspired?

Find out more about your Wildlife Trust and how you can continue to act for wildlife
wildlifetrusts.org/get-involved



Nature Table



Use this page to collect things from your adventures in the wild...
From mud to moss or feathers to fur, make as much mess as you can!

Rocks, stones,
fossils and bones

Pine cones
and seeds

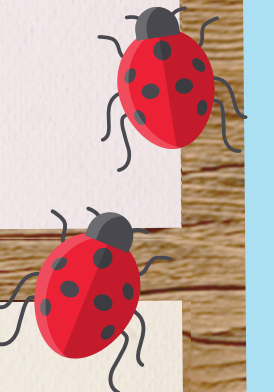
Feathers
and fur

Moss
and mud

Leaves
and twigs

Petals and
grasses

Remember, wildflowers should stay in the ground





Your Wild Passport



#30DaysWild

This is your passport to a really wild month!

Use it as you wish – either for inspiration, a strict guideline – or anywhere in between. Most of these activities are super simple, while some may take a bit of forward planning. Some are designed to help the planet; some will help clear your mind; others will help wildlife where you live – but they're all guaranteed to be fun! Make sure you share everything you get up to online using **#30DaysWild**.



© Matthew Roberts

Take your exercise outdoors



Bake a nature-themed cake



Attempt a plastic-free day



Go on a bug-hunt



© Jon Hawkins/Surrey Hills Photography

Take action for insects by planting some wildflower seeds



Sketch something from nature



© double-d/Stock

Go on a mini litter-pick



Take a meal outside today



Make a home for wildlife



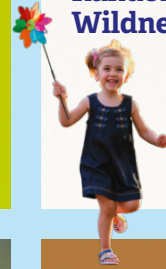
Listen out for birdsong, learn who it's coming from



Follow a bee on its journey



Create your own Random Act of Wellness today



Sit for a while and record what you see



Stay up late and look at the stars



Read a wild book, blog or poem



Identify a wildflower



Capture a great photograph of something wild



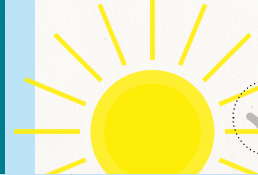
Watch a wild webcam
(wildlifetrusts.org/webcams)



Think about reducing your carbon footprint today



Get up early and watch the sunrise



Join the 30 Days Wild Facebook group for daily inspiration

@30DaysWild



Lie on the floor and look for shapes in the clouds

© Mark Hambling/2020/VISION



Go barefoot – connect to the earth

© Matthew Roberts



Admire a tree



Get crafty with resources from nature



Write to your MP about why nature's recovery is important to you

(wildlifetrusts.org/write-your-mp)



Donate to an appeal or sign a petition



Reflect on how nature has made you feel the past month



Splash in a puddle

© Adrian Clarke



Look for the unexpected in nature and share with friends



HURRAY – you've made it! Congratulations!

Celebrate by downloading your 30 Days Wild completion certificate from wildlifetrusts.org/30dayswild (available from 30 June).



© 4Max/Shutterstock

Stay wild with your Wildlife Trust



#30DaysWild

The Wildlife Trusts is a grassroots movement, made up of 46 individual Wildlife Trusts operating in every corner of the UK, Alderney and the Isle of Man. We care for 2,300 incredible wild places, from remote woods and wild rivers to inner city pockets of nature. We also look after the amazing wildlife that lives on our coasts and in our seas. By taking part in 30 Days Wild you're helping us achieve our mission of bringing people closer to nature, and land and seas rich in wildlife. If you want to find out how you can do more to help visit wildlifetrusts.org/get-involved.

T 01636 677711

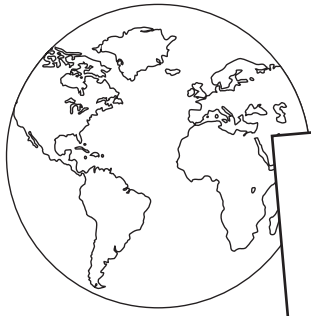
E 30dayswild@wildlifetrusts.org
wildlifetrusts.org

Follow us...

-  @WildlifeTrusts
-  @wildlifetrusts
-  @thewildlifetrusts

Follow the Wildlife Trust in your area too for more information about wildlife where you live!





30 Days Wild

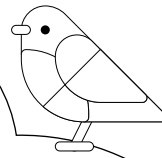
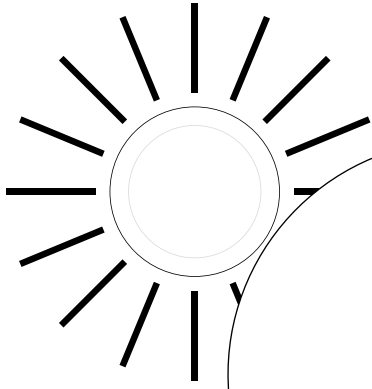
BINGO!



How many of these things can you spot on your 30 Days Wild adventures?
Simply cross off each box as you spot them. To make it a competition, the first to get a line wins, or go for a full house!

BIRD'S NEST	ANT	RABBIT	BLACKBIRD	BERRIES ON A TREE
SPARROW	DANDELION	 FROG OR TOAD	FEATHER	WASP
 LADYBIRD	ANIMAL-SHAPED CLOUD	 BLUE TIT	CATERPILLAR	OAK TREE
DAISY	WORM	NETTLE	SPIDER'S WEB	CLOVER
BUTTERCUP	WOODLOUSE	SNAIL	 BEE	BUTTERFLY





1 - 30 June

#30DaysWild

I'm doing
30 Days Wild!

