



Random Act of Wildness

01

#30DaysWild



Feel the wild between your toes

Squelch your toes in grass,
sand or mud



Random Act of Wildness

02

#30DaysWild



Look up at the clouds

What shapes can you see?





Random Act of Wildness

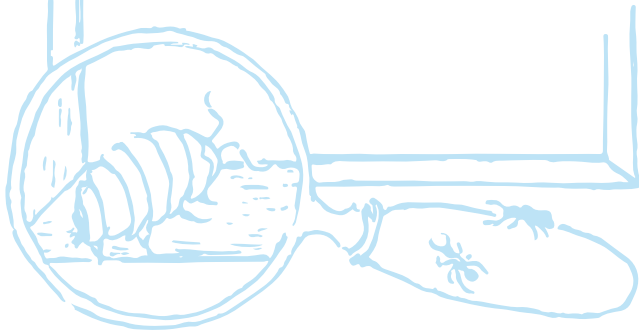
03

#30DaysWild



Find a creepy crawly

Be gentle. Get close and
watch the way it moves





Random Act of Wildness



#30DaysWild



Thread a daisy chain

Pick daisies and thread
their stems together



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05

#30DaysWild



Showcase on a nature table

Display wild treasures like
feathers, fossils and bones





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06

#30DaysWild



Lunch in the wild

Take your sandwiches outside and sit on a blanket or under a tree





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07

#30DaysWild

A line drawing illustration of a person with curly hair wearing a blindfold, positioned at the bottom left. The person is surrounded by several birds perched on branches that form a circular frame around the central text. The birds are drawn in a simple, sketchy style. The background is a light blue color with a white rounded rectangle containing the text and illustration.

Listen for wild sounds

Use a blindfold to focus
- what can you hear?



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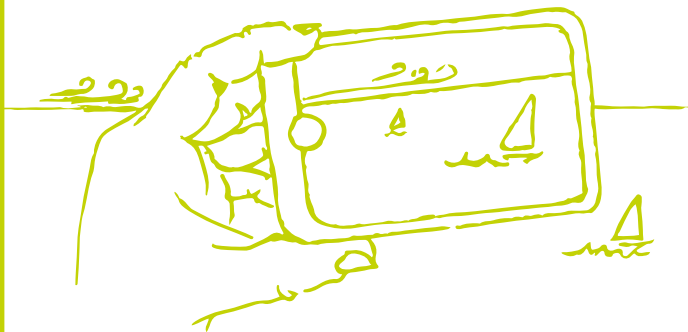


#30DaysWild



Snap a blue photo

Butterflies, damselflies or even a clear blue sky





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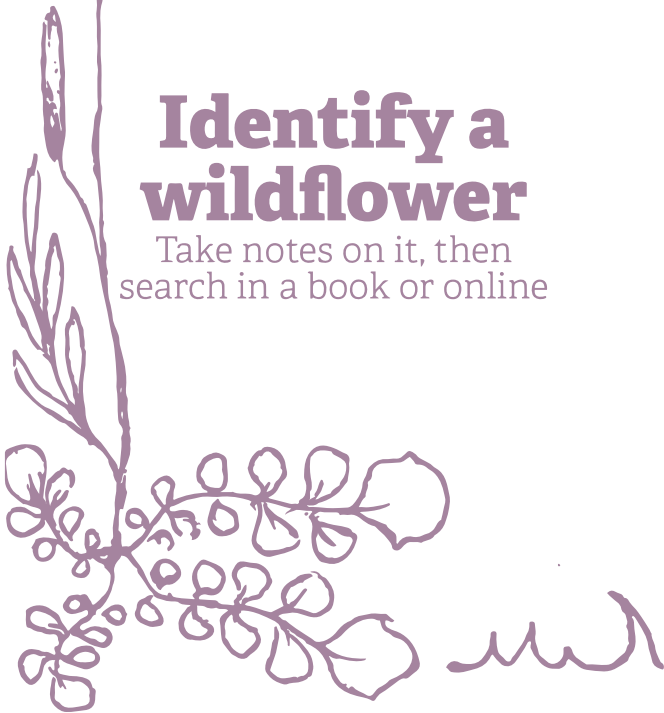
09

#30DaysWild



Identify a wildflower

Take notes on it, then
search in a book or online





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10

#30DaysWild



Read a wild book

Find a book about wild
creatures and read outside





Random Act of Wildness



#30DaysWild



Picnic with the birds

Prepare a bird feast with
fruit, cheese and seeds





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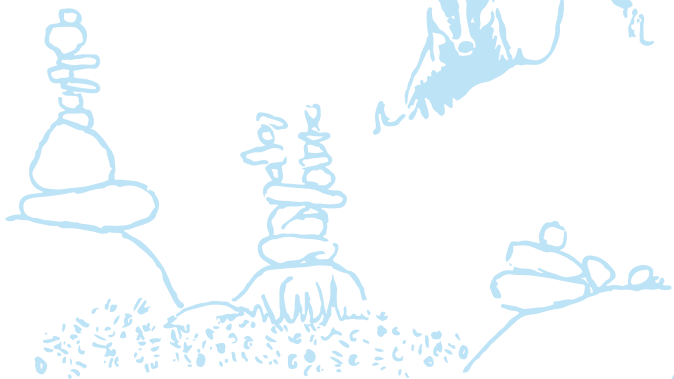
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#30DaysWild



Create a work of art

Using leaves, pinecones,
feathers and twigs





Random Act of Wildness

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#30DaysWild



Watch a wild webcam

Peek at ospreys, peregrines
and other wildlife





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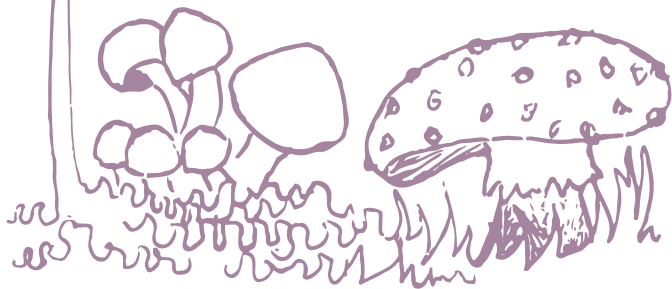
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#30DaysWild



Search for mini wildness

Lichens, forests of moss
and flowers in pavements





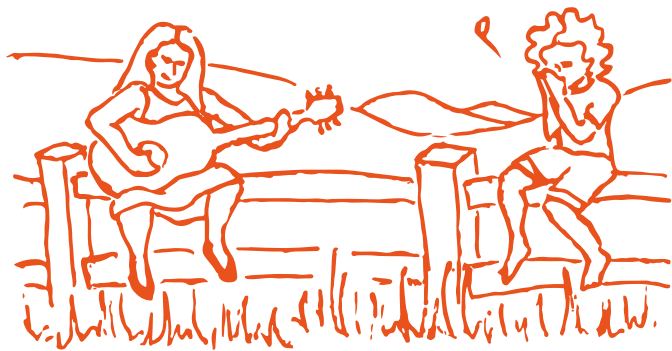
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#30DaysWild

Whistle with grass

Use a thick blade of grass
between your thumbs

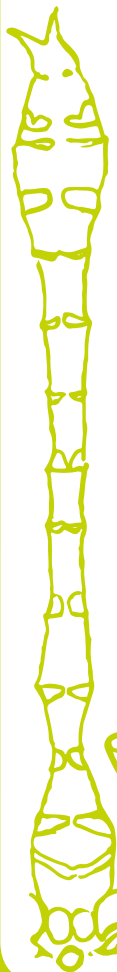




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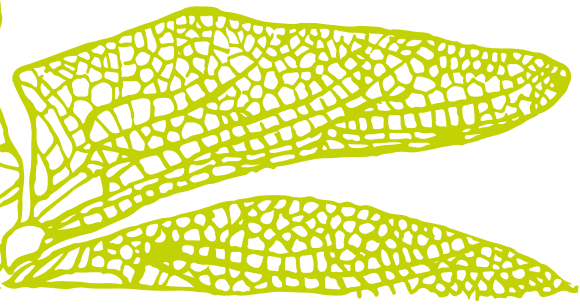
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#30DaysWild



Sketch up close

Use a pencil to capture the detail, shapes and texture





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17

#30DaysWild



Plan a nature quiz

Write a wildlife quiz
and share it with
family and friends





Random Act of Wildness

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#30DaysWild



Spot a wild mammal

From urban squirrels, foxes or deer to country hares





Random Act of Wildness

19

#30DaysWild

100

100

100

100

Scatter seedbombs

Throw seeds and soil in
hard to reach places





Random Act of Wildness

20

#30DaysWild



Keep a note of wildlife

List the species that you see
from your window





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#30DaysWild



Google wild facts

Discover secrets about your favourite animal





Random Act of Wildness

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#30DaysWild



Meditate in the wild

Strike yoga poses - feel the stresses melt away





Random Act of Wildness

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A decorative mobile made of twigs, string, and various natural elements like leaves, flowers, and pinecones. The mobile is shaped like a large 'L' and hangs from a horizontal twig. The vertical part of the 'L' has several strings hanging from it, each with different natural items attached. The horizontal part of the 'L' also has strings hanging from it with various items. The items include leaves, flowers, pinecones, and other natural elements.

Decorate with a wild mobile

Use twigs, string and
leaves or paper birds



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Design a wild home

From bug hotels to a
hedgehog hideout





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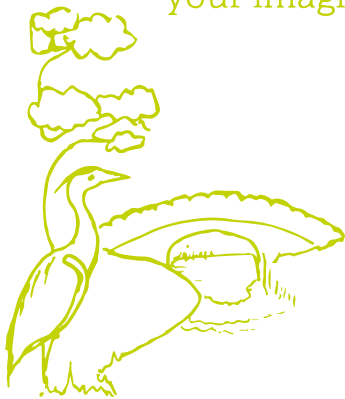
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#30DaysWild



Draw a wild landscape

Can you use
your imagination?





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#30DaysWild

Switch off to tune in

Can you turn off all
electronic gadgets today?

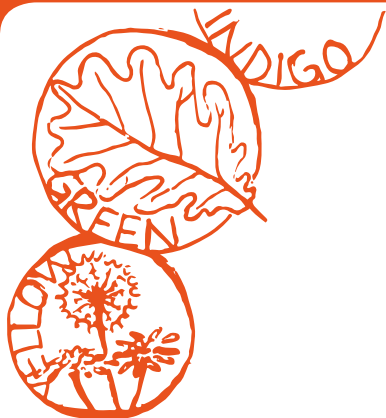




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#30DaysWild



Race for a rainbow

Race to find the
colours of the rainbow





Random Act of Wildness

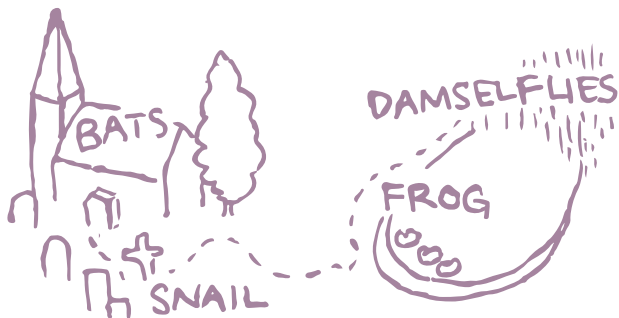
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#30DaysWild



Map your local wildlife

Draw a map & mark where you see wildlife





Random Act of Wildness

29

#30DaysWild



Pick up litter

Sweep the area for rubbish
and pop it in the bin





Random Act of Wildness

30

#30DaysWild



Write a wild poem

Use a haiku or sonnet to recreate a wild experience

