



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?





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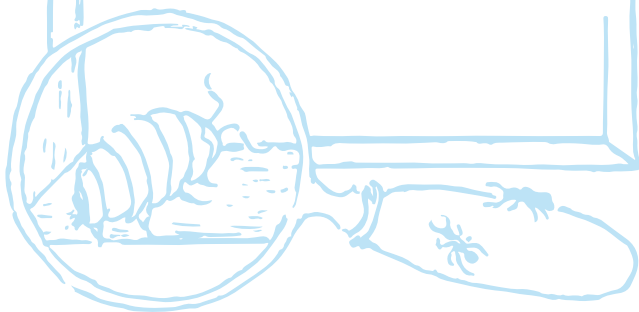
03

#30DaysWild



Find a creepy crawly

Be gentle. Get close and
watch the way it moves





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#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 in the center containing the text and illustration.

Listen for wild sounds

Use a blindfold to focus
- what can you hear?



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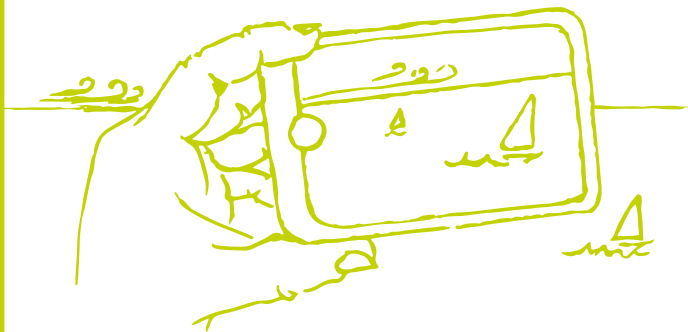


#30DaysWild



Snap a blue photo

Butterflies, damselflies or even a clear blue sky





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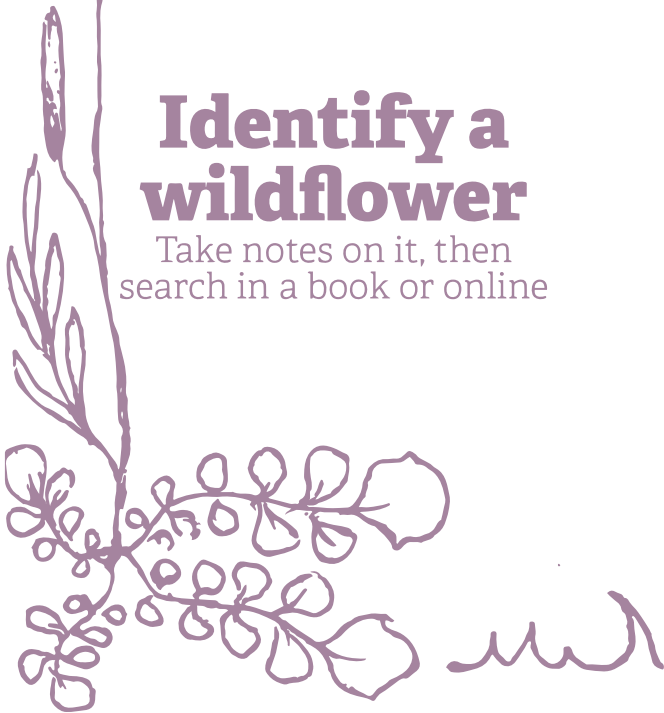
09

#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





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Picnic with the birds

Prepare a bird feast with
fruit, cheese and seeds





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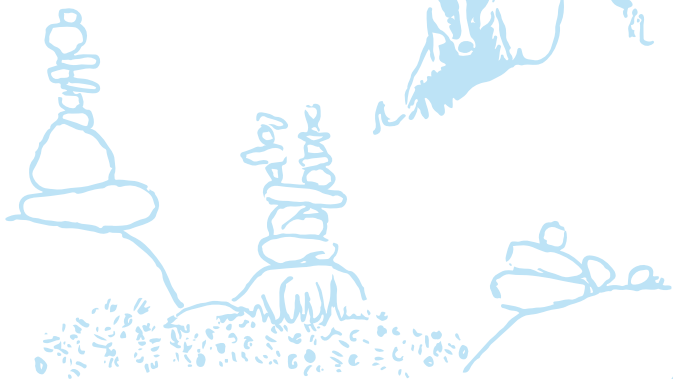
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Create a work of art

Using leaves, pinecones,
feathers and twigs





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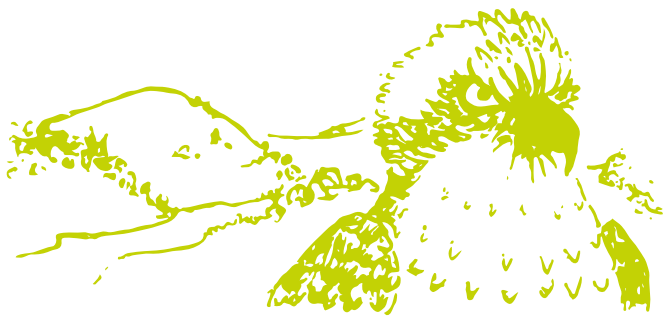
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Watch a wild webcam

Peek at ospreys, peregrines
and other wildlife





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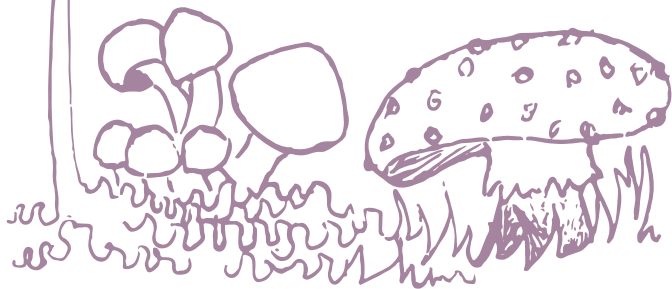


#30DaysWild



Search for mini wildness

Lichens, forests of moss
and flowers in pavements





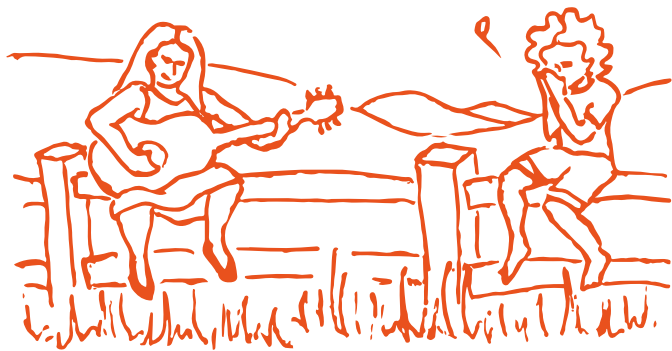
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Whistle with grass

Use a thick blade of grass
between your thumbs

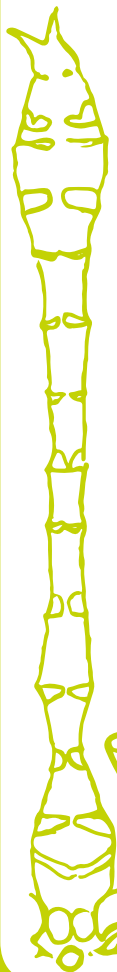




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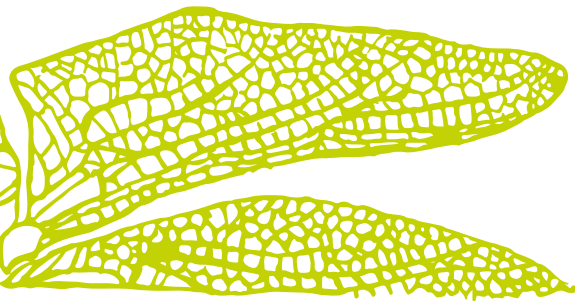
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Sketch up close

Use a pencil to capture the detail, shapes and texture





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#30DaysWild



Plan a nature quiz

Write a wildlife quiz
and share it with
family and friends





Random Act of Wildness

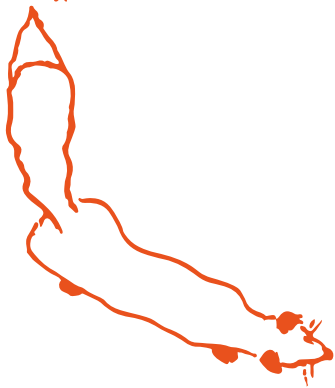
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#30DaysWild



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

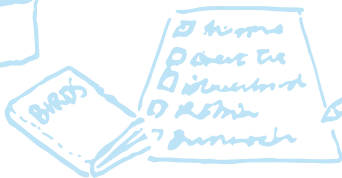
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#30DaysWild



Keep a note of wildlife

List the species that you see
from your window





Random Act of Wildness

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#30DaysWild



Google wild facts

Discover secrets about your favourite animal





Random Act of Wildness

22

#30DaysWild



Meditate in the wild

Strike yoga poses - feel the stresses melt away






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23

#30DaysWild

A decorative mobile made of twigs, string, and various natural items 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' has a string hanging from its end with a flower and a pinecone. The background is a light blue color with a white border.

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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25

#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?

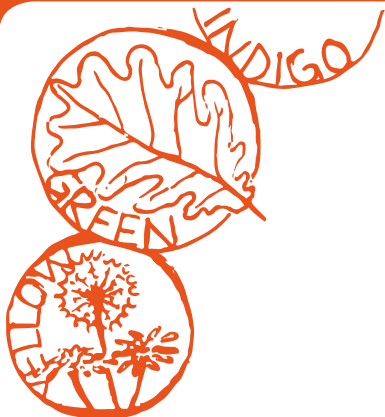




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Race for a rainbow

Race to find the colours of the rainbow





Random Act of Wildness

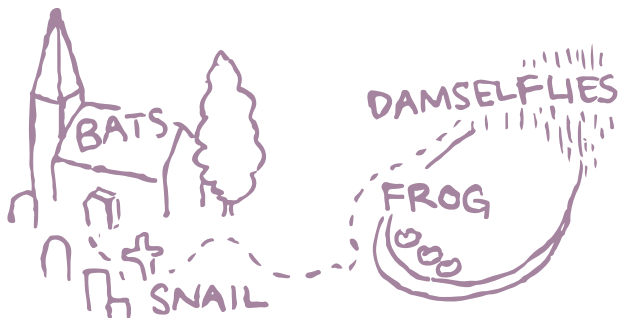
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#30DaysWild



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

