



# Random Act of Wildness

22

#30DaysWild



# Meditate in the wild

Strike yoga poses - feel the stresses melt away





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# 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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# Draw a wild landscape

Can you use  
your imagination?







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# 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

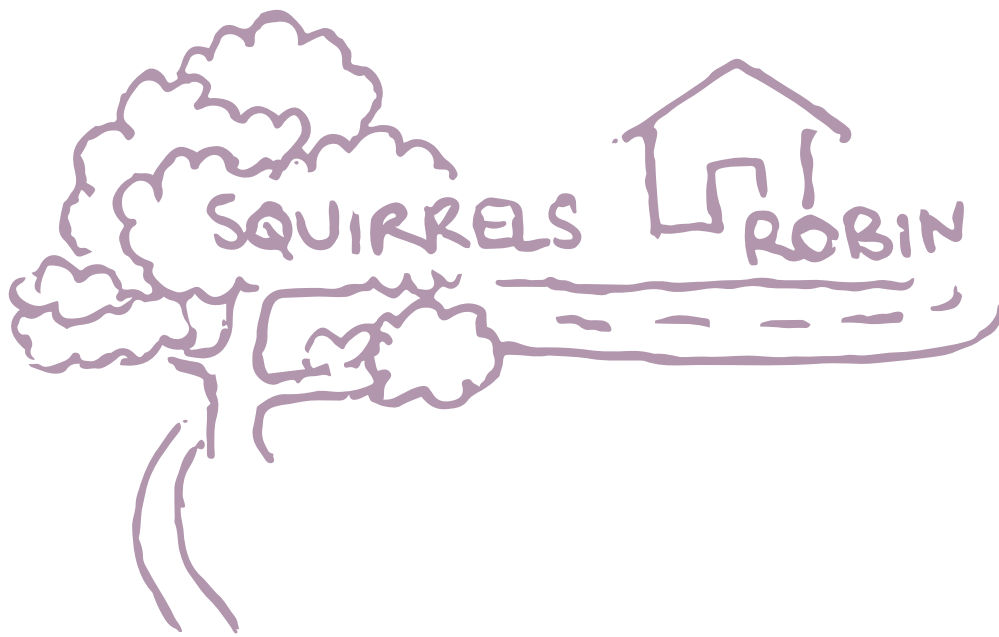




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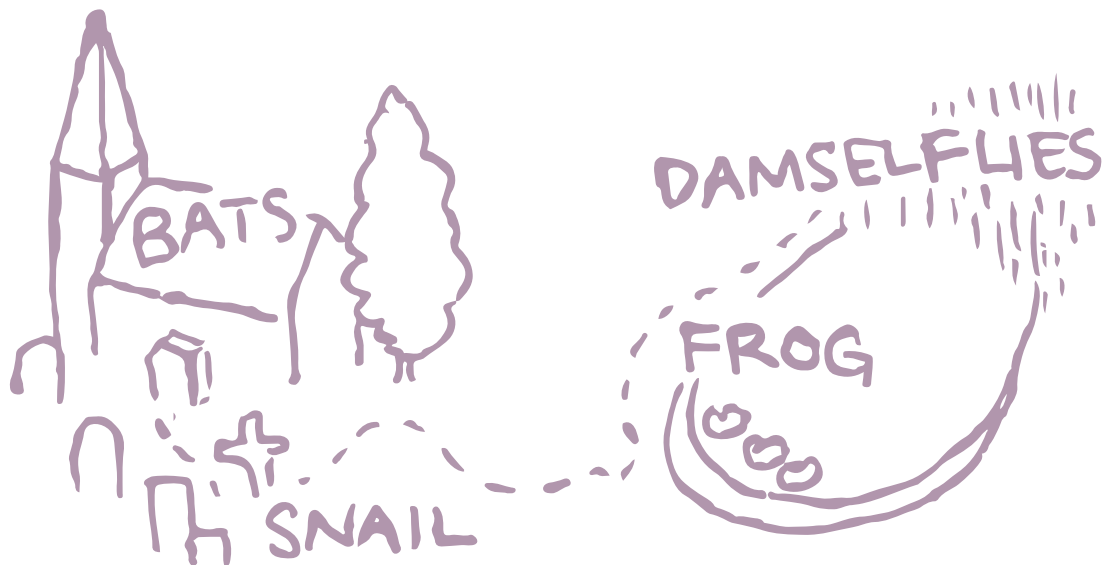
28

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# Map your local wildlife

Draw a map & mark where you see wildlife





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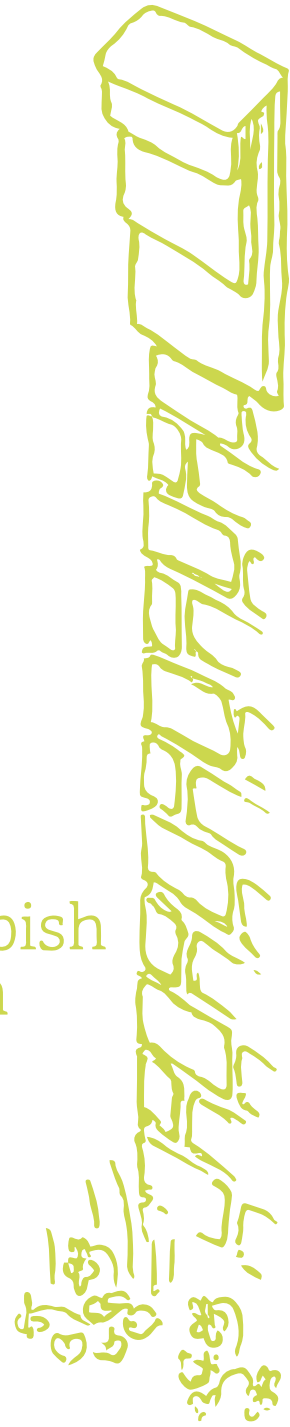
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#30DaysWild



# Pick up litter

Sweep the area for rubbish  
and pop it in the bin







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# Write a wild poem

Use a haiku or sonnet to recreate a wild experience

