

# How to spend 30 Days Wild



Below is a guide to inspire your own activities this June - but don't worry, you don't need to follow this to take part. You can adapt any activity to your lifestyle and many people like to make their own activities up. See what others are up to by keeping an eye on #30DaysWild on social media, and joining the 30 Days Wild Facebook group.



**1** Have breakfast outdoors

**2** Plant wildflowers or ID any you find

**3** Visit a Wildlife Trust nature reserve

**4** Help a hedgehog



**5** Celebrate World Environment Day

**6** Exercise in nature

**7** Walk barefoot on grass, sand or in water (carefully)



**8** Pick up litter

**9** Bake a wildlife cake or use a wild ingredient

**10** Help or learn about swifts, swallows + house martins

**11** Make a butterfly feeder or paint a butterfly

**12** Take a sensory mindfulness walk

**13** Fundraise for your Wildlife Trust

**14** ID a bee



**15** Map your local wildlife

**16** Reduce your water use

**17** Take a photo of a landscape or nature close-up

**18** Camp in your garden or living room

**19** Take on the Big Wild Quiz

**20** Go on a bug hunt



**21** Help tackle climate change at home

**22** Paint or sketch something you see in nature

**23** Campaign for nature



**24** Appreciate a tree

**25** Reduce your plastic use

**26** Make a mini pond or observe a local river or lake

**27** Consider your carbon footprint

**28** Meditate in nature

**29** Listen to birdsong



**30** Join your Wildlife Trust as a member or donate