

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 Listen to birdsong

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 Meditate in nature

11 Make a butterfly feeder or paint a butterfly

12 Take a sensory mindfulness walk

13 Fundraise for your Wildlife Trust

14 Help or learn about swifts, swallows + house martins

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 ID a bee

29 Exercise in nature



30 Join your Wildlife Trust as a member or donate

