

Are you ready for a month packed full of fun and adventure?

Whether you choose an activity a day or setting a weekly goal throughout June, 30 Days Wild is here to help you connect with nature, support wildlife and enjoy the great outdoors. **Get ready to choose the Wild Life!**

WEEK 1: 1st - 7th Help wildlife where I live

Wildlife needs your help. Here are some ideas you could try this week to help make a difference:

- Go litter-picking in your playground, local park or at the beach.
- Leave out food and water for birds and other wildlife.
- Build a bug hotel, bird box or hedgehog home in your garden.
- Plant some seeds and grow your own wildflowers, herbs or veggies and help pollinating insects at the same time.

WEEK 2: 8th - 14th Discover wildlife with my senses

Discovering nature with your senses is super fun! Why not give a few of these wild activities a go:

- Gather up grown-ups and kids alike to go out on a group adventure – explore a new park, woodland or nature trail.
- Try wildlife yoga – who is the best at stretching like a fox or balancing like a heron?
- Dance like your favourite animal – flutter like a butterfly, scuttle like a beetle or leap like a deer!
- Play sensory bingo – use your senses to find different textures, smells and sounds in nature.
- Try forest bathing – sit quietly among trees, listen to the sounds and enjoy the peace.

WEEK 3: 15th - 21st Learn about wildlife

Nature is full of wonders. Use this week to learn about the wildlife on your doorstep:

- Check out the poster and activity sheets in your pack for fascinating facts about invertebrates. Can you spot any whilst you're exploring?
- Read a book about nature – there are so many amazing stories and facts to discover!
- Download a spotter guide and see how many creatures you can find.
- Make your own nature guide by researching and writing about the plants and animals near you.
- Join a wildlife talk and learn from experts.

WEEK 4: 22nd - 30th Get creative with nature and celebrate

For our final week, let's get creative with nature. Why not try something new:

- Start a nature journal – draw, write or stick in special leaves and petals.
- Create a wild picture using leaves, sticks and flowers.*
- Get creative with your waste and make compost from kitchen scraps - it's a great way to learn about how nature recycles.
- Write a story about an animal or a magical wild adventure.
- Press flowers to make beautiful natural decorations.*

*** Please don't pick wildflowers!**
Opt for fallen flowers or those in your garden