


# Random Act of Wildness




#30DaysWild

# Feel the wild between your toes

Squelch your toes in grass, sand or mud






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# Look up at the clouds

What shapes can you see?



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# Find a creepy crawly

Be gentle. Get close and watch the way it moves

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# Thread a daisy chain

Pick daisies and thread their stems together




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# Showcase on a nature table

Display wild treasures like feathers, fossils and bones






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# Lunch in the wild

Take your sandwiches outside and sit on a blanket or under a tree






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# Listen for wild sounds

Use a blindfold to focus - what can you hear?

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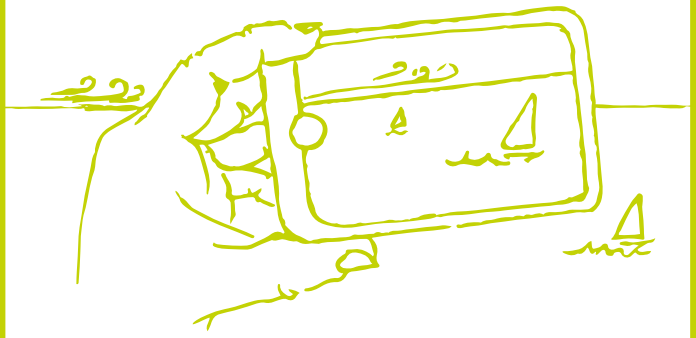



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# Snap a blue photo

Butterflies, damselflies or even a clear blue sky

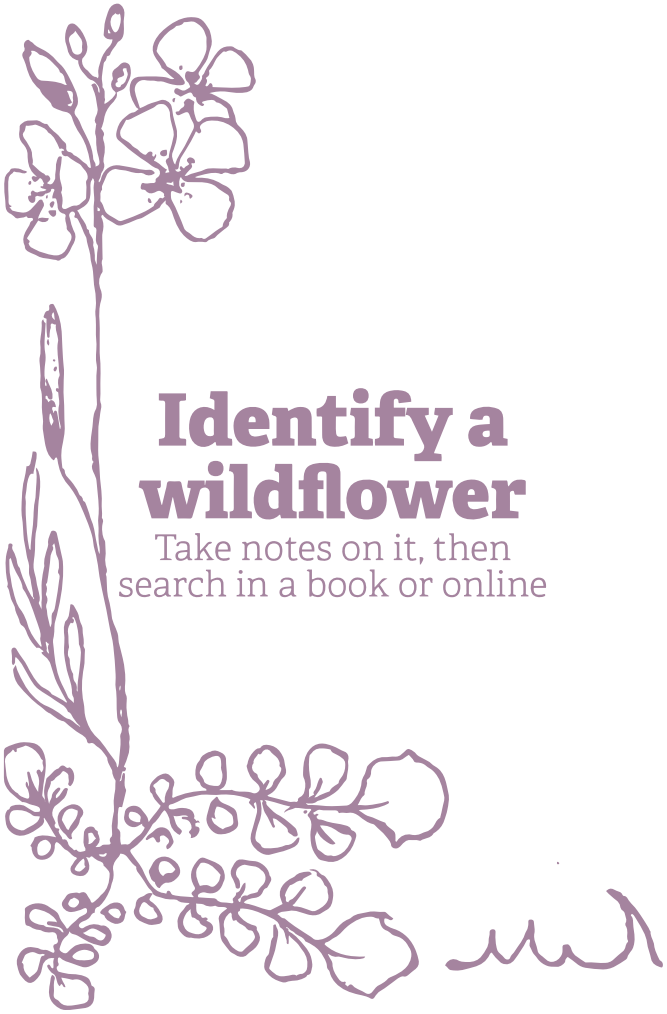


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# Identify a wildflower

Take notes on it, then search in a book or online

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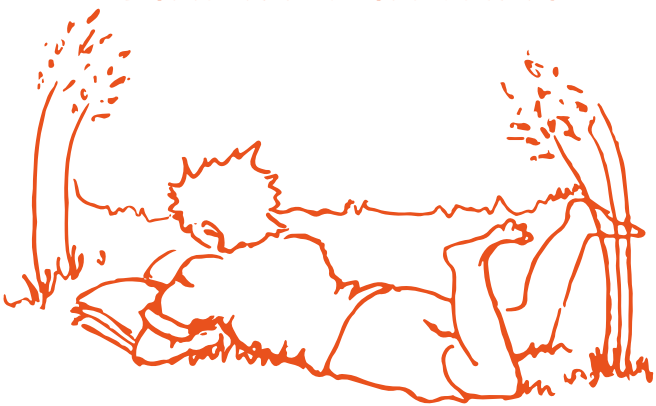
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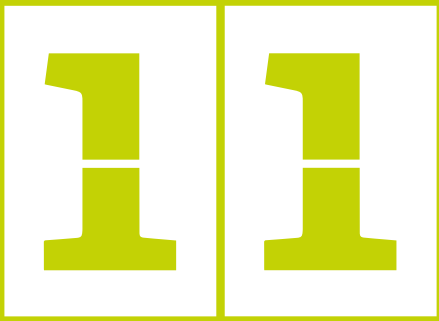
# Read a wild book

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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# Create a work of art

Using leaves, pinecones, feathers and twigs




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# Watch a wild webcam

Peek at ospreys, peregrines and other wildlife






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# Search for mini wildness

Lichens, forests of moss and flowers in pavements





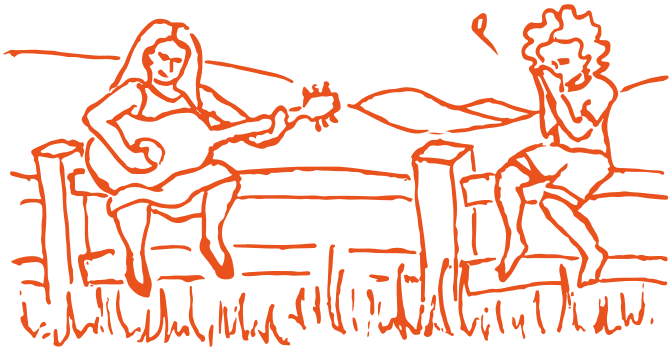

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# Whistle with grass

Use a thick blade of grass between your thumbs






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# Sketch up close

Use a pencil to capture the detail, shapes and texture






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# Plan a nature quiz

Write a wildlife quiz and share it with family and friends




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# Spot a wild mammal

From urban squirrels, foxes or deer to country hares








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# Scatter seedbombs

Throw seeds and soil in hard to reach places






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# Keep a note of wildlife

List the species that you see from your window




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# Google wild facts

Discover secrets about your favourite animal








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# 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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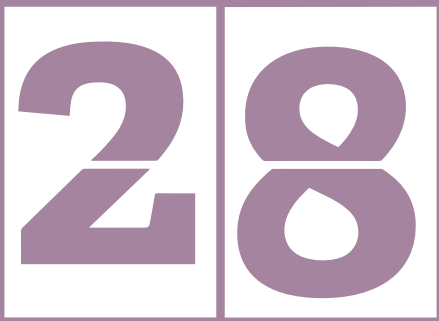
# Race for a rainbow

Race to find the colours of the rainbow

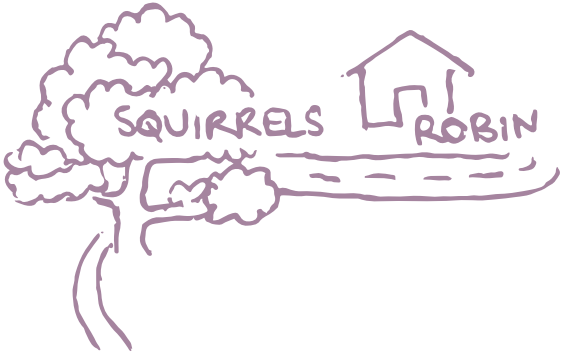





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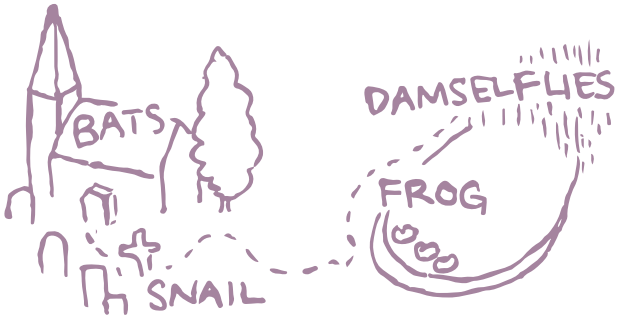



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# Map your local wildlife

Draw a map & mark where you see wildlife






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# 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