



#30DaysWild



All our lives are better when they're a bit wild

Note down or draw your daily Random Acts of Wildness and how they made you feel.

Share your daily Random Acts of Wildness photos and wild places using

#30DaysWild



1 Big Wild Breakfast wildlifetrusts.org/big-wild-breakfast	2 	3	4	5 	6 	7
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29 	30	30 DAYS WILD		We hope you've loved your wild month. Can you stay wild? Find your wild life with your Wildlife Trust wildlifetrusts.org		

Nature Table



Use this page to collect things from your adventures in the wild...

From mud to moss or feathers to fur, make as much mess as you can - just be sure to wash your hands after!



#30DaysWild



Rocks, stones,
fossils and bones

Pine cones
and seeds

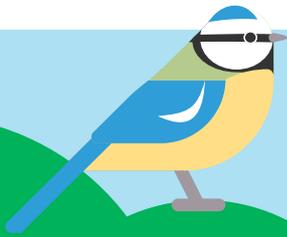
Feathers
and fur

Moss
and mud

Leaves
and twigs

Petals and
grasses

Remember, wildflowers should stay in the ground



#30DaysWild

Your guide to going wild

for educators



wildlifetrusts.org/30DaysWild

Welcome to 30 Days Wild

Cover: @Eve + Tom Photography

At The Wildlife Trusts, we know that wild children are happy children. By integrating our bustling, refreshing natural world with the learning environment, children can see things from new perspectives, sparking fresh creativity and enthusiasm. We hope that this 30 Days Wild pack will help with just that and unleash a passion for our wonderful wildlife!

Your pack is crammed full of ways to make 30 Days Wild with your class an adventure to remember. Let nature be your leader by finding inspiration in the trees, butterflies and bees. Why not go wild and create activities of your own as well as doing those in this pack? We can't wait to hear what your school or group gets up to! You and thousands of others will be journeying into the wild this June, so be sure to share your progress using #30DaysWild on social media and see what others get up to, too.

Find loads of downloadable resources (including wildlife spotting sheets and activity sheets) at wildlifewatch.org.uk

THE SCIENCE:

Is being in nature really good for me and my kids?

Absolutely, positively and definitely **yes!** We worked with the University of Derby for five years running, looking at how 30 Days Wild affects the health and wellbeing of those taking part. The reports all concluded that participants feel significantly happier, healthier and more connected to nature after doing the challenge, and for months after too! Not only that, but participants are taking more actions to benefit the environment. We've also done some research with University College London which backs this up. Take a look at wtru.st/nature-nurtures-children for more info!

So, nurture that inner wild child and let's help your kids experience 30 days they won't forget in a hurry!



How to make your own bird feeder



What you need:

- dry ingredients
 - bird seed
 - cooked rice
 - grated cheese
 - dried fruit
 - breadcrumbs
 - chopped nuts
- hard cooking fat (lard or suet)
- a pine cone, coconut shell or yoghurt pot
 - Use an old yoghurt pot for this, and always recycle after it's been used
- string



www.wildlifewatch.org.uk

Butterflies



Moths



30 DAYS WILD



1-30 June



How to make your school or youth group more eco-friendly

As we face a nature and climate crisis, it's more important than ever that we protect our wonderful, wild world, so here's a few ideas to get you started at your school or youth group.



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LEAVE A WILD PATCH OR PLANT A MINI MEADOW

We've lost 97% of our treasured wildflower meadows since the 1930s, so letting a patch go wild on your playing field or creating a mini meadow in a window box can really give nature a helping hand. Take action for insects by planting native wildflower seeds and watch the precious pollinating insects flourish! wtru.st/grow-wild-patch

GROWING VEGETABLES OR HERBS

Growing a small veg patch allows children to get their hands muddy and learn about where food comes from at the same time. Grow a small patch of one type or go all out with a greenhouse. But make sure to use peat-free compost and avoid chemicals to help keep our wildlife happy! It'll be a good day when you can enjoy the fruits (or veg!) of your labour! wtru.st/grow-vegetables

UNITE YOUR ECO-WARRIORS

Create a green team, give it a fun name and meet monthly to talk about what you can do to make your school or youth group more environmentally friendly. Pin badges are encouraged!



REDUCING WASTE

Teaching young people about recycling, reducing and re-using is really important, and teaching them how to cut down on plastic use is a great place to start! You could set a recycling challenge to see which class manages to recycle the most, make art out of plastic, or get the kids to make posters to put up around school! Be inspired by Bex's plastic-free year: wtru.st/plastic-clear-year



HOLD A WILD FUNDRAISER FOR YOUR WILDLIFE TRUST

The Wildlife Trusts are on a mission to protect and connect 30% of land and seas for nature by 2030. Your local Wildlife Trust is caring for wildlife and wild places near you every day – and are wanting to do even more, but we can't do any of it without our amazing supporters! From a wild fancy dress day to running a wildlife-themed bake sale, there are so many ways to get involved in protecting wildlife. For inspiration see: wtru.st/fundraise

Go on a litter pick or beach clean



You will need:

- an adult helper
- a group of friends (optional but useful!)
- thick gardening gloves
- strong bin bags
- brightly coloured clothes (for visibility near roads)
- suitable footwear (sturdy boots for rocky beaches)

Ask an adult to take you on a litter pick or beach clean.

Ask an adult if you're not sure whether to pick something up.

Things to avoid

- broken glass
- sharp objects
- dog poo bags
- anything dirty or dangerous
- large or heavy rubbish
- bottles of liquid



www.wildlifewatch.org.uk

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My street tree



Have you ever stopped to have a good look at your nearest garden or street trees? What sort are they? How old? Are they important for wildlife? Do birds roost or nest in them?

You will need:

- Sheet of blank paper and clipboard
- Extra paper and crayons
- Magnifying glass or bug pot
- Minibeast ID chart or book
- Tape measure (optional)
- Leaf spotting sheet or other tree ID chart

- 1 Draw your tree in the middle of your paper. Use a leaf spotting sheet to help identify it.
- 2 Stick a fallen leaf on the paper, or do a rubbing using paper and crayons.
- 3 Use a magnifying glass, pot or pooter to check out the minibeasts living on your tree.
- 4 How thick is its trunk? Can you measure it at chest height with a tape measure? Can you hug it?
- 5 Does your tree have plenty of healthy leaves and soil around its trunk?
- 6 What other wildlife is living in the tree? Put all your findings on your tree drawing.

DATE: 14 July 2014
 MY TREE: Oak
 LOCATION: outside my house
 HEIGHT: half the height of house
 MINIBEASTS:
 1 green caterpillar
 2 woodlice
 2 harvestmen
 lots of aphids
 2 spiders

VERDICT: I think my tree is healthy

www.wildlifewatch.org.uk

Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts

Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts

Activity: Weave a bird's nest

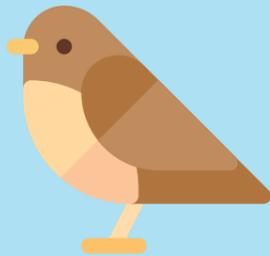
Have a go at weaving your own bird's nest – it really makes you appreciate how hard our birds work!

You will need

Twigs
Grass
Straw
Leaves
Paper

What to do

1. Ask the group members to construct their own nests out of materials found in the playing field or areas nearby.
2. Roll up the paper to imitate bird eggs and see if they are safe in their new nests.
3. For a real challenge get them to pick up materials using just their first and middle fingers, mimicking a beak!
4. If you have access to a tree, why not place your nests on it to test if they're stable enough? This is a good way to discover how intricate and well-made nests need to be. **Make sure to remove the fake nests once they've been tested.**



Game: Bat and moth

This is a great game that explores the world of bats and how they use sonar to hunt moths and other insects.

You will need

One blindfold

What to do

1. Explain to the children that bats emit a very high-pitched noise that they can hear bouncing off objects, such as moths, which they hunt for food. This is known as echolocation – using an echo to locate something.
2. Arrange everyone in a circle.
3. Choose one person to be a bat and make everyone else a moth.
4. Blindfold the 'bat' (this is for darkness rather than blindness – bats aren't blind!) and ask them to stand in the middle of the circle.
5. Every time the bat shouts "bat", the moths have to reply "moth" (to represent sound bouncing off the moth).
6. The bat has to try and catch the moths, while the moths 'fly' away.
7. If you want an extra twist, have more than one bat. Get the children to swap over too. Was it easier being a bat or a moth?



Social media stars

Sometimes a little inspiration from others goes a long way, so here's some of our favourite social media posts from educators. There are thousands more like this so just search #30DaysWild and you'll be spoilt for choice!



Abermorddu CP School in north Wales challenged Year 4 to race for a rainbow in nature, and snap photos of what they found. Taking photos was a great way of taking part in 30 Days Wild while home-schooling during the Covid-19 lockdown in 2020. This class's teacher said that "30 Days Wild enabled the children to connect with nature whilst thoroughly enjoying spending time outdoors with their families."



Helen is a teacher in Oxford. After taking part in 30 Days Wild she said, "30 Days Wild is a fantastic challenge for schools. It helps to connect children to their local environment and can be the catalyst for a life-long interest in nature. The children are always fascinated, and it doesn't take long before they are suggesting activities and bringing things in for a nature table. I love it!"



Miss Cardwell works at a school in Lancashire, and despite a tough year with Covid-19 restrictions, she said 30 Days Wild was "the perfect way to engage our children in the beauty around them. It got the children out and about with their families, creating lots of special memories each day. Just what we all needed."



Corstorphine Primary in Edinburgh went on a wild senses walk to kick off their challenge. This is an amazing way of interacting with the natural world!

If your school, nursery or youth group has a social media account, we'd love to follow your journey. Make sure you use #30DaysWild and tag us on Twitter @30DaysWild or find our Facebook group!



Why do The Wildlife Trusts want to see Every Child Wild?

Everyone should have the opportunity to experience the joy of wildlife in their daily lives.

Back in November 2019, we worked with University College London on a study that looked at how experiencing nature benefits school children.

The study found that after taking part in Wildlife Trust-led activities:



84%

of children felt that they were capable of doing new things when they tried

79%

of children reported feeling more confident in themselves

81%

agreed that they had better relationships with their teachers

79%

reported better relationships with their classmates

It's not always easy to immerse yourself in nature if your school is surrounded by lots of grey. We hope 30 Days Wild will help you notice and find the nature around you, wherever you are.

Stay wild with YOUR Wildlife Trust



The Wildlife Trusts give millions of people the opportunity to connect with nature in the communities where they live and work. Our staff and volunteers work with thousands of schools by welcoming them to our nature reserves and education centres, and by making visits to schools to help children discover nature. Our junior branch, Wildlife Watch has lots of amazing resources for children to dive into, and child and family members receive a copy of our quarterly *Wildlife Watch* magazine, perfect for 6-12 year olds. Find your closest Wildlife Trust to find out more about ways we can help you and your school or group to stay connected to nature post-30 Days Wild, visit: wildlifetrusts.org and wildlifewatch.org.uk

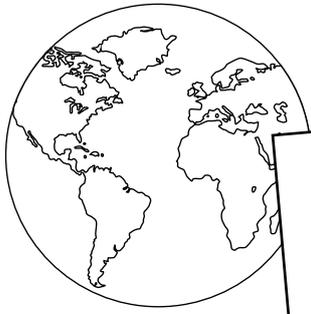
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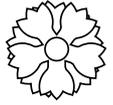
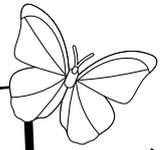
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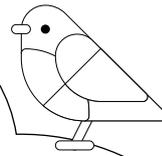
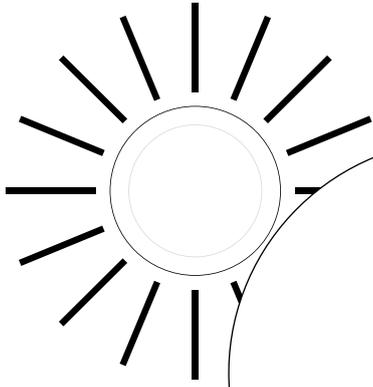
30 Days Wild

BINGO!



How many of these things can you spot on your 30 Days Wild adventures?
Simply cross off each box as you spot them. To make it a competition, the first to get a line wins, or go for a full house!

BLACKBIRD	ANT	RABBIT	OAK TREE	MALLARD
SWAN	DRAGONFLY	BEE	FEATHER	ORCHID
LADYBIRD	DANDELION	BLUE TIT	CATERPILLAR	SNAIL
POND OR PUDDLE	WORM	NETTLE	SPIDER'S WEB	WASP
DAISY	TREE STUMP	BUTTERCUP	ANIMAL-SHAPED CLOUD	BUTTERFLY



1 - 30 June

#30DaysWild

I'm doing
30 Days Wild!

