



All our lives are better if 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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1.</p> <p>Read outside in the wild. Choose your favourite book, find your favourite spot, get comfortable and enjoy!</p>	<p>2.</p> <p>Create a rainbow using things from the wild. Find something for each colour of the rainbow.</p>	<p>3.</p> <p>Create a stick man (or family) and use leaves, grass and flowers to decorate.</p>	<p>4.</p> <p>Protect the environment and go on a litter pick. Find rubbish in your area and put it in the bin.</p>	<p>5. Environmental Day</p> <p>Use recycling to create a bird feeder or a minibeast home.</p>	<p>6.</p> <p>Create a poster that promotes ways in which we can save the planet. Think of a catchy slogan.</p>	<p>7.</p> <p>Switch off all electricals and tune in. Share a good book, enjoy a walk or play a board game with family.</p>
<p>8. World Oceans Day</p> <p>Use a recycled plastic bottle or glass jar to make an ocean of your own.</p>	<p>9.</p> <p>Pick some daisies and thread their stems together to make a daisy chain.</p>	<p>10.</p> <p>Create a natural sounds map. Close your eyes, be still and listen. Mark on your map what you hear.</p>	<p>11.</p> <p>Help an adult in the garden and search for wildlife in its natural habitat.</p>	<p>12.</p> <p>Draw a picture to represent each of the four seasons. Use appropriate colours and materials.</p>	<p>13.</p> <p>Strike a yoga pose outside and meditate in the wild. Listen to all of the calming sounds around you.</p>	<p>14.</p> <p>Whistle with grass by placing a thick blade in between your thumbs. Then blow.</p>
<p>15.</p> <p>Bark rubbing. Experiment with different media and on different surfaces. Watch the patterns change.</p>	<p>16.</p> <p>Use recycled toilet rolls to create your own wildlife binoculars.</p>	<p>17.</p> <p>Use your binoculars to bird watch and identify which birds visit your garden.</p>	<p>18.</p> <p>Design a bird of your own, name it and create a fact file. Then share your new species with an adult.</p>	<p>19.</p> <p>Use twigs, string, leaves and natural materials to create a decorative wind mobile for the garden.</p>	<p>20. Wild Weekend</p> <p>Build a den outdoors and enjoy your lunch on a blanket or under a tree.</p>	<p>21. Wild Weekend</p> <p>Walk barefoot outside on the grass or in the mud and describe what you feel.</p>
<p>22.</p> <p>Collect items from the wild and create a nature table. From mud to moss, make as much mess as you can.</p>	<p>23.</p> <p>Place a flower on some cloth, fold it and hit it with a rock. Watch the natural colours appear.</p>	<p>24.</p> <p>Lie on the grass and look up at the clouds. Spot pictures and shapes then watch how they move.</p>	<p>25.</p> <p>Carefully find and study your minibeast. After releasing it, draw what you've found.</p>	<p>26.</p> <p>Create a birds nest and place it in a bush or a tree. Observe to see if any birds find your nest.</p>	<p>27.</p> <p>Observe the weather and do some research. Create your own weather forecast for the day, or weekend.</p>	<p>28.</p> <p>Snap a blue photo. Find as many wild and natural things that are blue.</p>
<p>29.</p> <p>Draw pictures of your favourite animals and write about where they live.</p>	<p>30.</p> <p>Write a wild poem. Use a sonnet or haiku to sum up your 30 days wild.</p>					

