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GO ON A SENSORY ADVENTURE

Make it a mission to find one
thing in nature you can **see, hear,**
touch and **smell.**



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LOOK FOR BUTTERFLIES

How many can you find?
Can you hear the fluttering
of their wings?

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HUG A TREE

Enjoy the enticing earthy and floral aromas. Trees give us clean air and help us tackle climate change – we need to remember to love them back!

**HOW DOES THE BARK FEEL AGAINST
YOUR FINGERTIPS?**

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GO ON A SLUG AND SNAIL SAFARI

How many can you find?
Discover a new fact about them.



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PLAY A ROUND OF WILDLIFE TOP TRUMPS

Choose your categories and find facts
about your favourite wildlife before
challenging a friend to a game.



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UPGRADE YOUR MUSIC CLASS

Host an outdoor concert – play your favourite instruments outdoors and sing along with the birds!





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ALPHABET NATURE HUNT

★ Choose a letter and see how many things in nature you can find that start with it.

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SKETCH YOUR FAVOURITE UK SEA CREATURE

There's so many to choose from – crabs, seals, whales, dolphins and a whole lot more! What will you go for?



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TAKE YOUR LUNCH OUTDOORS

Enjoy the fresh air
whilst you have a
picnic with friends.



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SOW SOME SEEDS

Plant herb seeds and check in
on progress daily.



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WATCH THE BIRDS (AND BEES)

Spend half an hour watching birds, bees and butterflies from the window, in gardens or a park. See how many you can identify.



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OUTDOOR YOGA OR MEDITATION

Take 10 minutes of mindfulness
in nature – breathing exercises
are encouraged!



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OUTDOORS P.E. ANYONE?

You could play stuck in the mud, hide and seek or even a game of rounders.



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WILDLIFE ROLE PLAY

Transform yourself into a butterfly, stag beetle, fallow deer or beaver and go wild for a day. Copy how they move.



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MAKE A SPLASH

No sunshine? No problem! Splash in a puddle and shake your hips or arms in a rain shower.

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HOST A NATURE QUIZ

Test your wildlife knowledge.

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GIVE WILDLIFE A DRINK

Provide fresh drinking water for
any wild visitors.



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INVESTIGATE COMPOST

Dig out a sample and using magnifiers and clean wooden lolly sticks, see what tiny wonders you can discover.



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MAKE A BIRD FEEDER

Help our feathered friends with a homemade feeder. Remember to clean them out regularly.



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MAKE A MINI POND

Repurpose an old washing-up bowl or similar to create a vital habitat for frogs, dragonflies and more.



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DO A LUNCHTIME PACKAGING SURVEY

How much plastic is there in your lunchbox? Do you know what you can recycle? Can anything be re-used?



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SURVEY LIKE A SCIENTIST

Drop a hula hoop on a patch of grass
and count how many plants and
insects you find in it.



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BUILD A BUG HOTEL

Provide insects with somewhere
to sleep.



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WRITE STORIES

Write a short story about nature.
What wildlife will you include? Make sure
you show your parents / carers too.



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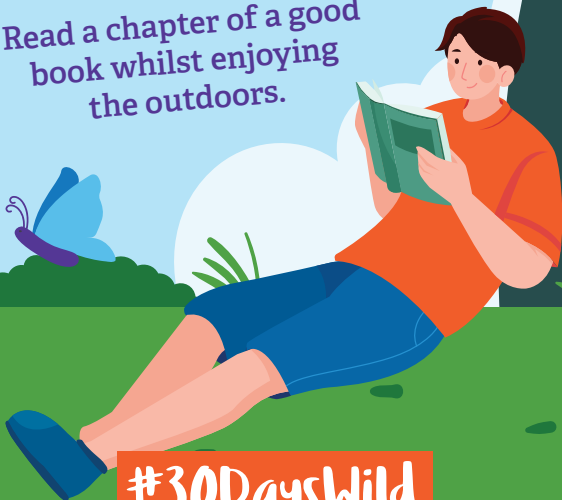


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READ A BOOK IN THE GRASS

Read a chapter of a good
book whilst enjoying
the outdoors.



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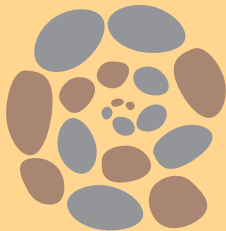
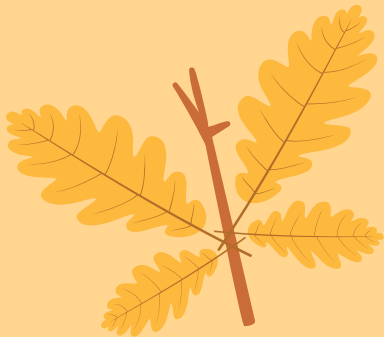


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ARTS AND CRAFTS WITH NATURE

Collect natural materials from outside
and make art with them.



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MAKE A NATURE JOURNAL

Share what it is you love about wildlife,
and what makes you happy about being
outdoors. Jot down anything you've seen
in nature today.





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HOLD AN ART COMPETITION

Get creative and paint, sculpt or
collage the thing you find the most
beautiful in nature.



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TRY FOREST BATHING

The art of being calm and quiet amongst the trees, being grateful for the nature around us. Forest bathing can boost health and well-being in a natural way.

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WHAT DID YOU MOST ENJOY DURING YOUR CHALLENGE?

Write to (or email) us about your favourite 30 Days Wild moments and whether there's anything you'll be doing differently now.



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