

Day 1	Look out of your window (or perhaps at a photograph) and try sketching some wildlife, paying close attention to all the details you may not have noticed before.	Day 2	Try some winter photography - whether it's a beautiful snowy scene or simply a frosty cobweb, see if you can take a photograph that sums up nature in winter.	Day 3	Get creative and make some fat cakes for the birds rspb.org.uk/birdcake . Remember not to put out anything containing raisins if you have a dog.	Day 4	Use Google street view to find a beautiful wild area and spend a moment taking in the view. Perhaps you could try drawing what you see or researching the area?	Day 5	Take a moment to listen out for robins. They are one of the only birds to sing in winter and can be heard in both urban and rural areas.	Day 6	Engage a friend or family member in nature - phone a friend to discuss some of the nature you have seen recently, or plan a video call with a family member.
Day 7	See if you can make a start on some nature-themed art. You could draw, paint, sew, knit, crochet, model - whatever works best for you. See if you can unleash your creativity.	Day 8	Make a nice, warm drink and take a moment to relax and look out the window - what can you see/hear?	Day 9	See if you can bake something nature-themed, for example cupcakes decorated with flowers, or animal shaped gingerbread biscuits! #bakeformature	Day 10	Look up the song of your favourite bird and take a moment to listen to it carefully. See if you can remember it and try to recognise it on any future walks.	Day 11	Time to marvel at nature's best bits! See if you can find a nature documentary to watch and take some time to relax. You can't beat a bit of David Attenborough.	Day 12	Take a moment to notice the weather outside. Perhaps think about what wildlife might enjoy this weather, or how it might affect them?
Day 13	Take some time to work on your nature-themed art project.	Day 14	Take a moment to re-visit a wonderful memory involving nature. See if you can immerse yourself in this memory, enjoying all the feelings associated with it.	Day 15	Wrap up warm and go on a frosty winter walk. Can you spot any key signs of winter, such as berries, snowdrops and robins?	Day 16	See if you can come up with a wildlife-related word for every letter of the alphabet. You could even try picking a category, for example birds, flowers, or British wildlife.	Day 17	Looking forward to the spring, think about what plants you might like to grow and make a plan. If you don't have a garden, focus on indoor potted plants and herbs instead.	Day 18	Take 5 minutes to listen to RSPB Birdsong Radio and immerse yourself in the sounds of nature.
Day 19	Start a nature journal and write down one thing each day relating to nature. This could be a fun fact, something you've spotted, or something you're hoping to see.	Day 20	Take some more time to work on your nature-themed art project.	Day 21	Notice the changing light of a sunrise at the start of the day, or the soft dimming of light at sunset.	Day 22	Take a moment to be mindful. Find a natural soundscape online (perhaps the sound of rain, the sea or woodlands), close your eyes and go on a nature journey.	Day 23	List all the different things you enjoy most about wintertime, for example things you see, hear, smell and touch.	Day 24	Notice the first star appearing in the night sky.
Day 25	Go on a walk or look out of your window and see if you can see any signs of nature, for example fallen feathers, prints, or fur. Try to figure out what might have left them!	Day 26	Spend 10 minutes looking at a wildlife webcam and see what you can spot.	Day 27	Look for some fascinating animal facts online and get lost in the wonders of nature.	Day 28	Open a window and experience the fresh air mindfully - feel it on your face, skin and hair. Now take a slow, deep breath.				

Connecting to nature

Some of these ideas have been inspired by our Nature Prescriptions project in Shetland, and our pilot project in Edinburgh, rspb.org.uk/naturesremedy. For more ideas visit www.rspb.org.uk and don't forget to take part in our annual Big Garden Birdwatch 29-31 January 2021