

Take part in 30 Days Wild

Throughout June, The Wildlife Trust has set a 30 day Wildlife Challenge so our Wellbeing Poster this week gives information about this and challenges you to [sign up](#) to this as fresh air and wildlife provide a positive impact on our mental health. Pictures of your activities are welcomed.

Good Luck!



Welcome to The Wildlife Trusts!



The Wildlife Trusts

There are 26 Wildlife Trusts in the UK. Since the 1930s, we have been working to protect and improve the natural world. We are now working together to create a more sustainable future for the UK's land and sea for nature to thrive.

Support The Wildlife Trusts

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Wildlife

Wildlife is the natural world around us. It includes all the plants and animals that live on the Earth. We need wildlife to keep our planet healthy and to provide us with the food and medicine we need to survive.

Our work

We work to protect and improve the natural world. We do this by working with the government, local authorities and the public. We also work to raise awareness of the importance of wildlife and to encourage people to take action to protect it.

How to spend 30 Days Wild



The Wildlife Trusts

Below is a guide to inspire your own activities this June - but don't worry, you don't need to follow this to take part. You can adapt any activity to your lifestyle and many people like to make their own activities up. See what others are up to by keeping an eye on #30DaysWild on social media, and joining the 30 Days Wild Facebook group.

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| 1 Have breakfast outdoors | 11 Make a butterfly feeder or paint a butterfly | 21 Help tackle climate change at home |
| 2 Plant wildflowers or ID any you find | 12 Take a sensory mindfulness walk | 22 Paint or sketch something you see in nature |
| 3 Visit a Wildlife Trust nature reserve | 13 Fundraise for your Wildlife Trust | 23 Campaign for nature |
| 4 Help a hedgehog | 14 Help or learn about swifts, swallows + house martins | 24 Appreciate a tree |
| 5 Celebrate World Environment Day | 15 Map your local wildlife | 25 Reduce your plastic use |
| 6 Listen to birdsong | 16 Reduce your water use | 26 Make a mini pond or observe a local river or lake |
| 7 Walk barefoot on grass, sand or in water (carefully) | 17 Take a photo of a landscape or nature close-up | 27 Consider your carbon footprint |
| 8 Pick up litter | 18 Camp in your garden or living room | 28 ID a bee |
| 9 Bake a wildlife cake or use a wild ingredient | 19 Take on the Big Wild Quiz | 29 Exercise in nature |
| 10 Meditate in nature | 20 Go on a bug hunt | 30 Join your Wildlife Trust as a member or donate |

