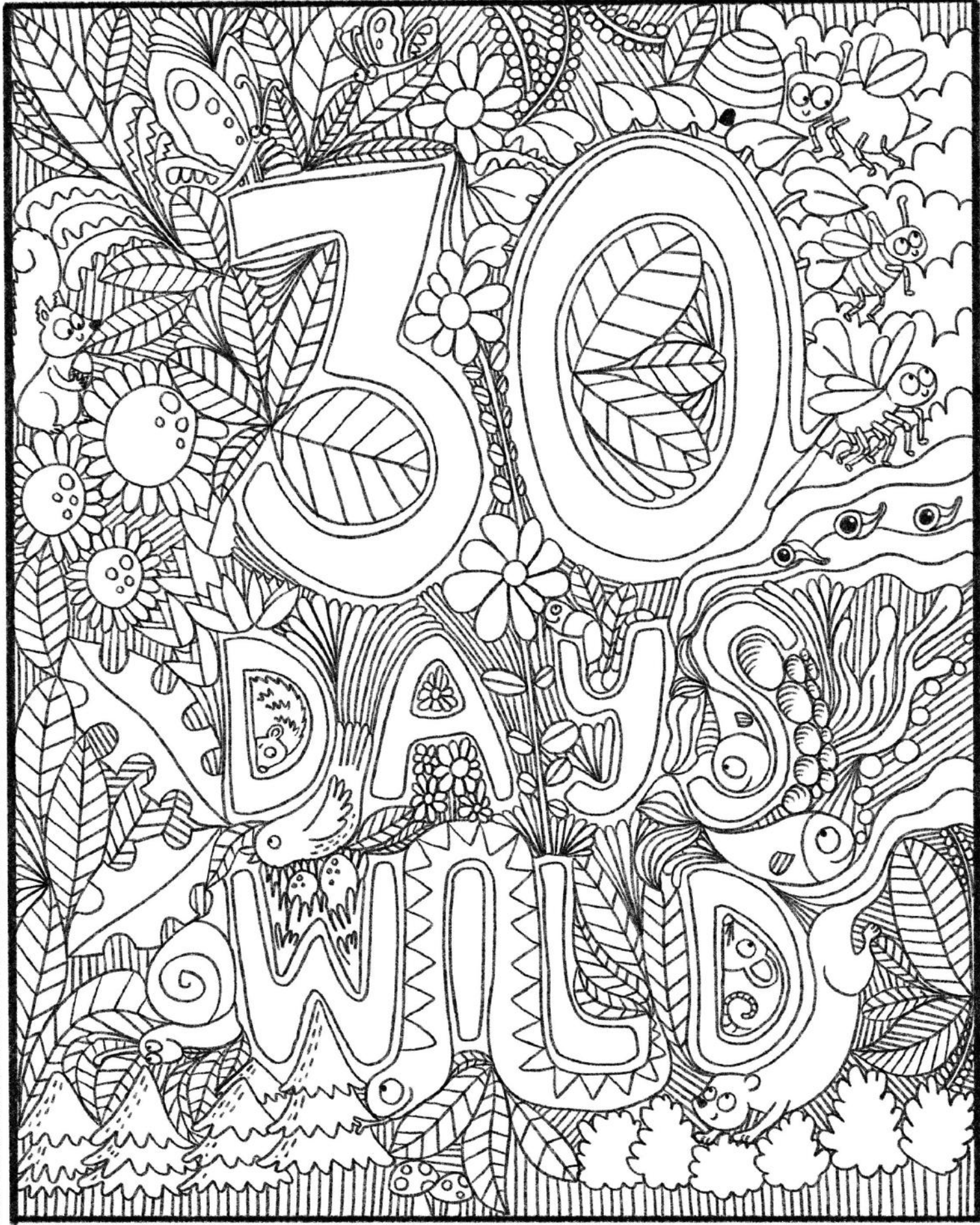
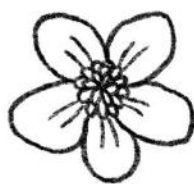
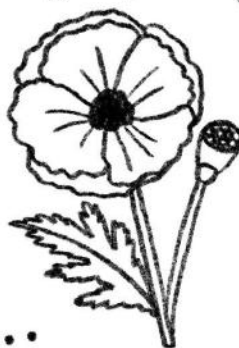




DAY 1



on your WALK, find your
FAVOURITE flower and
SKETCH IT!



LOOK carefully...

How many PETALS
does it have?



How long is the STEM?



What shape are the LEAVES?

#30DaysWild



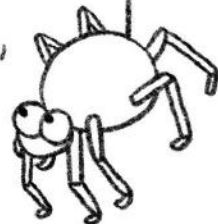
DAY 2



Let's go on a
BUG HUNT!



↑ Look **UP** for bugs
that **FLY**...



↓ Look **DOWN** for bugs
that **CRAWL** and **CREEP**...



Q How many **BUGS**
can you **IDENTIFY**?



1 — 2 — 3 — 4 — 5 — 6 — 7



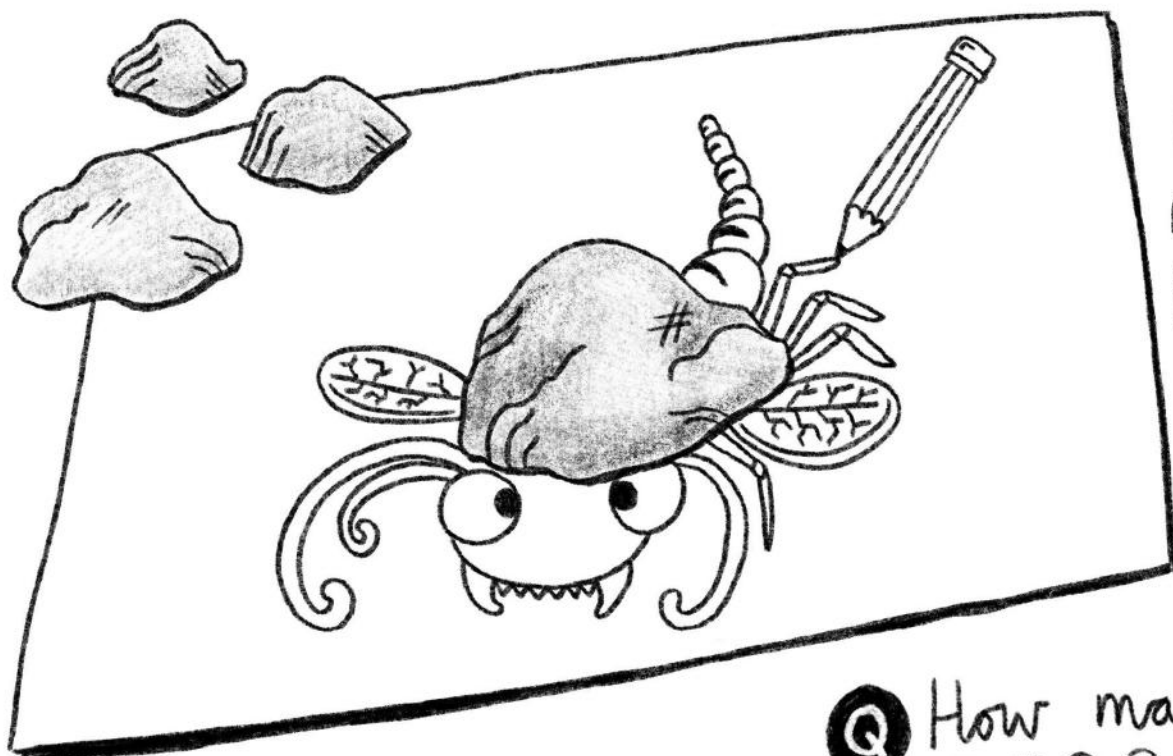
#30DaysWild



DAY 3 You Rock!

Find a rock, **BIG** or **SMALL** - you decide!
Place it on a piece of paper and
draw around it to create a
NEW creepy crawly creature!

You can
even **PAINT**
your rock with
patterns
first!



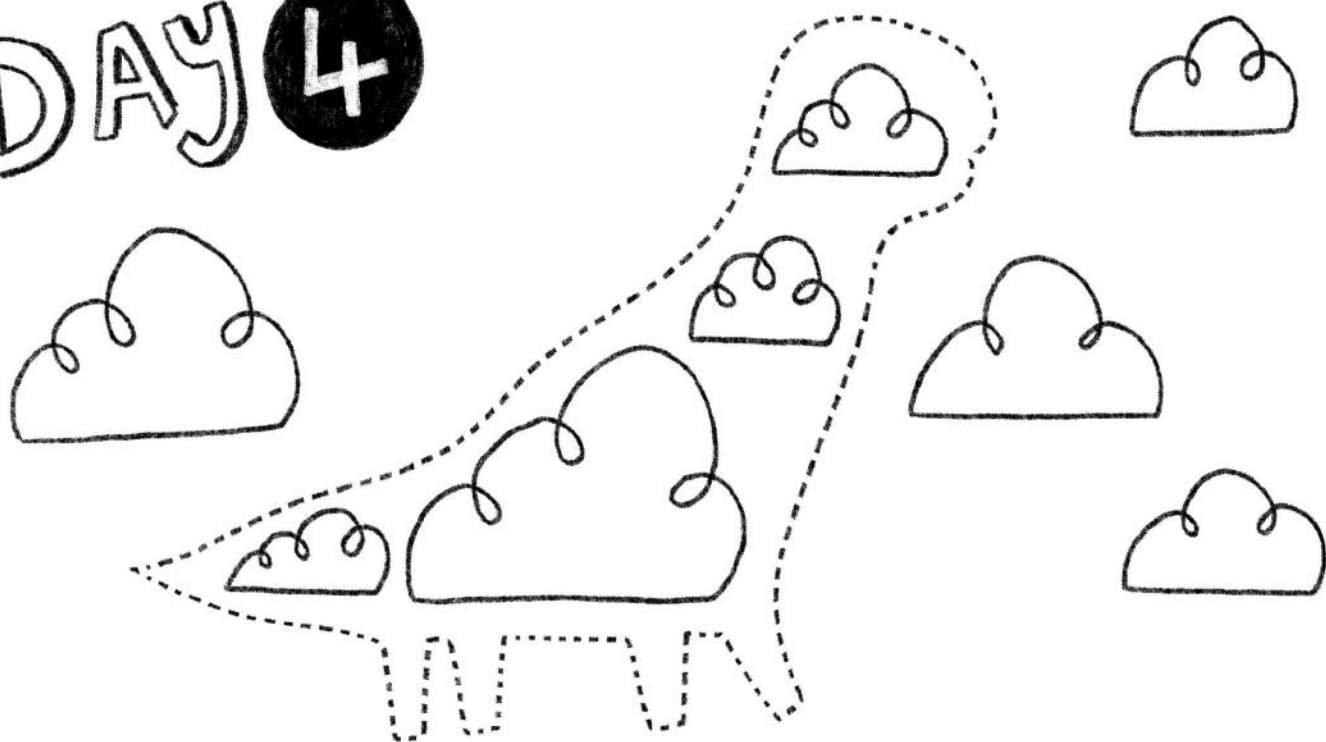
Q How many
EYES
does
it have
?

Q Does it have
any **ANTENNA**?

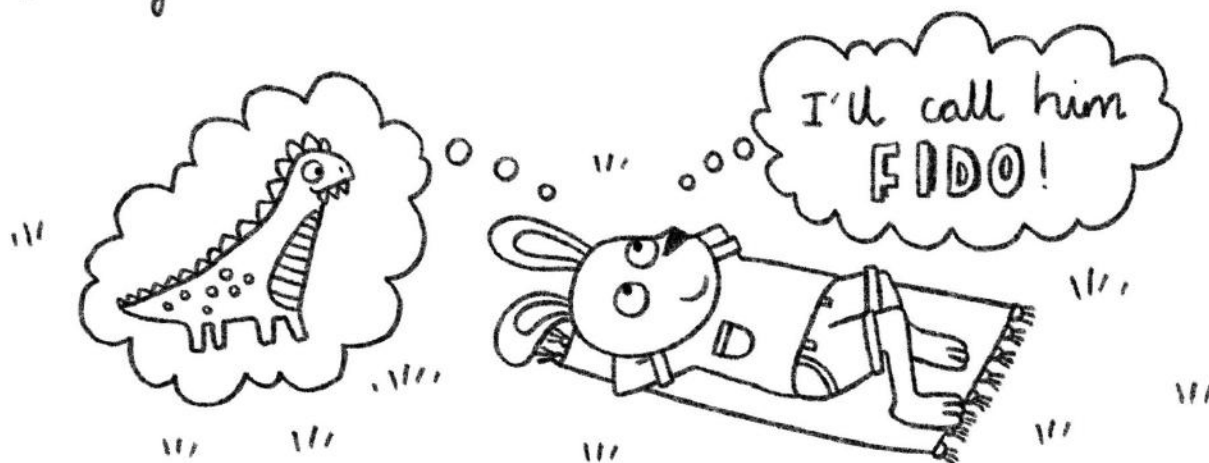
Q How many
LEGS will
you give it?

#30DaysWild

DAY 4



Look UP at the CLOUDS
Do you think some look like other
things? What do you SEE?

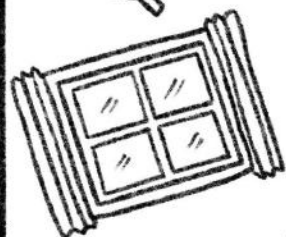


#30DaysWild

DAY 5



Even when you are stuck
INSIDE, you can still enjoy
the **OUTSIDE WORLD!**



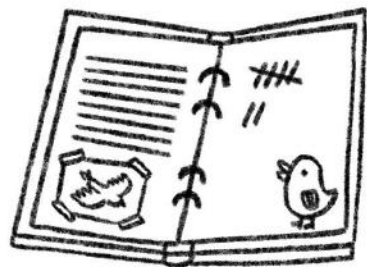
Look out the **WINDOW...**

You can:

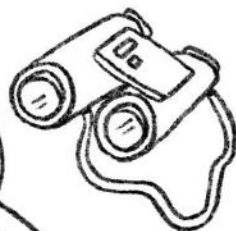


• **DRAW** what you see...

• **COUNT** how many
birds fly past... OR



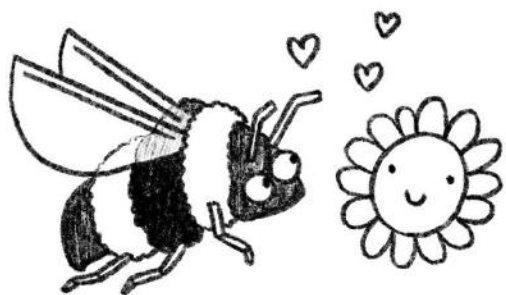
• **IDENTIFY** any insects that
are crawling around...



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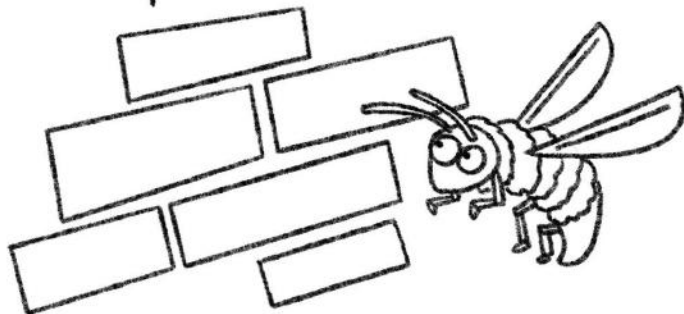
DAY 6 all about BEES!

Can you spot these 4 species?



☐ BUMBLEBEES

These big, bright yellow and black bees love sunny days and flying to all the colourful flowers!

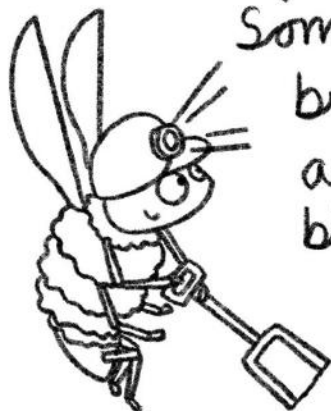


☐ MASON BEES

These bees make their homes in wood and walls, and have orangy-brown markings.

☐ MINING BEES

These bees live underground!



Some species are bright orange and some are black and white!

☐ HONEY BEES

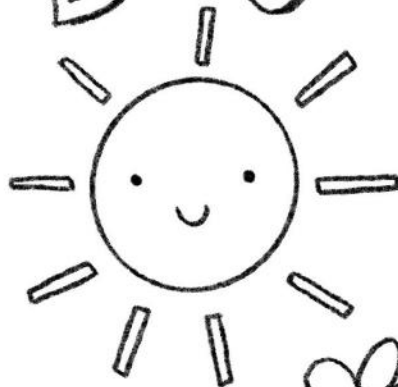
These busy bees are rarely found in the wild. They mostly live in hives with up to 20,000 others!



#30DaysWild

DAY 7

SHADOW pictures



1 Choose a
SUNNY
day!

2 line up
some
OBJECTS

3 place
down a piece of
PAPER

4 **DRAW**
around
the
shadows

#30DaysWild

DAY 8 Let's PLANT Some SEEDS!

You don't need to have a garden or allotment to grow some plants. Here are three small plants you can grow on any windowsill!

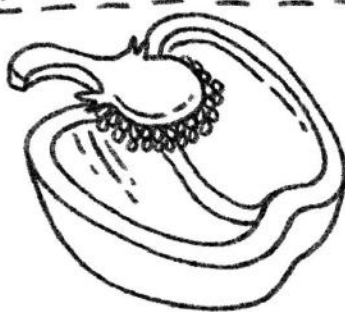


HERBS



Easy to grow and tasty too!

VEGGIES



plant the seeds of half a PEPPER in a pot and watch it sprout in a few weeks!

FRUITS



Save seeds from CITRUS fruits. Plant them immediately OR keep them moist until you're ready!



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DAY 9 all about BATS

On warm, dry days,
look UP and AROUND
at SUNRISE or SUNSET
and see how many BATS
you can spot!



we have
18 species
of BATS
in the UK

They come
out at NIGHT
to hunt for
INSECTS

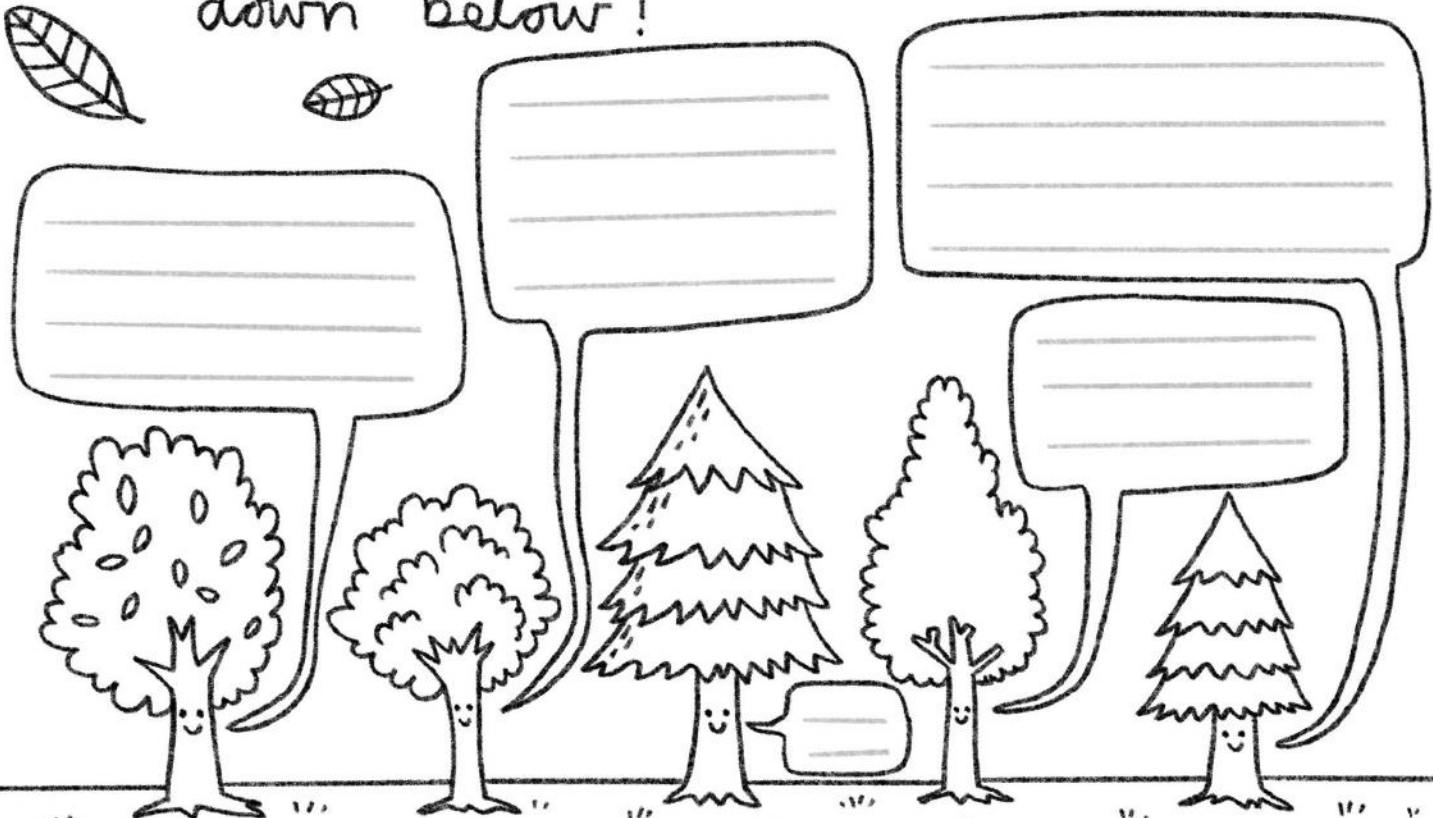
their hearing
is BRILLIANT
some species
can even hear
INSECTS
walking about!



#30DaysWild

DAY 10 TALKS with TREES

You can hear the rustling of the leaves when the **WIND** gently blows - it's almost like the **TREE** are talking to us! Trees can live for **HUNDREDS** of years - they must have lots of tales to tell... Imagine what they want to tell us and write it down below!



#30DaysWild

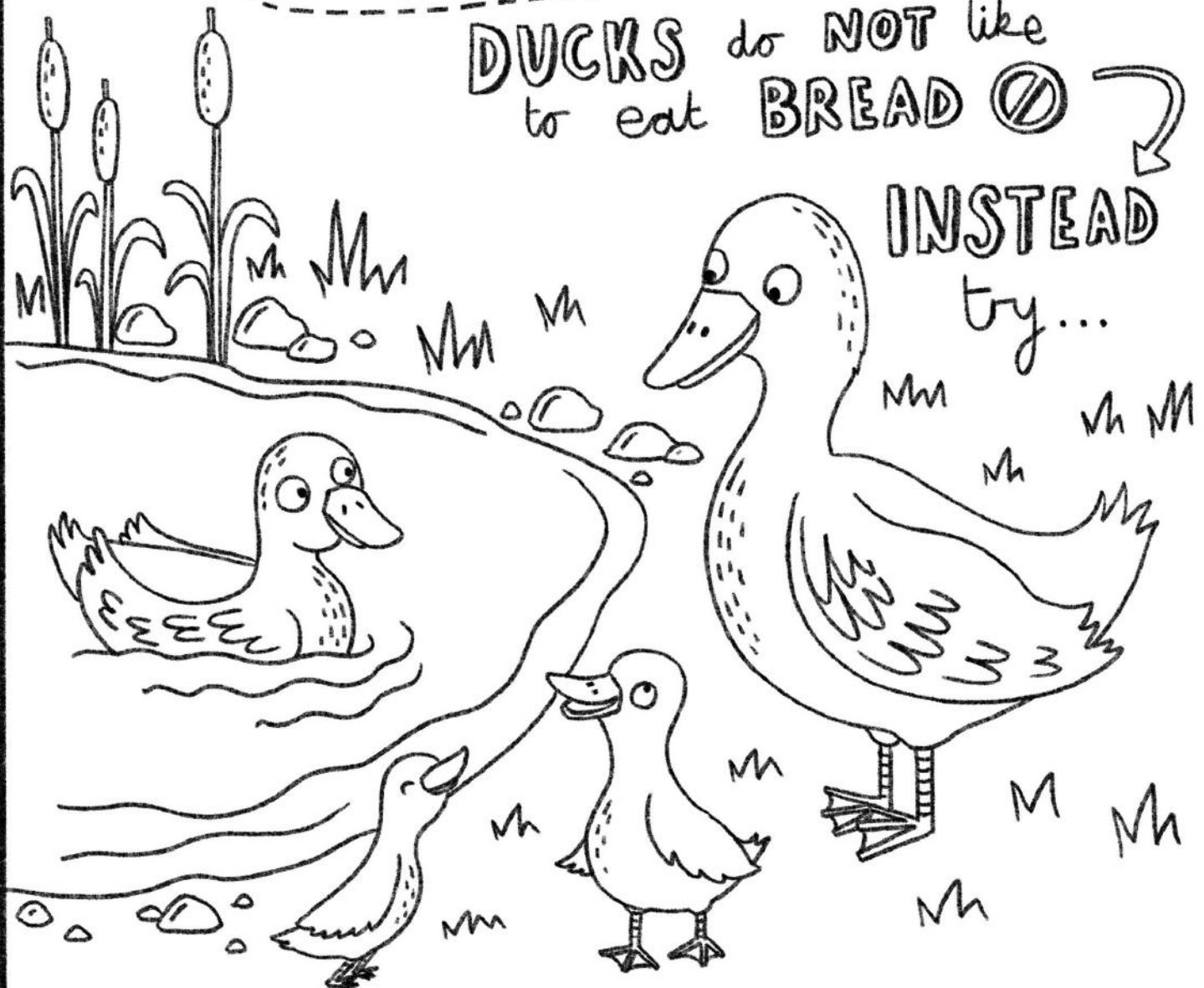
DAY 11 FEED the DUCKS

DID you KNOW?

DUCKS do NOT like
to eat BREAD

INSTEAD

try...



OATS

or

SWEETCORN

or

RICE

#30DaysWild

DAY 12 BEE friendly PLANTS

Bees are a very important
INSECT - they are small but **MIGHTY**!
They work hard to pollinate **TREES**,
FLOWERS and **PLANTS** which
are essential for our planet's
SURVIVAL!



MINT

BROAD
BEANS

SUN-
FLOWERS

#30DaysWild

DAY 13 make a mini **BUG HOTEL**



Bugs **LOVE** to hide away in dark, sheltered places.

Make a mini **BUG HOTEL** to welcome more insects to your garden!



Turn a flower pot on its side and fill it with any of these things...

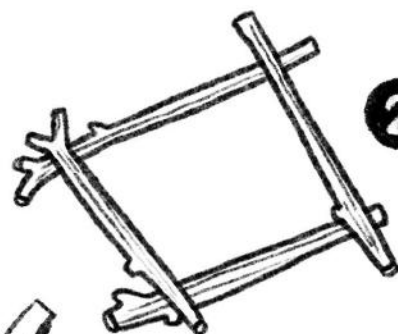
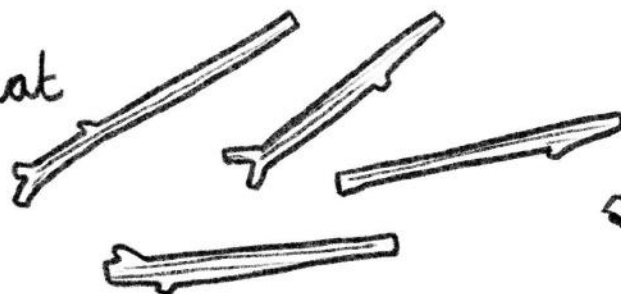


Keep outside in a cool, shady area!

#30DaysWild

DAY 14 make a TWIG VIEWFINDER!

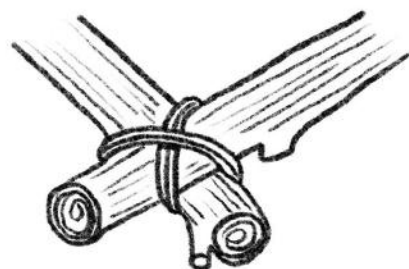
- 1** collect 4 twigs that are similar in size.



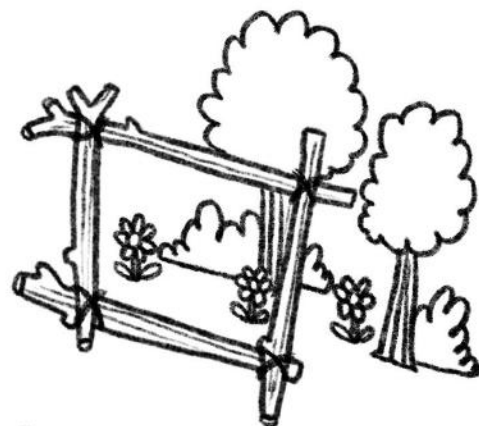
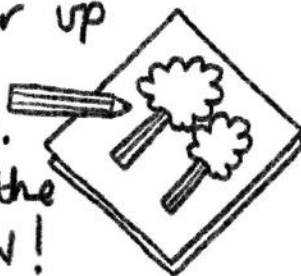
- 2** Place them in a square, with the ends overlapping.



- 3** Join the sticks together using string, wool or even thick grass!



Hold the viewfinder up to help you choose a good view to draw. It helps you to pick the PERFECT COMPOSITION!



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DAY 15

Star CONSTELLATIONS



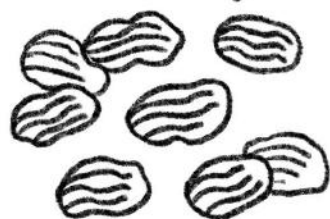
Constellations are the patterns that stars make in the sky. There are 88 officially recognised constellations in total! Next time there is a cloudless night sky, look **UP** and see if you can make up your own constellation, just like a giant dot-to-dot drawing!

#30DaysWild

DAY 16 FEED the BIRDS



The **SUMMER** months are still an important time to **FEED** the **BIRDS**! Birds are nesting, so we also need to think about the **TYPES** of food we share. **PEANUTS** and **BREAD** are not the healthiest foods for baby birds, so try feeding these foods to our winged friends instead!



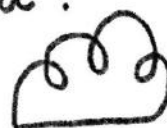
soaked
CURRENTS
or **RAISINS**



slices of
APPLES
or **BANANAS**



black
SUNFLOWER
seeds



#30DaysWild

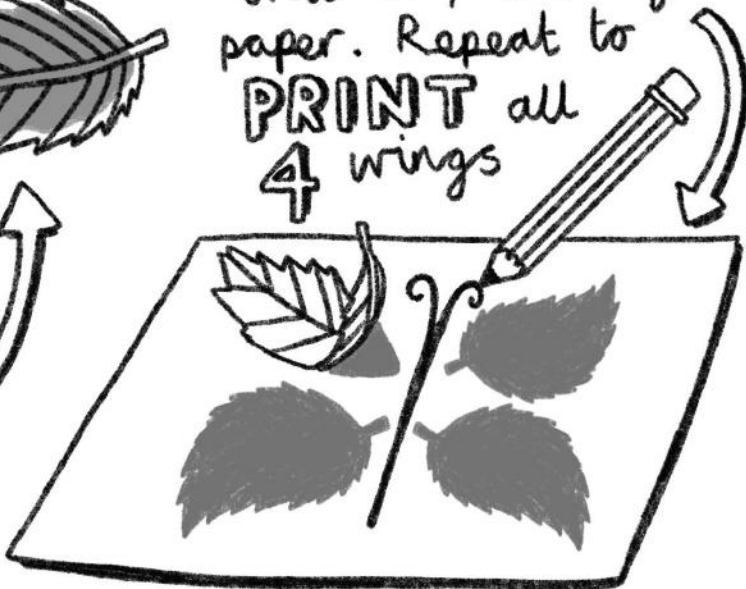
DAY 17 butterfly PRINTS



- 1 Choose a **LEAF** that's an interesting shape.



- 3 Press the leaf in the paint/ink, then onto a piece of paper. Repeat to **PRINT** all 4 wings



- 2 Spread some paint or ink onto a **FLAT** surface

- 4 Draw on a body and the antennae!

try making your own **NATURAL INKS!**

dried **TUMERIC** and **WATER!**

SOIL and **WATER**

OR

crushed **BERRIES**

BE CAREFUL!
This spice stains!

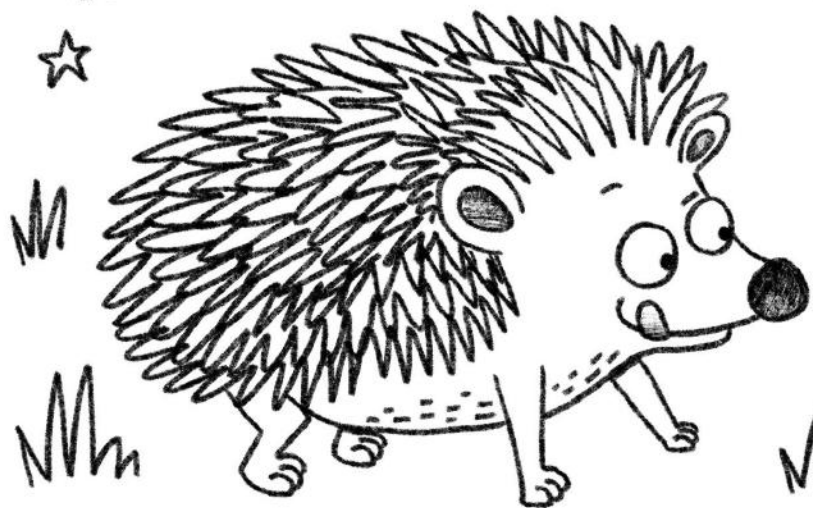
#30DaysWild

BE CAREFUL!
some wild berries are poisonous...

DAY 18 hello HEDGEHOGS!

★ This time of year, hedgehogs are **OUT** and **ABOUT** in the world. They are no longer hibernating but they might be hard to spot as they are **NOCTURNAL**...

...even though we can't see them, we can still do things to look after them and keep them safe.



1 Dishes of fresh, clean water can be left in the garden - which is even more helpful for hedgehogs in the warm summer months!

2 Hedgehogs feel safe when they can hide away. They will love it if your garden has some overgrown parts with long grass or dense plants.

3 Hedgehogs like to eat slugs and snails - try encouraging these gastropods into the garden so hedgehogs won't go hungry.

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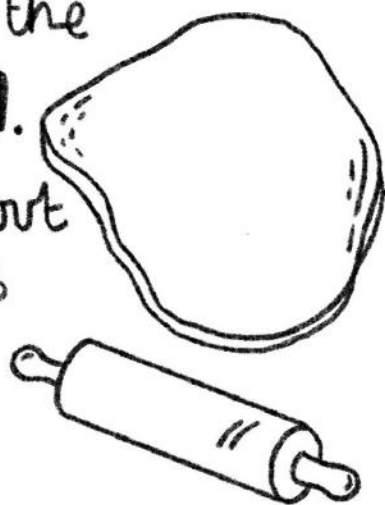
DAY 19 SALT DOUGH prints

1 MIX equal parts SALT and FLOUR, then add $\frac{1}{2}$ part of WARM WATER.



2 Knead it together to make the DOUGH.

Then roll it out until it is 1cm thick.



3 Press any NATURAL objects, that you have collected from your walks, into the DOUGH.

4 Leave the dough to DRY for a few DAYS! When it's hard, you can paint it - or just leave it plain.

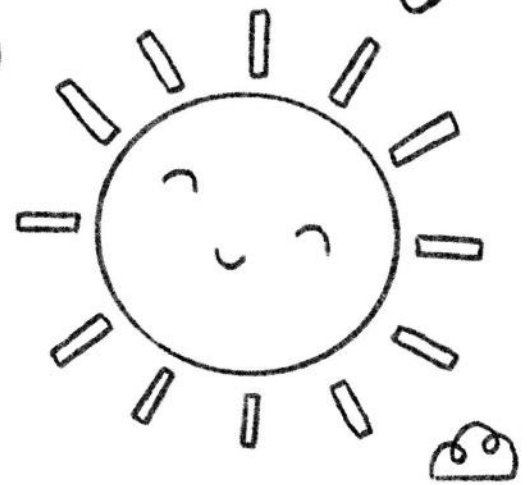


#30DaysWild



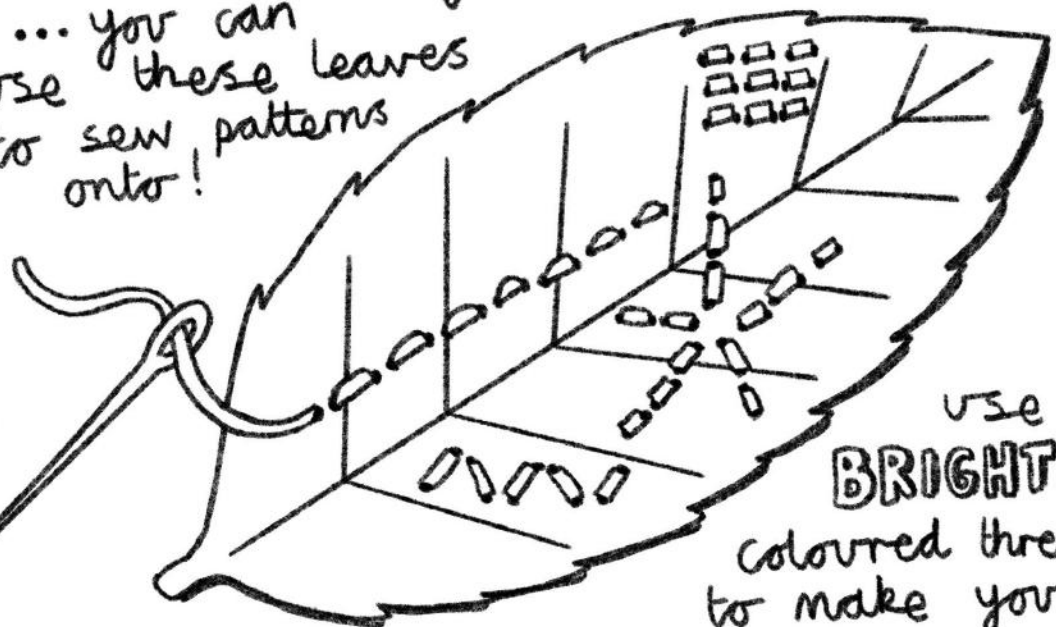
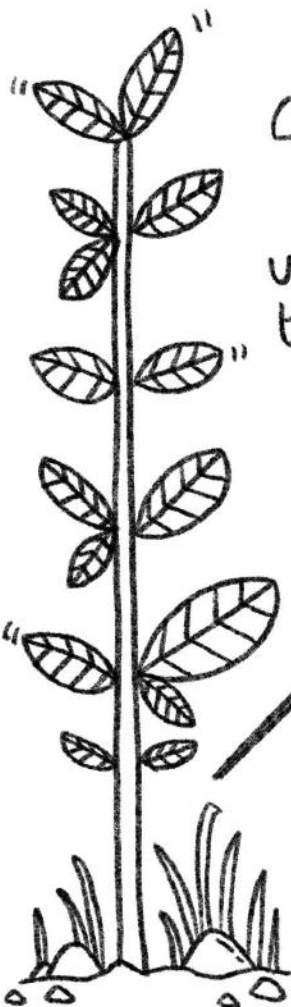
DAY 20 LEAF Sewing

Leaves are beautiful and delicate. They catch all the rays from the **SUN** and turns it into energy to help trees and plants grow big and strong.



Some Leaves are **BIGGER** and **THICKER** than others - and come in many different shapes...

... you can use these leaves to sew patterns onto!

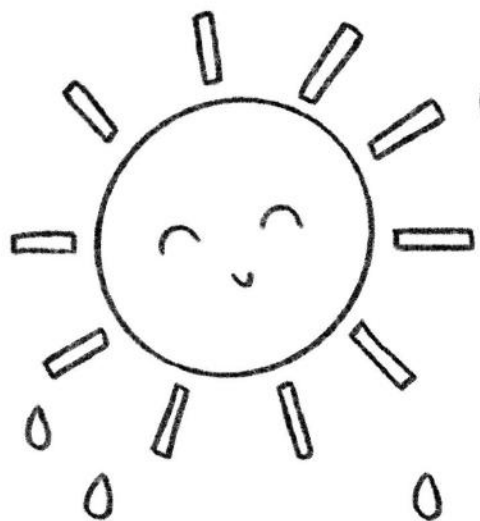


use **BRIGHTLY** coloured thread to make your designs really stand **OUT**.

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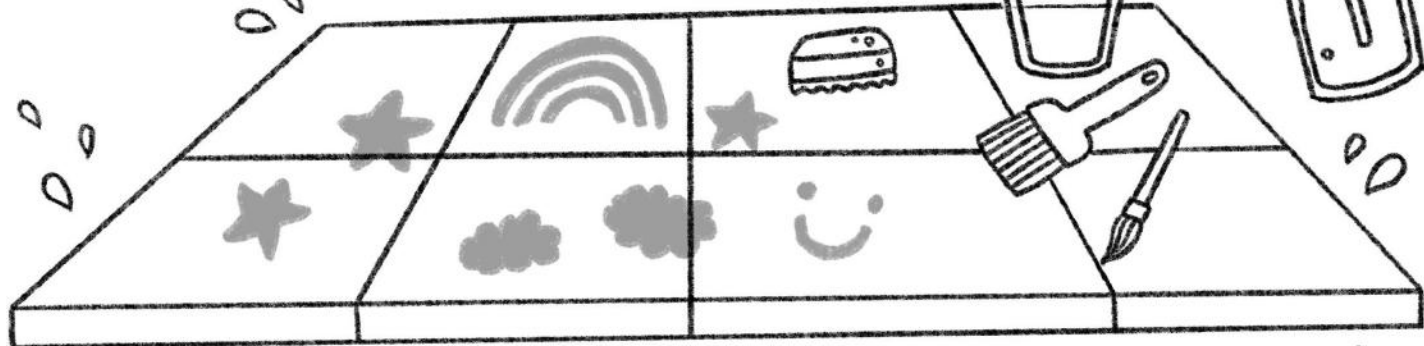
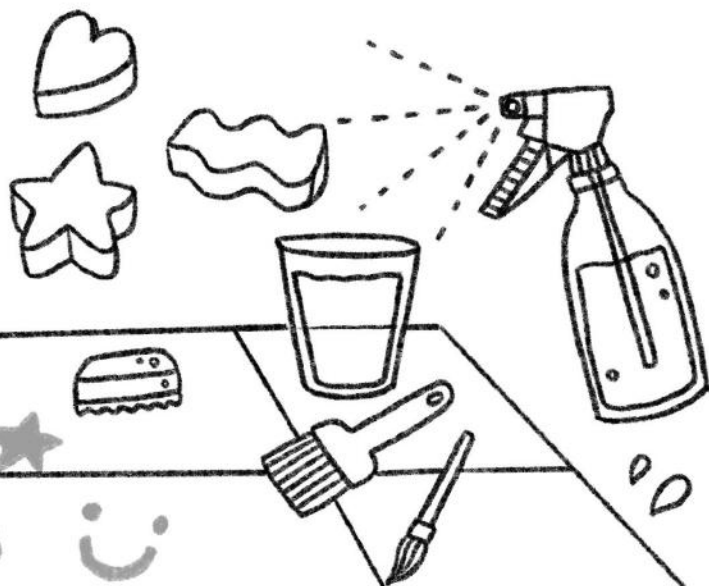
DAY 21

WATER drawings



On the warm **SUMMER** days, drawing with **WATER** on the pavement is the perfect way to spend the afternoon! No need to worry about cleaning up after - it will just dry up and **DISAPPEAR...**

You can paint with **PAINTBRUSHES**, use **STENCILS** or even cut up **KITCHEN SPONGES** to create shapes and use them as **STAMPS!**

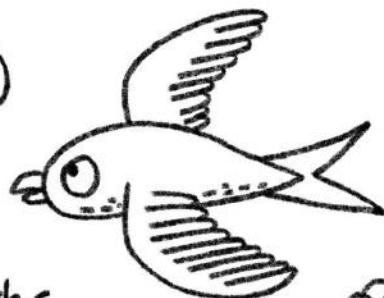


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DAY

22

Spot a SWIFT



Every **YEAR**, during the **SUMMER** months, the **SWIFTS** arrive in the **UK**! They are fantastic flyers and can mostly be seen soaring **HIGH** in the **SKY**! They are easy to spot because of their forked **TAILS**. As the **SUMMER** ends, **SWIFTS** will head back to **AFRICA** to enjoy the **WARMER** weather!

we fly
14,000 miles
to get to
the UK!

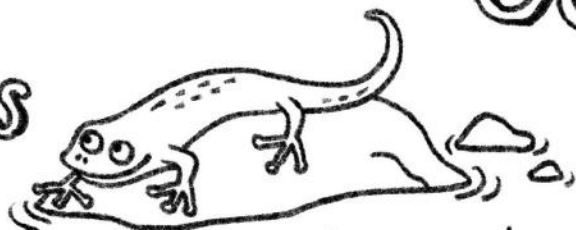


how many
SWIFTS
can you
COUNT?

#30DaysWild

DAY 23 Keeping FROGS cool

such as
NEWTS
or
TOADS



You don't need a **POND**
to create a perfect place
to keep **FROGS** (and other
AMPHIBIANS) cool in these
hot **SUMMER** months!

They like damp habitats,
so try piling up **LOGS**
or **STONES**! They will
also love hiding in
COMPOST HEAPS and
at the bottom of **HEDGES**
if you have these in
your garden!



#30DaysWild

DAY 24 DAISY chains



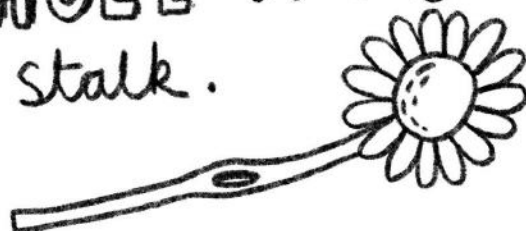
Take a **PAUSE**...
Sit. Be still. Enjoy
being outside. This
simple activity is
perfect to while away
the hours in daisy
filled fields...



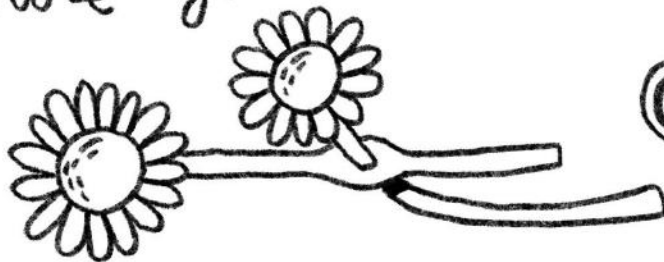
- 1** Find some
daisies with
LONG stalks.



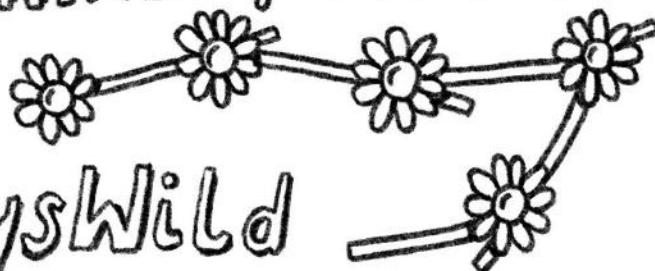
- 2** Use your **NAIL**
to make a
HOLE in the
stalk.



- 3** Put another
daisy through the
hole you've made.



- 4** Repeat steps
2 + 3 until you
have a whole
CHAIN of DAISIES!



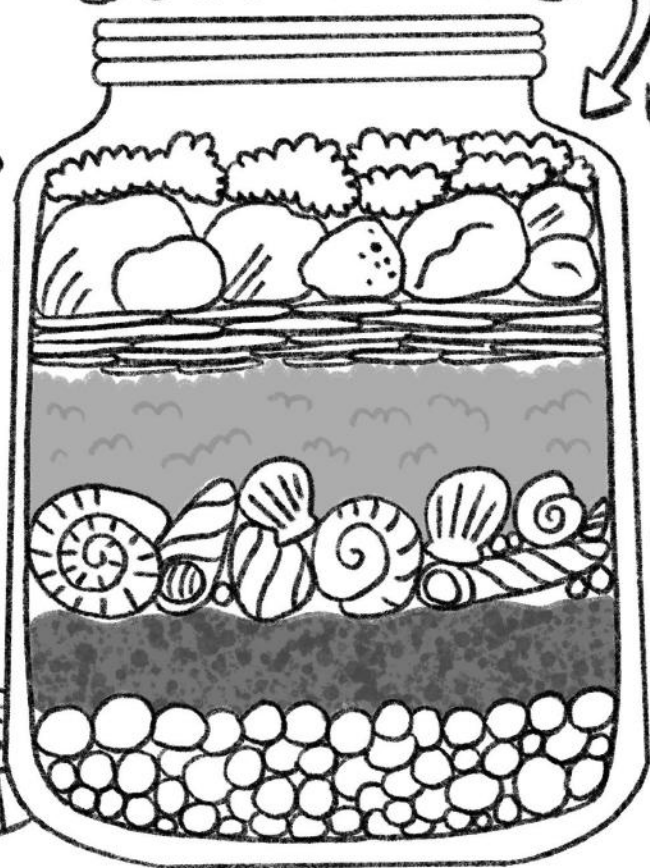
#30DaysWild

DAY 25 Memory NATURE JARS

Fill up a JAR with layers of natural objects that you have collected on your walks, from special trips or even from your garden!

SUGGESTIONS

— moss
— precious stones
— layers of leaves
— sand



tip → add stickers to the jar to **WRITE** the **DATES** and **LOCATIONS** of where you **COLLECTED** these items!

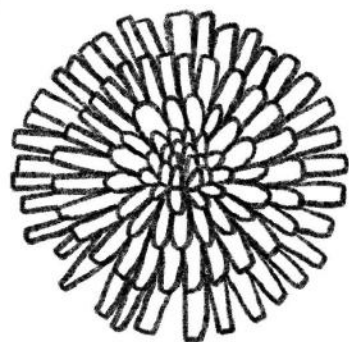
— shells
— soil
— pebbles

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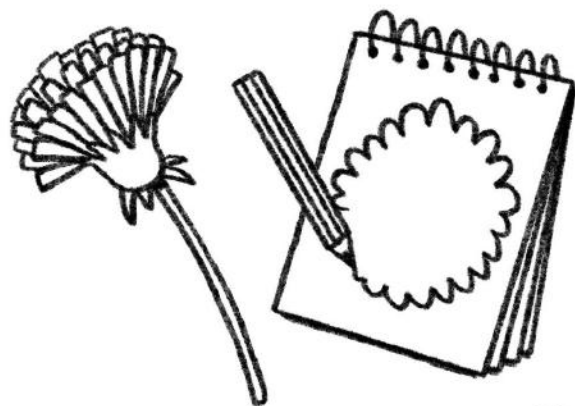
DAY 26

drawing DANDY-lions

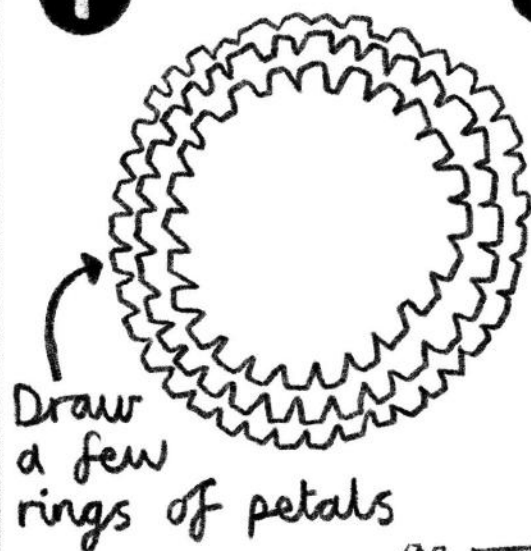
Have you ever noticed
that the bright yellow petals
of a DANDELION looks like
a LION'S MANE?



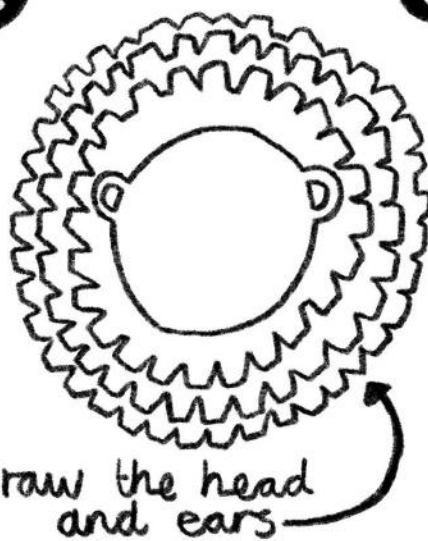
Next time you are out,
sketch a DANDELION
and add some extra
lines to create a
DANDY-LION!



1



2



3



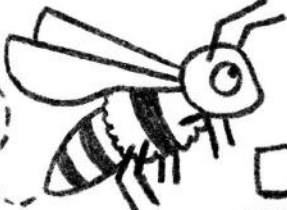
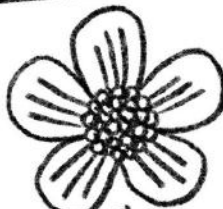
#30DaysWild

DAY 27 nature HUNTERS

Play this game on your next walk, on a trip to somewhere new, or even just in your garden!

Can you find all 9?
Cross off each one as you spot them.



a HONEYBEE  ☐	 a BUTTERCUP ☐	 hear BIRDSONG ☐
☐  a SPIDERWEB	a BIRDS NEST  ☐	☐  a CABBAGE BUTTERFLY
a LADYBIRD  ☐	a SQUIRREL  ☐	a WORM  ☐

#30DaysWild



DAY 28

Garden WINDCHIME

As the gentle breeze blows, LISTEN to the sounds that these natural objects make!

1 Tie 2 sticks together with string OR wool.

3 Use string OR wool to attach different NATURAL objects to the sticks.

2 Make a handle too!

TIP!

Try wrapping the twigs with colourful wool to add some colour.

You can use:

- TWIGS
- STONES
- SHELLS
- FLOWERS
- LEAVES
- FEATHERS

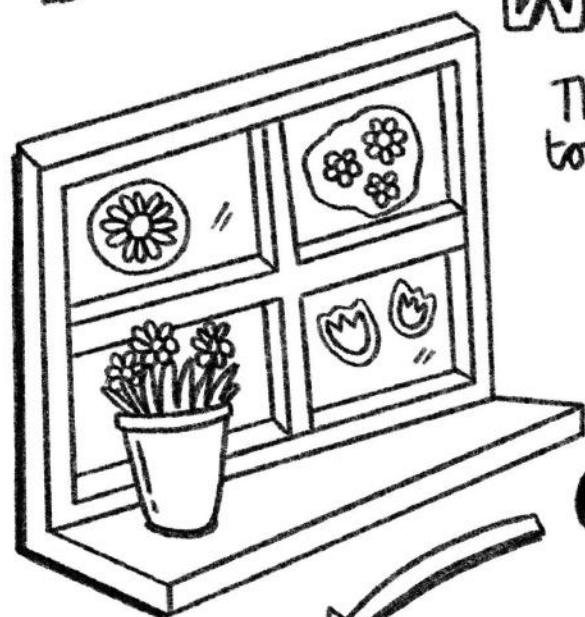
TIP!
Try painting some of the stones too.

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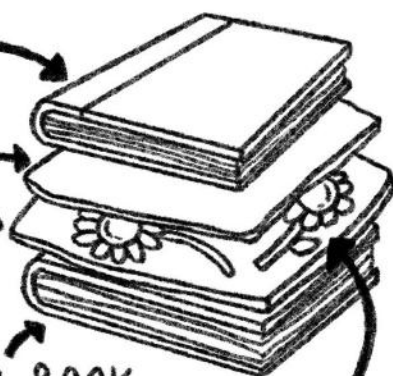
DAY 29

Flower WINDOW CLINGS

This craft will take some time to finish, but it will be worth it for the view!



HEAVY BOOK
LIGHTWEIGHT PAPER
OR KITCHEN ROLL



1 PRESS some flowers to make them flat and dried!

FLOWERS

⌚ This could take a few **WEEKS!**

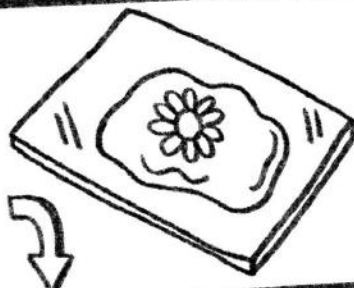
2 Mix some PVA glue with a few drops of **WASHING UP LIQUID**



3 Spread the PVA glue (quite thickly) onto a piece of **PLASTIC** or an **ACETATE** sheet.



4 Push the flowers into the PVA glue.



⌚ Leave to dry for a few **DAYS!**

5 PEEL off and it will stick to the window on its own!

#30DaysWild

DAY 30 ★ ★ Let's ★ ★ ★ ★ CELEBRATE! ★ ★

30 DAYS of being WILD has been so much FUN!
Let's celebrate by creating a TREASURE BOARD
to display all the things you have
collected and created this month!



3 Tie lines
of
STRING
or **WOOL**
across
the
frame!

1 Make a frame
from 4 long
sticks

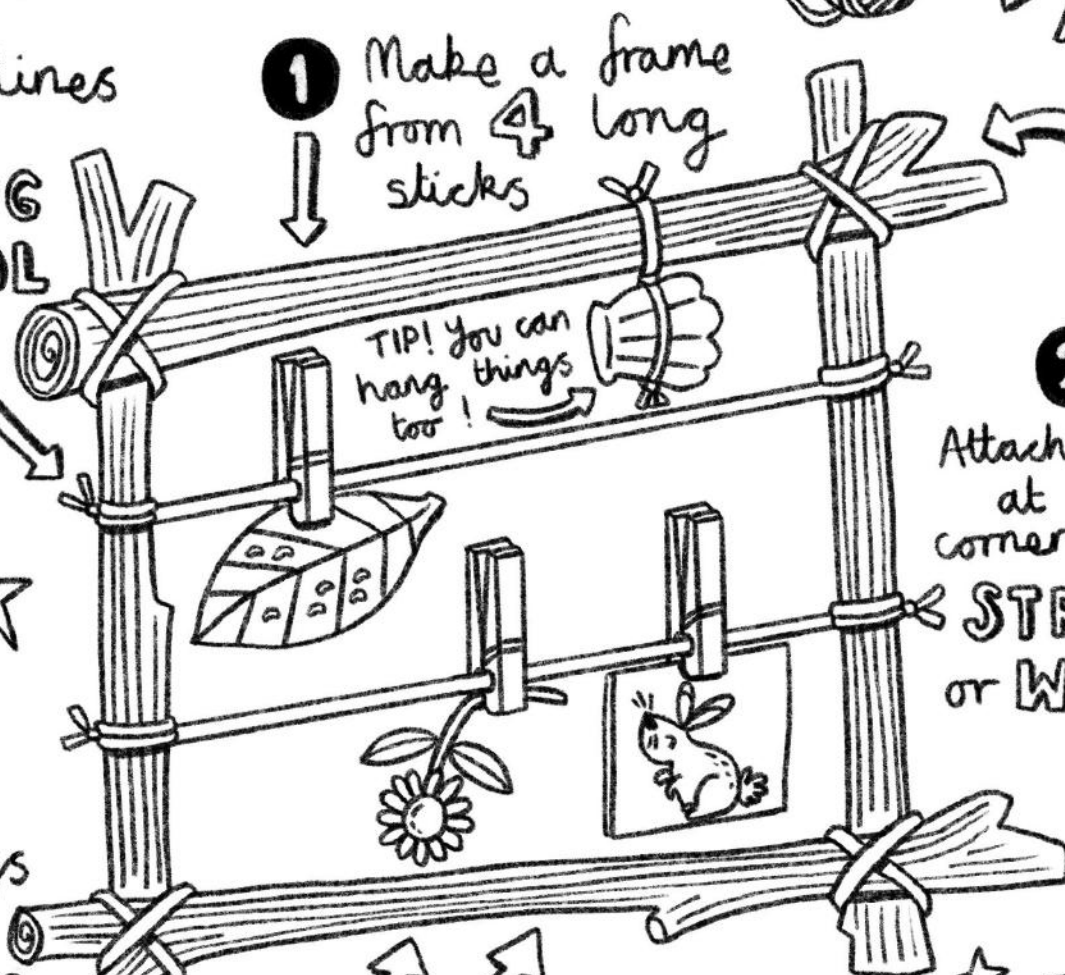
TIP! You can
hang things
too!

2

Attach them
at the
corners using
STRING
or **WOOL**

4

Clip pegs
to the
STRING
to display your
TREASURES!



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