



Random Act of Wildness

#30DaysWild

<p><u>Day 1</u> Feel the wild between your toes. <i>-Squelch your toes in the grass, sand or mud.</i></p>	<p><u>Day 2</u> Look up at the clouds. <i>-What shapes do you see?</i></p>	<p><u>Day 3</u> Find a creepy crawly. <i>-Be gentle, get close and watch the way it moves.</i></p>	<p><u>Day 4</u> Thread a daisy chain. <i>-Pick daisies and thread their stems together.</i></p>	<p><u>Day 5</u> Showcase on a nature table. <i>-Display wild treasures like feathers, fossils and bones.</i></p>	<p><u>Day 6</u> Lunch in the wild. <i>-Take your sandwiches outside and sit on a blanket or under a tree.</i></p>
<p><u>Day 7</u> Listen for wild sounds. <i>-Use a blindfold to focus. What can you hear?</i></p>	<p><u>Day 8</u> Snap a blue photo. <i>-Butterflies, damselflies or even a clear blue sky.</i></p>	<p><u>Day 9</u> Identify a wildflower. <i>-Take notes on it, then search in a book or online.</i></p>	<p><u>Day 10</u> Read a wild book. <i>-Find a book about wild creatures and read outside.</i></p>	<p><u>Day 11</u> Picnic with the birds. <i>-Prepare a bird feast with fruit, cheese and seeds.</i></p>	<p><u>Day 12</u> Create a work of art. <i>-Using leaves, pinecones, feathers and twigs.</i></p>
<p><u>Day 13</u> Watch a wild webcam. <i>-Peek as ospreys, peregrines and other wildlife.</i></p>	<p><u>Day 14</u> Search for mini wildlife. <i>-Lichens, forests of moss and flowers in pavements.</i></p>	<p><u>Day 15</u> Whistle with the grass. <i>-Use a thick blade of grass between your thumbs.</i></p>	<p><u>Day 16</u> Sketch up close. <i>-Use a pencil to capture the detail, shapes and texture.</i></p>	<p><u>Day 17</u> Plan a nature quiz. <i>-Write a wildlife quiz and share it with your family and friends.</i></p>	<p><u>Day 18</u> Spot a wildlife mammal. <i>-From urban squirrels, foxes or deer to country hares.</i></p>



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Day 19 Scatter seed bombs. <i>-Throw seeds and soil in hard to reach places.</i>	Day 20 Keep a note of wildlife. <i>-List the species that you see from your window.</i>	Day 21 Google wild facts. <i>-Discover secrets about your favourite animal.</i>	Day 22 Meditate in the wild. <i>-Strike yoga poses and feel the stresses melt away.</i>	Day 23 Decorate with a wild mobile. <i>-Use twigs, string and leaves or paper birds.</i>	Day 24 Design a wild home. <i>-From bug hotels to a hedgehog hideout.</i>
Day 25 Draw a wild landscape. <i>-Can you use your imagination?</i>	Day 26 Switch off to tune in. <i>-Can you turn off all your electronic gadgets today?</i>	Day 27 Race for a rainbow. <i>-Race to find the colours of the rainbow.</i>	Day 28 Map your local wildlife. <i>-Draw a map and mark where you see wildlife.</i>	Day 29 Pick up litter. <i>-Sweep the area for rubbish and pop it in the bin.</i>	Day 30 Write a wild poem. <i>-Use a haiku or a sonnet to recreate a wild experience.</i>

Have fun and remember to take lots of pictures and share them with your teachers, families and friends!