



The  
**Wildlife**  
Trusts

# 30 Days Wild

## 2025

A **WILD** guide  
for parents, guardians  
and educators



[WWW.WILDLIFEWATCH.ORG.UK/30DAYSWILD](http://WWW.WILDLIFEWATCH.ORG.UK/30DAYSWILD)

# ARE YOU READY FOR A MONTH PACKED FULL OF FUN AND ADVENTURE?

*And wildlife, of course!  
(It goes without saying, right?).*

Well, **30 Days Wild** is here to give you the perfect excuse. Use this guide to help you and the children you're responsible for make the most of your wild month. Whether that's an activity a day or setting a weekly goal throughout June, 30 Days Wild is here to help you connect with nature, support wildlife and enjoy the great outdoors. Get ready to explore, move, create and discover!

For more ideas  
and activities,  
scan the QR  
code each week



## WEEK 1: Help wildlife where you live (1<sup>st</sup>-8<sup>th</sup> June)

*Wildlife needs our help! Here are some ideas you could try this week to help make a difference:*

- Go litter-picking in your playground, local park or at the beach.
- Leave out food and water for birds and other wildlife.
- Build a bug hotel, bird box or hedgehog home in your garden.
- Plant some seeds and grow your own wildflowers, herbs or veggies and help pollinating insects at the same time.



## WEEK 2: Move like wildlife (9<sup>th</sup>-15<sup>th</sup> June)

*Moving your body outside in nature is super fun! Why not give a few of these wild activities a spin:*

- Gather up grown-ups and kids alike to go out on a group adventure – explore a new park, woodland or nature trail.
- Try wildlife yoga – who is the best at stretching like a fox or balancing like a heron?
- Dance like your favourite animal – flutter like a butterfly, scuttle like a beetle or leap like a deer!
- Play sensory bingo – use your senses to find different textures, smells and sounds in nature.
- Try forest bathing – sit quietly among trees, listen to the sounds and enjoy the peace.



## WEEK 3: Learn about wildlife (16<sup>th</sup>-22<sup>nd</sup> June)



*Nature is full of wonders! Use this week to brush up on your wildlife knowledge and spotter skills:*

- Check out the poster and activity sheets in your pack for fascinating facts about invertebrates. Can you spot any whilst you're exploring?
- Read a book about nature – there are so many amazing stories and facts to discover!
- Download a spotter guide and see how many creatures you can find.
- Make your own nature guide by researching and writing about the plants and animals near you.
- Join a wildlife talk and learn from experts.

## WEEK 4: Get creative with nature (23<sup>rd</sup>-29<sup>th</sup> June)



*This week let's get creative with nature. Why not try something new? Here are a few ideas for you...*

- Start a nature journal – draw, write or stick in special leaves and petals.
- Create a wild picture using leaves, sticks and flowers.\*
- Get creative with your waste and make compost from kitchen scraps – it's a great way to learn about how nature recycles.
- Write a story about an animal or a magical wild adventure.
- Press flowers to make beautiful natural decorations.\*

**\* Please don't pick wildflowers!**  
Opt for fallen flowers or those in your garden

## YOUR WILD ADVENTURE

Share your experiences with friends and family and inspire others to embrace the wild!

**Let's make 30 Days Wild 2025 the most exciting yet! What will YOU do first?**

**Grown-ups:** Tag us in your social media posts using **#30DaysWild** or email us at **30DaysWild@wildlifetrusts.org** to share your adventures. More than one child? Feel free to photocopy any of the activity sheets in this pack.

## DOWNLOAD YOUR CERTIFICATE

Completed YOUR wild month? You're truly a wild hero. Look out for an email from us on June 30<sup>th</sup> with your 30 Days Wild certificate and show it off at home, in nursery or at your school!

# wildlife watch

## Minibeasts

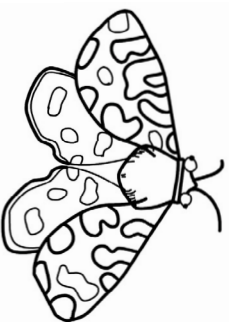


Bumblebee

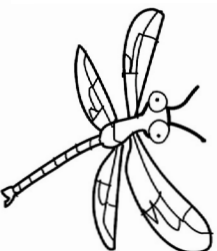
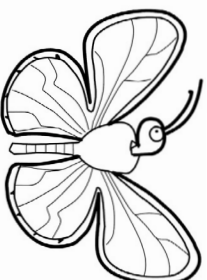


Snail

Garden tiger moth

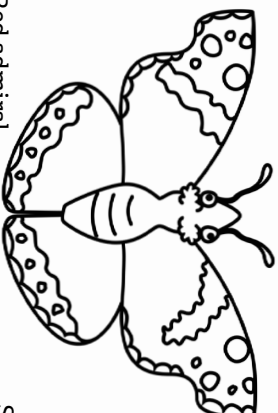


Common blue butterfly

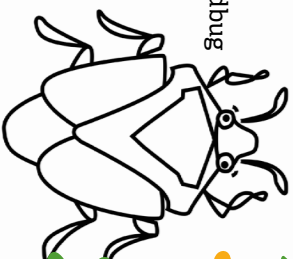


Dragonfly

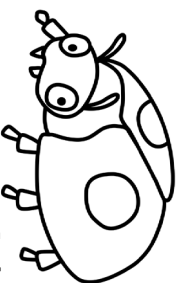
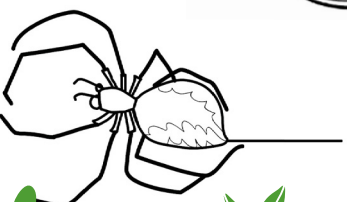
Red admiral  
butterfly



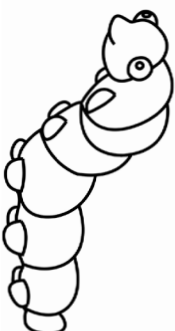
Shieldbug



Garden spider



Ladybird



Caterpillar

