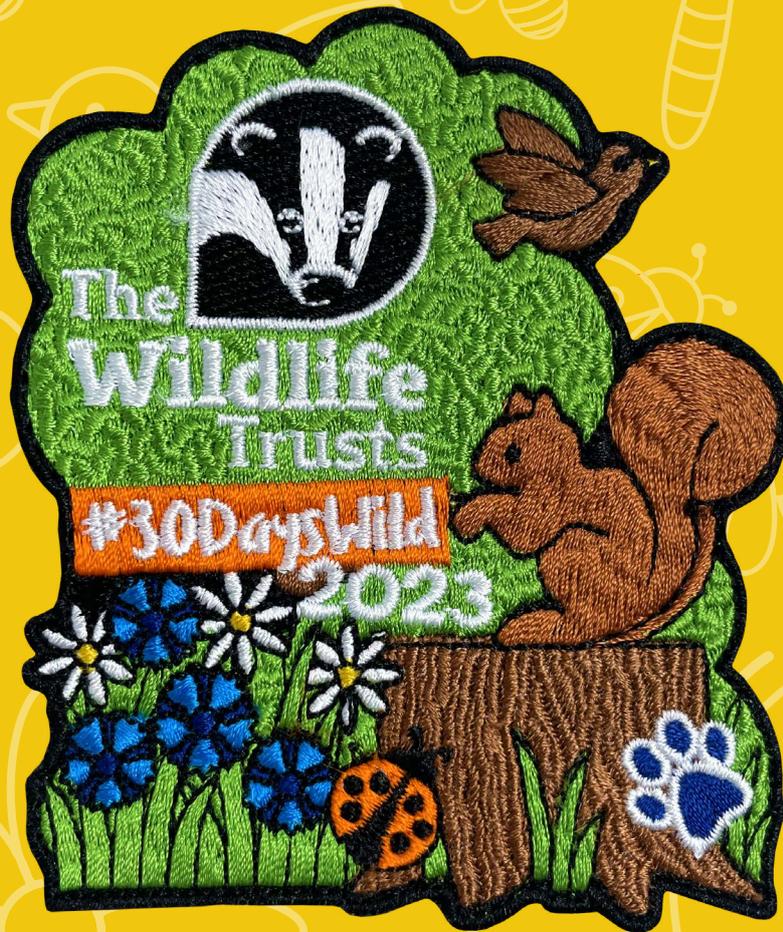


# 30 Days Wild Challenge



## All things wild and wonderful!

Join in with 30 Days Wild, the UK's biggest nature challenge! Get stuck into a nature-filled adventure with Pawprint Family and The Wildlife Trusts.

For even more programme ideas check out our '30 Days Wild' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://www.PawprintFamily.com)

# Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



## PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

## PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

## PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK - solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

## PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint\_family

# Hello

from

# The Wildlife Trusts!



# T

he Wildlife Trusts is a movement of 47 charities working tirelessly to protect, restore and create new homes for wildlife, bringing nature back to where you live and work in the UK, Alderney, and Isle of Man. We're working towards the ambitious goal of protecting and connecting 30% of land and seas for nature by 2030, but we couldn't do it without the generous support of our 900,000 members and 35,000 amazing volunteers! Here's how we keep ourselves busy...



© Tom Marshall



**Connecting people to nature**



**Tackling climate change**

© Lianne de Mello

© Alexander Mustard/2020VISION



**Protecting our seas**



**Bringing back rare UK species**

© Nick Upton/Cornwall Wildlife Trust

To find out more about what we do, head to **wildlifetrusts.org** and follow us on social media

 @wildlifetrusts

 @WildlifeTrusts

 @thewildlifetrusts



# What is 30 Days Wild?



**30 Days Wild** is a fun, feel-good challenge run by The Wildlife Trusts. We invite everyone to carry out Random Acts of Wildness every day during June for your health, wellbeing, wildlife and for the planet! Go on a bug hunt, or a beach clean or litter pick, draw your favourite mini-beast or make a bee hotel. We'll provide tips each day to give you inspiration, but whatever you do, just make sure it's wild! This year is extra special as we have themed weeks to help you get closer to nature.

## Week 1

SENSORY IN NATURE  
1<sup>st</sup>-4<sup>th</sup> June

## Week 2

MOVE IN NATURE  
5<sup>th</sup>-11<sup>th</sup> June

## Week 3

DISCOVER NATURE  
12<sup>th</sup>-18<sup>th</sup> June



## Week 4

HELP NATURE  
19<sup>th</sup>-25<sup>th</sup> June

## Week 5

CONNECT TO NATURE  
26<sup>th</sup>-30<sup>th</sup> June



To sign up and find out more head to [wildlifetrusts.org/30dayswild](https://wildlifetrusts.org/30dayswild) or scan the QR code



# HOW TO: Use Your Challenge Pack



This Challenge Pack has been created in partnership with The Wildlife Trusts. Divided into 4 sections: Craft, Food, Games and Other, it's been designed to help you provide a balanced and varied programme for your young adventurers. We recommend that the following number of activities are completed by each age group:

|                    |   |              |             |              |              |             |
|--------------------|---|--------------|-------------|--------------|--------------|-------------|
| <b>Age 3 - 5</b>   |   |              |             |              |              |             |
| <b>Age 5 - 7</b>   |   | <b>Craft</b> | <b>Food</b> | <b>Games</b> | <b>Other</b> | <b>PICK</b> |
| <b>Age 7 - 11</b>  | + |              |             |              |              |             |
| <b>Age 11 - 14</b> | + |              |             |              |              |             |
| <b>Age 14 - 18</b> | + |              |             |              |              |             |
| <b>Age 18+</b>     | + |              |             |              |              |             |

**Leaders, Teachers & Parents**  
Award yourselves a badge for supporting your young adventurers in their activities!

## TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

## Terms of Use

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

| Please Do                                                             | You May Not                                                                                |
|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Use this resource with your young adventurers.                        | Redistribute or sell this resource in any way, shape or form.                              |
| Direct people to this resource online by sharing our website links.   | Upload this resource to a website for download.                                            |
| Tell your friends/family/colleagues about us!                         | Copy or modify any part of this resource to share with others either for free or for sale. |
| Share photos of you enjoying your adventures with us on social media. | Use any text, graphics, content or fonts without our written permission.                   |

If you are unsure or have any questions about these terms of use please email [info@pawprintfamily.com](mailto:info@pawprintfamily.com)

You can view the extended terms of use on our website [www.pawprintfamily.com/terms-conditions](http://www.pawprintfamily.com/terms-conditions)



# Craft

**PAWPRINT  
BADGES**

- ✿ Create a wall chart to track your wild journey across the 30 days or use the free chart available in the Big Wild Pack.
- ✿ Design or make a home for a wild animal (e.g. bee house, log pile for beetles, hedgehog watering hole etc.) Head across to the Wildlife Watch activities page to find out how to make a bug hotel from scratch: [www.wildlifewatch.org.uk/activities](http://www.wildlifewatch.org.uk/activities)
- ✿ Keep an 30 Days Wild diary to track how you feel before and after encountering wild things/spending time outside.
- ✿ Sketch out all of the birds you see in your garden in the first week of your 30 Days Wild challenge. Are there any that you haven't noticed before, or can't identify? Find out more about the birds you spot!
- ✿ Construct your very own indoor nature-themed den. Why not build your den near a window so that you can keep an eye on the weird and wonderful creatures that appear around your home?
- ✿ Create a tracker to keep a record of the animal/insect tracks you find on nature walks and who they belong to. Will you see the silvery stream of a slippery snail, or the fascinating footprints of a fox?
- ✿ Make a wildlife crown out of natural materials you find on your next wild encounter. Remember not to pick any living flowers or plants, use natural objects from the ground instead.
- ✿ Build a toilet roll bird feeder. Find this on our '30 Days Wild' Pinterest board.
- ✿ Take photographs of the wild creatures you see during your 30 Days Wild challenge and create a Wild Photo Wall full of flora and fauna. Why not share some of your photos with us on social media using #30DaysWild?
- ✿ Put together a picture using only natural materials that have fallen to the ground. You could create a nature inspired picture!
- ✿ What will you do to help protect wildlife? Think about all of the creatures you've encountered during your 30Days Wild. Make a pledge to help protect nature with our 'Actions for Insects' pledge resource. Download this resource for free from our website.
- ✿ Weave your way into your 30 Days Wild with nature weaving! Visit Wild Watch's activity page for instructions on how to do your own nature weaving: [www.wildlifewatch.org.uk/activities](http://www.wildlifewatch.org.uk/activities)



# Food

**PAWPRINT  
BADGES**

- \* Bake some cute little plant cupcakes! Put your icing skills to the test and decorate chocolate cupcakes with a sprinkle of chocolate soil and carefully piped icing plants.
- \* Add a bit of bloom to your food! Grow some edible flowers in your garden. When they've fully bloomed, use your edible flowers to garnish a dish of your choice or try them on their own.
- \* Visit an outdoor location with an orchard or some fruit trees/bushes. Take your time picking the fruit and appreciate the time outside amongst nature.

## Extend your activity!

Use the fruit you picked for: a sweet dish such as a fruit salad, savoury dish such as apple and cheddar muffins, a mid-afternoon snack, or a juice/mocktail.

- \* Use the feet of toy animals, or an icing tool (if you're a keen artist) to create animal track snacks - imprint cookies with the tracks of different animals. You could play 'Animal Tracks Match Up' in Games whilst they bake!
- \* If you have picked berries that are safe to eat, make a dessert with the 'wild' berries. Why not make Wild Watch's Wild Blackberry Crumble? Find the recipe here: [www.wildlifewatch.org.uk/activities](http://www.wildlifewatch.org.uk/activities)
- \* Go foraging for seeds and berries. If foraging for berries and fruit somewhere that is not a designated foraging space, make sure you know exactly what you've picked. Don't eat anything you don't know is safe! Use the Wildlife Watch's 'Nuts and berries spotter' to help you. Download here: [www.wildlifewatch.org.uk/activities](http://www.wildlifewatch.org.uk/activities)
- \* Create a nature inspired dish based on a photograph you take whilst outdoors.

## What?

Using a photograph for reference, re-create your nature scene using food. For example, you could bake a cake and pipe green peppermint icing on top with a star-shaped nozzle to represent grass, and mould strawberry flavoured fondant flowers to create an edible meadow or field.

- \* Bake your own batch of 'easy owl pancakes' that will feature at this year's Big Wild camp-out. Find some recipes on our '30 Days Wild' Pinterest board.
- \* Get digging down in the dirt for fresh food! Find a local farm/allotment that will let you dig up your own vegetables to use in tonight's dinner.



# Games

**PAWPRINT  
BADGES**

- \* Go on a colour hunt in a meadow, forest, or your own garden!

## How?

Find a variety of natural objects for each colour of the colour wheel. To protect the nature you find, avoid picking fresh flowers/plants and take a photo of them instead, then they will continue to grow! Use our free 'Colour Hunt Colour Wheel' resource to help you. You can find this on our website and download it for free!

- \* Film your very own Wildlife Documentary.
- \* Match the animal tracks to the animal! Download the free 'Animal Tracks Match Up' game from our website. Make the game into a more competition by racing against a partner to see who can match the most tracks to their animal in 1 minute.
- \* Play i-spy outside with a pair of binoculars, keeping your eye out for flora and fauna in particular.
- \* Creatures and their Features. Create your very own insect by mixing and matching legs, heads and other body parts together from various creatures, or by drawing your own. Download the 'Creatures and their Features' resource for free from our website.

## An extension...

Whilst out and about on your next wild encounter, take a look at the unique features of each insect and animal you see. Do they have the same antennae as your weird and wonderful creature? For leaders and teachers, why not provide your groups/class with magnifying glasses to take a closer look at the creatures they find whilst outside?

- \* Imagine shapes in the clouds whilst cloud watching. Will you see any insects or animals in the clouds that pass you by?
- \* Take a mindful moment with a friend or family member outside. Take it in turns to find 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell and 1 you can taste. Why not use our free, downloadable resource, 'My Wild-ful Mindful Moment'?
- \* Join a mini-beast hunt at a nature reserve, forest school, or hold your own!
- \* Go on a wildlife scavenger hunt using our free resource: 'Wildlife Scavenger Hunt'. Remember not to touch any living creatures, you might harm or scare them! Why not use the wildlife crown you create for your Craft activity to crown the winner of your scavenger hunt?



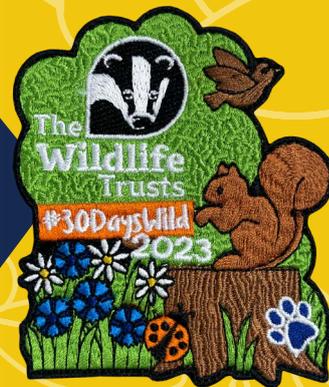
# Other

**PAWPRINT**  
**BADGES**

- ✿ Walk barefoot on the grass. Feel the grass blades between your toes. You couldn't be closer to nature than walking on Earth's freshly grown grass.
- ✿ Are you a tree hugger? You sure can be! Hug a tree. Any tree, anywhere!
- ✿ Go pond dipping. Make sure you put the creatures back into their natural habitat at the end of your wild encounter! Find out how to pond dip safely with the Wild Watch's 'How to go pond dipping' sheet: [www.wildlifewatch.org.uk/activities](http://www.wildlifewatch.org.uk/activities)
- ✿ Pack a picnic to enjoy in your local park. Why not fill your picnic with fresh fruit and veg grown in Earth's own soil? Take in the beautiful wildlife around you as you enjoy your fresh feast.
- ✿ Take a walk in the fresh air and keep track of the things you see, smell, hear, feel and taste whilst outdoors with our 'Walking Journal' resource. Download this resource for free from our website.
- ✿ Join in with the Big Wild Camp-out. Nothing immerses you into nature more than camping out! Camp out with friends or family and enjoy gazing up at the starry night sky, or warming up by an open log fire. Find more information about the Big Wild Camp-out here: [www.wildlifetrusts.org/big-wild-weekend](http://www.wildlifetrusts.org/big-wild-weekend)
- ✿ Explore a nature reserve of your choice. Why not visit a local nature reserve close to home and walk there if you can to reduce your carbon footprint?
- ✿ Take a gentle wander down a river.
- ✿ Sow some wild seeds. Download the 30 Days Wild digital pack and get a free pack of wildflower seeds to sow: [www.wildlifetrusts.org/30dayswild](http://www.wildlifetrusts.org/30dayswild)
- ✿ Join in with the Big Wild Weekend. They're even holding an online Big Wild Quiz! Who doesn't love a quiz?!
- ✿ Discover five facts about your favourite bird. You could draw your favourite bird and label it with all of the facts you find out.
- ✿ Set up a camera in your back garden or on you windowsill. Why not use your nature camera to capture snaps for the Wild Photo Wall in the Craft section of this challenge pack?
- ✿ Raise money for wildlife. Download The Wildlife Trusts' Fundraising Guide to find out how you can fundraise for nature: [www.wildlifetrusts.org/fundraise](http://www.wildlifetrusts.org/fundraise)

## Adventure Complete?

Reward your young adventurers with their 30 Days Wild Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



## Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



## Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



## Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

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