

Random Acts of Wildness

Struggling to decide what to do today for your 30 Days Wild challenge? Pick one of these 30 ideas at random for a quick and easy activity each day.



#30DaysWild

**Take your
breakfast
outside**

#30DaysWild

**Spot three
types of bird**

#30DaysWild

**Feel the grass
between your
toes**

#30DaysWild

**What shapes
can you see in
the clouds?**

#30DaysWild

Print and
cut me out!



**Litter pick in
your local area**

#30DaysWild

**Watch a wild
webcam**

#30DaysWild

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Pack your lunch and eat it outside

#30DaysWild

Feed the birds

#30DaysWild

Hug a tree

#30DaysWild

Identify some wildflowers

#30DaysWild

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Listen out for birdsong

#30DaysWild

Look for some creepy crawlies

#30DaysWild

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Play a game outside

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Go for a walk

#30DaysWild

Watch the sunrise or sunset

#30DaysWild

Dance in the rain

#30DaysWild

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Smell some flowers

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Go puddle jumping

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Follow a bee

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Have a plastic free day

#30DaysWild

Create a log pile for bugs and beetles

#30DaysWild

Do some exercise outdoors

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Plant some wildflowers

#30DaysWild

Sketch from nature

#30DaysWild

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Take a wild photograph

#30DaysWild

Go for a picnic

#30DaysWild

Look for animal tracks

#30DaysWild

Take some rubbings from nature

#30DaysWild

Print and cut me out!



Read a nature book or poem

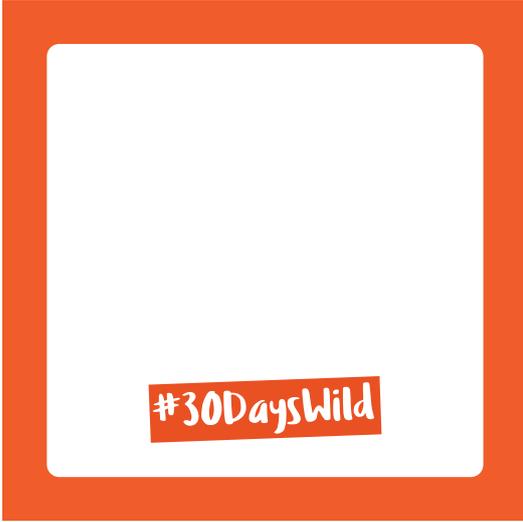
#30DaysWild

Identify a tree from its leaves

#30DaysWild

Random Acts of Wildness

Write your own ideas on these blank 30 Days Wild notes. Mix these into the ideas from Pages 1-5 and pick one at random for a daily dose of inspiration.



Print and
cut me out!

