

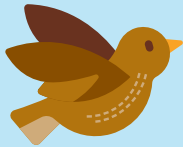


The
Wildlife
Trusts

Your guide to

#30DaysWild

for educators



wildlifetrusts.org/30DaysWild

Welcome to 30 Days Wild

The Wildlife Trusts are big believers in outdoor learning. Not only is it fun, it's absolutely vital to creating the eco-warriors of tomorrow — by connecting with nature, we are far more likely to take care of it. Also, studies show that children feel more confident and have better relationships with classmates and teachers when they're connecting with nature. Good news all round!

Your 30 Days Wild pack is designed to help you have a wonderfully wild month. We've tried to provide lots of inspiration for wild activities, but some people prefer to see where each day takes them. Why not go wild and create activities of your own as well as doing those in this pack?



“No one will protect what they don't care about; and no one will care about what they have never experienced.”

Sir David Attenborough
President Emeritus,
The Wildlife Trusts



© Penny Dixie



Top tips for going wild this June



Use your 30 wild activity cards as you wish — nominate a pupil to pick one each day, use them as rewards, or mould them into lesson plans.

Keep track of activities using your wallchart — and be as creative as you like! Some even decorate theirs with natural materials like leaves.

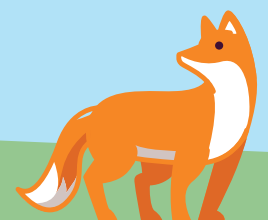


Share the love by telling parents and carers about the campaign - this way, children can keep taking part when they're at home.

For more activity ideas, find loads of downloadable resources including colouring-in and identification sheets, at wildlifewatch.org.uk/things-to-do



Keep an eye on **#30DaysWild** on Twitter and Instagram. You'll find lots of activities you can try with your own class or group.



You're joining a community of thousands of schools and groups who will be going **wild** for 30 days.



“The children are less scared of bugs in general... particularly bees”

2021 participant



“We value the importance of being outdoors — children show better engagement”

2021 participant



“Even the youngest children are now noticing the world around them more”



2021 participant



“Parents said the children slept better”

2021 participant

“I have noticed before that the children are always happier doing activities outside and connecting with nature”

2021 participant



Helping wildlife

The Wildlife Trusts are on a mission to restore, protect and connect at least 30% of UK land and seas for nature by 2030. Help us on our way by adding a few of these activities to your month!

MAKING SPACE FOR WILDLIFE

One of the biggest threats to wildlife is loss of habitat, so providing space for animals and plants to thrive can really help.

- Build hedgehog homes and/or a hedgehog highway
- Make a log shelter
- Install bird and bat boxes
- Build a bug hotel
- Let a patch of grass grow long



TACKLING CLIMATE CHANGE

Climate change can be a scary topic for children and young people to grasp, so it's important that any education is followed up with what we can do to help.

We've created a special handbook for educators that provides a guide to delivering lessons on climate change and empowering children to take actions to tackle it.

Find out more online at: wildlifewatch.org.uk/natures-climate-heroes



PROVIDING FOOD & WATER

Sometimes, nature needs a helping hand. We can all make their lives a little easier by providing food and water. It's also super exciting to see who comes to visit!

- Plant wildflowers for pollinating insects like bees
- Hang bird feeders
- Provide water for wildlife all year round
- Make a mini pond
- Create space for insects — remember, many animals, like hedgehogs and birds rely on them. Find out more: wildlifetrusts.org/take-action-insects-your-school



SUPPORT YOUR WILDLIFE TRUST

Our work to bring back nature is only possible with the help of our amazing supporters! Thanks to them, your Wildlife Trust is caring for wildlife and wild places near you everyday. But they want to do even more!

Set up a fundraiser for your Wildlife Trust during 30 Days Wild, such as a wildlife-themed fancy dress day with a £1 donation, a bake sale (hedgehog cupcakes, anyone?) or a sponsored walk. Find out more online at:

wildlifetrusts.org/fundraise



© Paula Irish

Going wild for your wellbeing



We're all familiar with that 'weight-off-your-shoulders' feeling that comes with stepping out on a walk after a tough day, listening to the sound of a running river, or taking a breath of fresh air. The University of Derby has created five *Pathways to Nature Connectedness* that not only increase pro-nature behaviours, but also improve mental wellbeing.

1. TUNE INTO NATURE THROUGH THE SENSES

Ask your class or group to spend 10 minutes outside and notice nature using their senses: what can they see, hear, feel, and smell? Get them to take notes on each.

2. FIND HAPPINESS IN NATURE

Get your pupils to think about something in nature that makes them happy. Climbing trees? Hearing birds sing? Collecting feathers?



© Eve + Tom Photography

3. NOTICE NATURE'S BEAUTY

Hold a photo or art competition! Challenge students to photograph or paint the thing they find the most beautiful in nature. Why not offer a wildlife-themed prize? Check out wildlifetrusts.org/shop for inspiration.

4. EXPLORE HOW NATURE BRINGS MEANING TO OUR LIVES

Read a story that involves wildlife or watch a film that focuses on elements of nature. Alternatively, ask your group to make up their own wild story about a particular animal or plant.

5. TAKE ACTION FOR NATURE

Ask your class or group to pledge to take an action for nature at home with their family or carers such as making space for wildlife in their garden or signing an online petition.



Activity ideas

Make a journey stick



Illustrations: Corinne Welch

You will need

- Strong, sturdy stick



- String (or double-sided tape)



- Scissors (if using string)



- Walking shoes



Don't pick wildflowers from the ground!

- 1 Go for a walk, taking your stick and string (or tape).



- 2 Pick up things that interest you on the way...



Leaves



Feathers



Petals



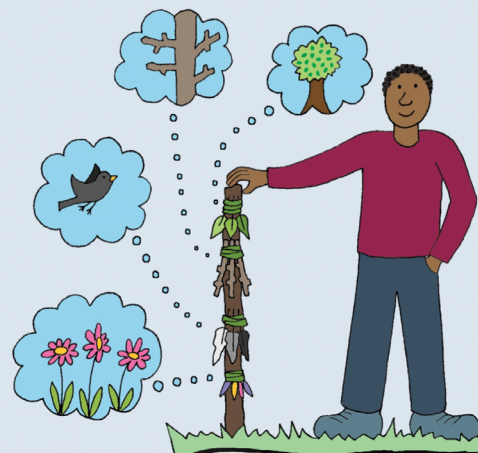
Twigs

Remember: always wash your hands thoroughly before eating or drinking.

- 3 Use your string (or tape) to attach them to your stick.



- 4 When you get home, you can use your stick to remember your journey.



Make a wildflower seed bomb

You will need:

- Meadow flower seeds or seeds collected from the garden



- Peat-free compost



- Water



- Powdered clay (from craft shops - use clay soil if you can't find any)



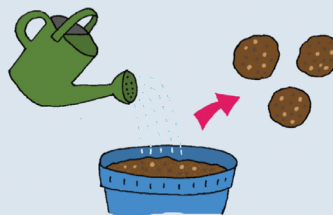
- Mixing bowl



- 1 In a bowl, mix together 1 cup of seeds with 5 cups of compost and 2-3 cups of clay powder.



- 2 Slowly mix in water with your hands until everything sticks together, then roll mixture into firm balls.



- 3
-

- 4 Now for the fun bit - plant by throwing your seed bombs at bare parts of the garden!



Try wildlife yoga



You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.



Make a butterfly feeding table

You will need

- Four metal screw eyes



- 30cm square piece of plywood



- String



- Jam jar lids



- Sugar solution (sugar dissolved in hot water – use when cool)



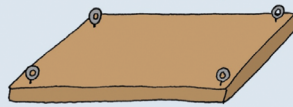
- Coloured card



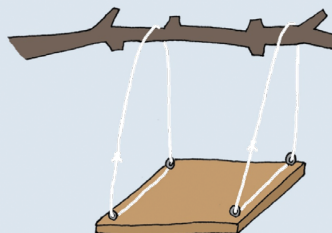
- Scissors



1 Screw the metal eyes into the four corners of the plywood.



2 Thread a one-metre piece of string through two of the eyes and over a tree branch before securing with a knot. Repeat for the other side of the table.

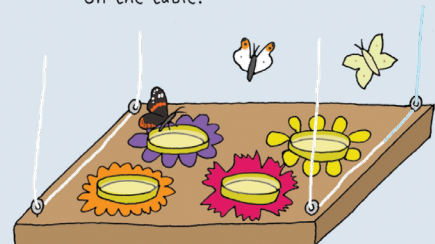


Make sure the table isn't hanging at an angle.

3 Pour sugar solution into jam jar lids and carefully place them on the table.



4 The butterflies will be attracted by the sugar solution, but try making your table more appealing by cutting flower shapes from coloured card and placing them under the lids on the table.

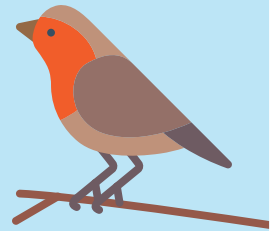


Do the butterflies prefer different colours or shapes?

More resources for going wild with your school or group



The Wildlife Trusts has tons of resources to help you connect your group to nature.



School guide to taking Action for Insects

Bugs, butterflies, beetles and other minibeasts are in trouble. Find out how to help at your school by visiting: wildlifewatch.org.uk/action-insects-schools-guide

Wildlife Watch

Wildlife Watch is the junior arm of The Wildlife Trusts. You will find tons of activity sheets, identification spotting sheets, quizzes and more fun things on the website: wildlifewatch.org.uk/things-do

Nature's Climate Heroes

Download a handy guide with lesson plans to help teach kids the role that nature plays in tackling climate change, and how they can help: wildlifewatch.org.uk/naures-climate-heroes

Your Wildlife Trust

Wildlife Trusts across the UK work with local schools by welcoming them to nature reserves, providing on-site lessons, through Forest Schools, teacher training and more. Find your nearest Wildlife Trust at wildlifetrusts.org/wildlife-trusts

Follow us...

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Get your hands on the #30DaysWild badge



We've worked with Pawprint Family to bring you an exclusive embroidered #30DaysWild badge: wtru.st/30dw-badge-22

