

**30 Days Wild Challenge**  
**#30dayswild #randomactsofwildness**



<p><b>Day 1- Butterfly garden.</b> <i>Design your own butterfly garden. You could even make your own window box!</i></p>	<p><b>Day 2- Look up at the clouds.</b> <i>What shapes can you see?</i></p>	<p><b>Day 3- Find an invertebrate.</b> <i>Watch how it moves- why not research or sketch it?</i></p>	<p><b>Day 4- Write a wild poem.</b> <i>Don't forget to share these with us!</i></p>	<p><b>Day 5- Listen to a wildlife podcast</b> <i>BBC Nature is one idea.</i></p>
<p><b>Day 6- Lunch outside</b> <i>You could even have a picnic</i></p>	<p><b>Day 7- Listen for wild sounds.</b> <i>Use the RSPB to identify any bird songs you hear.</i></p>	<p><b>Day 8- Snap a photo.</b> <i>It could be of the sky, flowers, or creatures you find. Use <a href="https://naturephotographeroftheyear.com/">https://naturephotographeroftheyear.com/</a> to see some incredible shots!</i></p>	<p><b>Day 9- Identify a wildflower.</b> <i>Take notes on it, then search in a book or online. You could even sketch it!</i></p>	<p><b>Day 10- Read a wild book.</b> <i>Find a book on wild creatures- you could even take it outside!</i></p>
<p><b>Day 11- Feed the birds.</b> <i>Why not set up a bird feeder, look up a recipe for making fat balls, or use the RSPB website to identify birds in your garden?</i></p>	<p><b>Day 12- Create a work of art.</b> <i>Why not create a biological drawing &amp; enter the Nancy Rothwell competition? <a href="https://www.rsb.org.uk/get-involved/rsb-awards/nancy-rothwell-award">https://www.rsb.org.uk/get-involved/rsb-awards/nancy-rothwell-award</a></i></p>	<p><b>Day 13- Watch a wild webcam</b> <a href="https://www.wildlifetrusts.org/webcams">https://www.wildlifetrusts.org/webcams</a></p>	<p><b>Day 14- Classification</b> <i>Put your Classification knowledge into action &amp; see what species you can identify. The <b>Seek app</b> is great for this!</i></p>	<p><b>Day 15- Find a wild-themed piece of classical music.</b> <i>If you play an instrument you could even compose your own piece!</i></p>

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<p><b>Day 16- Take a Wildlife Quiz.</b> <i>You could even have a family quiz night at home!</i></p>	<p><b>Day 17- Wildlife Journal.</b> <i>Start a journal of all the wildlife you can see from your window.</i></p>	<p><b>Day 18- Google wild facts-</b> <i>Research your favourite animal. You could make this into a mini project.</i></p>	<p><b>Day 19- Meditate in the wild.</b> <i>Do yoga outside, or in your home with some nature inspired music.</i></p>	<p><b>Day 20 Get Crafty-</b> <i>why not create a leaf tile?</i></p>
<p><b>Day 21- Design a wild home.</b> <i>From bug hotels to hedgehog hideouts!</i></p>	<p><b>Day 22- Draw a wild landscape.</b> <i>Get that creativity flowing!</i></p>	<p><b>Day 23- Switch off to tune in.</b> <i>Go for 1 hour without technology. Read a book, speak to family or try a new hobby!</i></p>	<p><b>Day 24- Rainbow Challenge.</b> <i>What can you find in the colours of the rainbow? Why not also combine this with photography?</i></p>	<p><b>Day 25- Decorate with a wild mobile.</b> <i>Use string, leaves, twigs or your own designs!</i></p>
<p><b>Day 26- Wildlife story.</b> <i>Where will your imagination take you?</i></p>	<p><b>Day 27- Watch a wildlife documentary.</b> <i>How about David Attenborough?</i>  <a href="https://www.bbc.co.uk/ip/ayer/group/p06m42d9">https://www.bbc.co.uk/ip/ayer/group/p06m42d9</a></p>	<p><b>Day 28- Nature showcase</b> <i>Collect any items you can from around your garden</i></p>	<p><b>Day 29- Endangered species.</b> <i>Research an endangered species. What could you do to help?</i></p>	<p><b>Day 30- Origami</b> <i>Try to create an origami animal!</i>  <a href="https://www.youtube.com/watch?v=M2UiiPTC-Wc">https://www.youtube.com/watch?v=M2UiiPTC-Wc</a></p>

## Plant a butterfly box...

### You will need

- A windowsill plant box



- Peat-free compost



- A hand trowel or fork



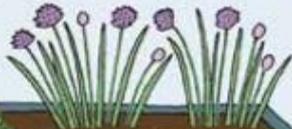
Pale-yellow scabious



Aubrieta



Chives



Cuckoo flower



Cabbage

Nasturtium



Nectar-rich plants for butterflies  
• Viper's bugloss • Thyme • Sage • Forget-me-not • Fennel • Mint

Plants as food for caterpillars  
• Common sorrel • Bird's-foot-trefoil

- 1 Choose a plant box appropriate to the size of your windowsill or outside space – make sure it has drainage holes.
- 2 Fill your box halfway with peat-free compost.
- 3 Pick three plants and place them in the box. Top up the container with peat-free compost and water well. If scattering seeds, follow the instructions on the packet.



Remember it can sometimes take a little while for pollinators to find your plants.

While a chance to glimpse a butterfly may be appealing, without caterpillars (larvae) there'd be no butterflies, so we need to make food for both. Try to plant one box of each! Plant one variety for larvae, but mixed varieties for butterflies.



# How to make your own bird feeder

## What you need:

- dry ingredients
  - bird seed
  - dried fruit
  - cooked rice
  - breadcrumbs
  - grated cheese
  - chopped nuts

- hard cooking fat (lard or suet)

- a pine cone, coconut shell or yoghurt pot



Use an old yoghurt pot for this, and always recycle after it's been used

- string



- 1 Mix all the dry ingredients together in a bowl



- 2 Add the fat and give it a good mix around

- 3 Choose your feeder



plaster all over a pine cone



put it round the inside of a coconut shell



press into a yoghurt pot

You can hang this upside down like a bell or turn it out like a cake

- 4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



Hang your feeder where you can watch birds without disturbing them

If you need to melt the fat, ask an adult to help



# How to build a mini wildlife pond

wildlife  
watch



## You will need:

- an old bucket or watertight container



- spade



- sand



- old bricks, rocks and pebbles



- native pondweed (eg. curled pondweed)



1 Dig a hole deep enough to hold your container.

3 Sit the container in the hole and fill the gaps with loose soil.

2 Remove any sharp rocks and line bottom with sand.

4 Build a pile of rocks and bricks in bottom, scatter pebbles and add pondweed. Fill with rainwater.

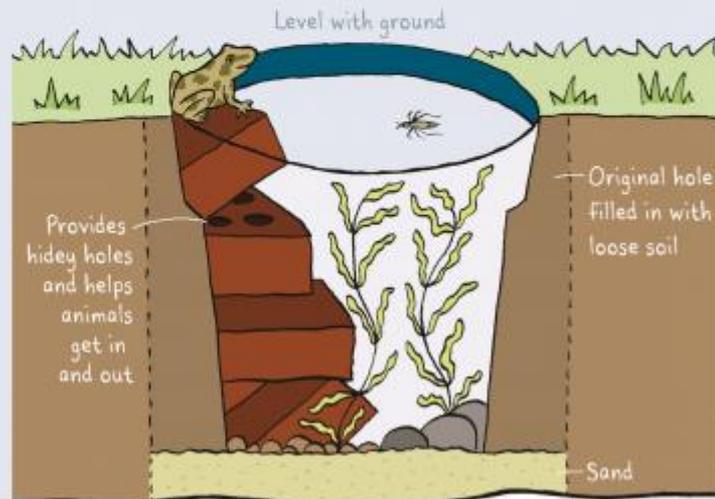


Illustration: Corinna Wake © Copyright Royal Society of Wildlife Trusts 2016

# Make a leaf tile

wildlife  
watch



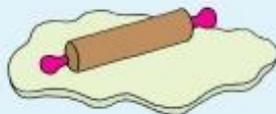
## You will need

- two cups of plain flour 
- one cup of salt 
- one cup of water 
- two tablespoons of cooking oil 
- Mixing bowl 
- Wooden spoon 
- Rolling pin 
- Different types of leaves 
- Knife 
- Paint and brushes 

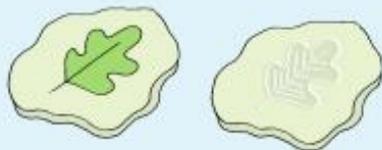
- 1 Mix all your ingredients together in the bowl.



- 2 Roll out the dough until it's about 1cm thick.



- 3 Carefully press a leaf into the dough (vein-side down). When you pull the leaf away, it should leave an imprint.



- 4 Cut your leaf imprint out of the dough in a square tile.



With the leftover dough, make some more tiles with other leaves.

- 5 Bake at 100°C (gas mark 2) for two hours.



- 6 Paint your tiles. You could paint your leaves a summery green, or an autumnal orange!



Ask an adult to help trimming and baking your tile!