



Random Acts of Wildness!

There's so much to see all year round, and a little bit of nature every day really does make you feel happier and healthier.

We hope the children enjoy spending time in the great outdoors!

Feel the wild between your toes

Squelch your toes in the grass, sand or mud.

Find a creepy crawly

Be gentle. Get close and watch the way it moves.

Showcase on a nature table

Display wild treasures like feathers, fossils and bones.

Snap a blue photo

Butterflies, damselflies or even a clear blue sky.

Read a wild book

Find a book about wild creatures and read outside.

Look up at the clouds

What shapes can you see?

Thread a daisy chain

Pick daisies and thread their stems together.

Listen for wild sounds

Use a blindfold to focus – what can you hear?

Identify a wildflower

Take notes on it, then search in a book or online.

Picnic with the birds

Prepare a bird feast with fruit, cheese and seeds.

Create a work of art

Using leaves, pinecones, feathers and twigs.

Search for mini wildness

Lichens, forests of moss and flowers in pavements.

Spot a wild mammal

From urban squirrels, foxes or deer to country hares.

Keep a note of wildlife

List the species that you see from your window.

Meditate in the wild

Strike yoga poses – feel the stresses melt away.

Design a wild home

From bug hotels to a hedgehog hideout.

Map your local wildlife

Draw a map and mark where you see wildlife.

Watch a wild webcam

Peek at ospreys, peregrines and other wildlife.

Sketch up close

Use a pencil to capture the detail, shapes and texture.

Scatter seedbombs

Throw seeds and soil in hard to reach places.

Google wild facts

Discover secrets about your favourite animal.

Decorate with a wild mobile

Use twigs, string and leaves or paper birds.

Switch off to tune in

Can you turn off all electronic gadgets today?

Pick up litter

Sweep the area for rubbish and pop it in the bin.