**20 Random Acts of Wildness**

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| **Day 1** | Feel the wild between your toes | Squelch your toes in grass, sand or mud. |
| **Day 2** | Look up at the clouds | What shapes can you see? |
| **Day 3** | Find an insect | Be gentle. Get close and watch how it moves. |
| **Day 4** | Thread a daisy chain | Pick daisies and thread their stems together. |
| **Day 5** | Lunch in the wild | Take your sandwiches outside and sit on a blanket or under a tree. |
| **Day 6** | Listen for wild sounds | Use a blindfold to focus – what can you hear? |
| **Day 7** | Take a blue photo | Butterflies, damselflies or even a clear blue sky. |
| **Day 8** | Identify a wildflower | Take notes on it, then search in a book or online. |
| **Day 9** | Read a wild book | Find a book about wild creatures and read it outside. |
| **Day 10** | Picnic for the birds | Prepare a bird feast with fruit, cheese and seeds. |
| **Day 11** | Create a work of art | Using leaves, pinecones, feathers, twigs… whatever you can forage! |
| **Day 12** | Watch a wild webcam | Have a peek at ospreys, peregrines and other wildlife. |
| **Day 13** | Whistle with grass | Use a thick blade of grass between your thumbs to whistle. |
| **Day 14** | Sketch up close | Use a pencil to capture the detail, shapes and texture. |
| **Day 15** | Plan a nature quiz | Write a quiz about wildlife and share it with your family/friends. |
| **Day 16** | Keep a note of wildlife | List the species you see from your window. |
| **Day 17** | Pick up litter | See how many pieces of litter you can pick up on your daily walk. Remember hand hygiene! |
| **Day 18** | Design a wild home | Make a bug hotel or a hedgehog hideout. |
| **Day 19** | Switch off to tune in | Can you turn off all your electronic gadgets for a whole day? |
| **Day 20** | Write a wild poem | Use a haiku or sonnet to recreate a wild experience. |