



Essex Wildlife Trust

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7 Days of Wild Christmas!

Thursday 20th December 2018

Can you do something wild every day from 25th - 31st December? Join us in making this festive period as wild as possible with our 7 Days of Wild Christmas challenge!

There are many ways to enjoy Essex wildlife this Christmas, so we are challenging you to do one wild thing everyday from Christmas Day to 31st December. Are you up to the challenge?

Here are our best ideas on how to get wild this Christmas, tag us in your photos on social media and we will share! You can find us on [Facebook](#), [Twitter](#) and [Instagram](#).



Go on a winter walk

We are very lucky to live in a county that offers some beautiful winter walks. You could enjoy some fresh sea air along the coast, or admire the trees at your local woodland nature reserve. Find some of your closest nature reserves [here](#)!

Make a Christmas Wreath for birds

Food can be hard to come by this time of year for wild birds, so why not make a Christmas wreath for birds? This simple activity not only will help wildlife in your garden, but will provide some festive quality time for you and your family. Download this fantastic guide on [how to make a Christmas wreath for birds](#) by Wildlife Watch UK and tag us in your pictures!

Spot a murmuration of starlings

During the winter months large numbers of starlings visit the UK. As dusk arrives, the starlings set off for their communal roost in one of the most staggering natural spectacles of all! Why not head out and try to spot some of the astounding shapes in the sky these fascinating birds create?

Investigate animal tracks

Wildlife can sometimes be tricky to spot, especially if they are nocturnal. But the signs that animals frequent an area can be a good start to discovering all kinds of species, in fact, ecologists rely on animal signs to help them understand the numbers, behaviours and movements of species. Such animal signs include calls, burrows, leftover meals, territorial markings, fur, droppings and tracks. What can you spot in your local area?

Watch a sunrise or sunset

At this time of year we are treated to some truly breathtaking sunrises and sunsets in Essex. This Christmas period, try to capture the most spectacular sunrise or sunset that you can!

Feed the birds

Attracting birds to your garden is easy! Supplement naturally available food with bird food, and watch them flock. Remember to keep feeders and tables clean so the birds stay healthy and disease-free, and position your feeders in a relatively open area away from predators - the birds will feel safer, and will visit more! Take a look at our top tips on [what to feed birds throughout the year](#).

Tune in by switching off

Ensure your family time is special this Christmas by creating a ban on all electronic devices, even if just for one day. Go for a walk outside together and enjoy the wonders of nature instead!

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