



Wildlife Trusts Wales

30 Days Wild Go wild this June!



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Make room for nature this June - no matter where you are or how busy your life!

30 Days Wild is the UK's month-long nature challenge taking place this June, and we want you to take part! 25,000 people signed up last year, so help us beat that in 2017 and do something wild every day for 30 days.

We want to encourage you to enjoy the nature on your doorstep, as well as the 'great outdoors', with inspiring 'Random Acts of Wildness': practical, fun and quirky ideas for connecting with the wild around us. Spend an evening star gazing, build a bughouse, become a stream sleuth, enjoy mindfulness in a meadow, or even sit in the garden, sipping a G&T and watch butterflies! You can spend a few minutes, or a few hours each day enjoying nature – how you do it is up to them.

And it's official - a daily dose of nature, even in bite size chunks, is good for you.

The impact of taking part in 30 Days Wild has been tracked by academics at the University of Derby. Their study* found that people who did something 'wild' each day for a month, felt happier, healthier and more connected to nature. From walking barefoot in the park to feeding garden birds, all sorts of activities proved positive for people – with added benefits for the natural world too.

[Head to our website](#) to sign up for your inspiring and free pack, and find out how you can take part in this amazingly WILD challenge.

When you sign up to the challenge, we'll send you a pack full of ideas, encouragement and Random Acts of Wildness. You'll also receive a funky wallchart to track your progress, a wild badge, and regular blasts of inspiration throughout June to help you make nature part of your life.



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