

DURRELL'S

# 30 DAYS Wilder

Feel healthier and happier – simply notice nature more and set your wilder, more natural self FREE!



1



Read a book outside

2



Jump in or over a puddle – imagine it's the Amazon river!

3



Feel the sun, wind or rain on your face, and smile

4



Write your name using only things found on the ground around you.

5



Howl at the moon

6



Play noughts and crosses using only things found on the ground around you

7



Salute the sun as you watch it rise or set

8



Nap in nature

9



Gaze at the stars and trace shapes – join winking dot to twinkly dot

10



Hug a tree and say 'thank you'

11



Find the nearest tree – what kind is it?

12



Make leaf confetti for your next party

13



Watch a wild animal and notice their eyes and movements

14



Watch the clouds and make out shapes

15



Plant something and help it grow

16



Count the trees you see on your way to work, school or the shops

17



Cook and/or eat a meal outside

18



Catch a creepy crawly and watch it run wild outside

19



Wear a plant accessory in your hair or on your clothes

20



Skim stones, go rock-pooling or climb a tree

21



Tickle your toes: walk barefoot on the grass or sand

22



Play hopscotch using only things found on the ground around you

23



Make your mark in mud – write or mould your name

24



Make some natural art, using only things found on the ground around you

25



Close your eyes, sit outside and think about your favourite moments in nature

26



Leave your car at home for a day or walk/cycle instead of drive somewhere

27



Kick a pile of leaves

28



Make a den in the wild!

29

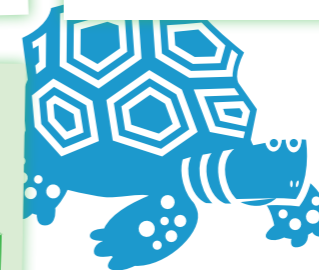


Let nature do the talking while you go silent walking

30



Discover more about our charity, and donate or get fundraising! [durrell.org/go-wild](http://durrell.org/go-wild)



JERSEY ZOO



DURRELL\_JERSEYZOO



DURRELL WILDLIFE