

30 Days Wild

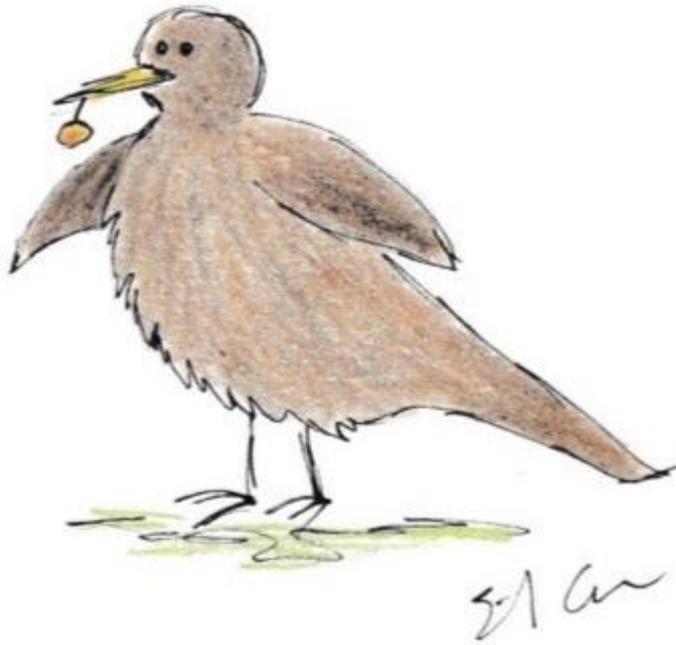
Did you know that June was quite a special month for your local wildlife trust? Despite the pandemic, The Wildlife Trusts celebrated '30 Days Wild' with daily 'random acts of wildness'.

Now, what is a 'random act of wildness?' I hear you say. Well, it's anything you can do on any day of the week to bring some nature into your life. Whether that be looking out of your window and counting the birds, having a walk around your local area and watching the bees or planting some seeds in a pot.

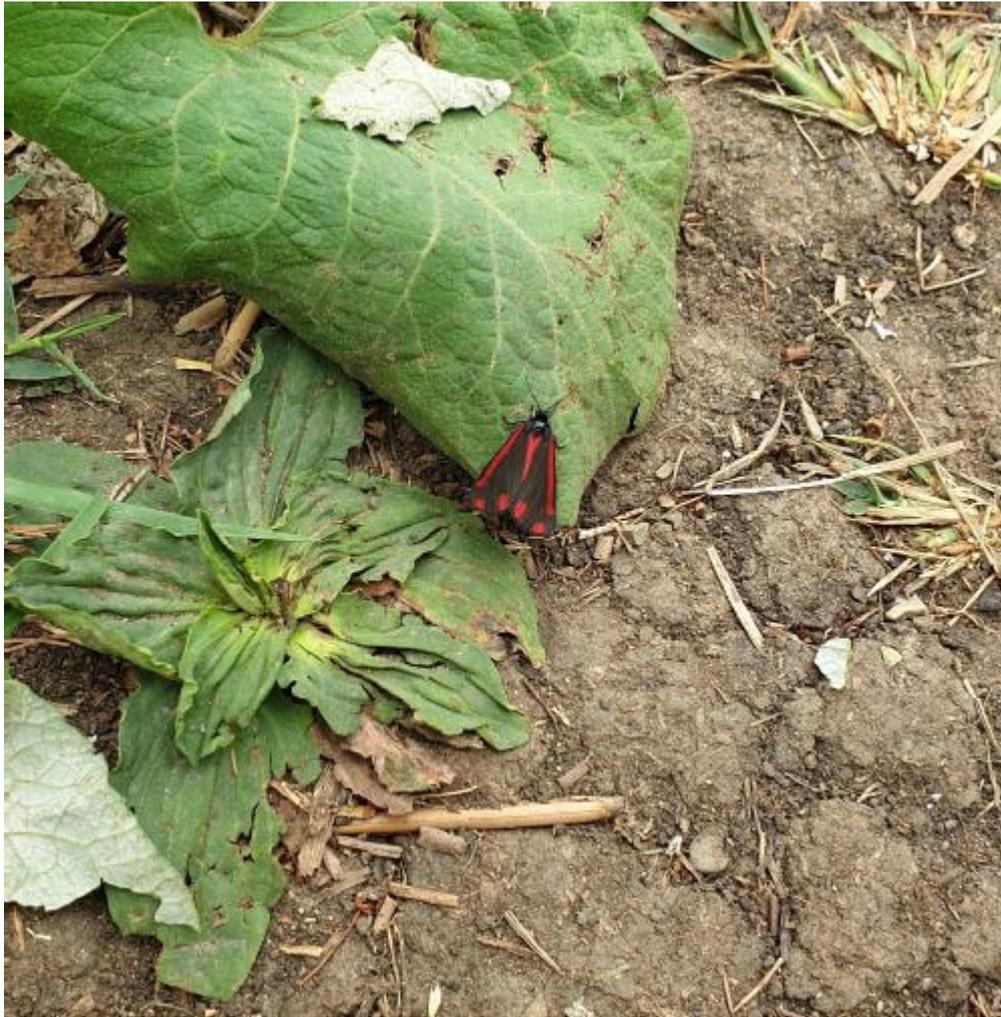


Taking a moment to appreciate the wildlife around you can be really helpful for your wellbeing. I, like many, have found myself feeling down, anxious or stressed at various points over the past few months. '30 Days Wild' really helped me with this.

One particular highlight was seeing a cheeky baby blackbird grow. At the start of June, it was a pretty helpless critter. It was always following its dad around and struggled to fit the cherries it was being fed into its mouth. One time, I got a bit of a fright when it suddenly flew out of the undergrowth it was hiding in. I must've got too close! Now, it's almost fully grown and is pretty much independent. I've never paid attention to these birds before and I was surprised at how much better I felt after having a break and watching it from the window.



For some people, it isn't possible to leave the house to enjoy their local wildlife. Something else I really loved doing through June was to listen to podcasts about wildlife. One of my favourite podcasts was [30 Animals That Made Us Smarter](#) from the BBC. Each episode is only 15 minutes long and I learnt lots of interesting facts. Did you know, for example, that kingfishers inspired the design of Japanese bullet trains? Or that sea otters have contributed to the development of wetsuits? Definitely worth a listen! [The Wildlife Trusts](#) has lots of other fab ideas about what you can do to engage with wildlife from the comfort of your own home too.



June may be over now, but after doing a 'random act of wildness' every day during the month, I'm going to continue enjoying the nature and wildlife around me. Perhaps I can even make it all the way to '365 days wild'! J

For more ideas of what you can do to support your wellbeing and engage with nature all year round, visit <https://www.wildlifetrusts.org/wildness>

