

Feed the birds (fruit, cheese, seeds) and give them a drink	Find a caterpillar and identify it	Find some animal tracks and follow them	Sit quietly and spot birds	Do an insect count	Find a smelly flower	Find a patterns in nature	Collect some petals and leaves to press		
Learn to identify one new tree	Find some ANTS and watch them for a few minutes - what do you notice? Where are they going?	Identify and learn one new wild flower	Find an insect on a leaf	Lie down and look for shapes in the clouds	Make a stone stack - how high can you make it?	Get some watercolour paints out and paint your garden	Follow a bee and see how many flowers it visits in a minute		
Use wax crayons to make leaf rubbings	Find evidence of a mammal (footprints, nibbles nuts etc)	Put some paper under a tree or plant and draw around the shadow	Find a butterfly and identify it - what else can you notice?	Find 6 different different shades of green	Find 3 different bird feathers - do you know what birds they are from? Or what part of the body?	Have a look at a pond, have the froglets left yet?	See what you can find that is prickly		
Hug a tree (seriously) - why did you pick that tree? What do you feel?	Make a nature Mandala	Go for a walk and find treasure to make a nature mobile	Explore a spiders web - can you draw it? Is the spider there? What direction is the web pointing in?	Make a pooter and find some creepy crawlies	Make a wormery	Camp in the garden	Cook some food over a fire (with an adult!)		
Window watching - make a not of what is outside your window when you wake up, and when you go to bed	Whistle with grass	Make an animal tracking trap	Make a fairy home or garden (or find a home in the woods)	Take an amazing nature photo	Read a book in the wild	Eat your breakfast, lunch or supper in the wild	Watch a wild web (BBC Springwatch)		
Find some mushrooms - don't touch though	go back to your tree - can you draw and note the changes?	Write down how you feel about nature and being outdoors	Go for a run	Make a sun dial	Make a treasure bucket to carry all your wild gems in	Make a wild stick frame loom	Make some wild potions		
Climb a tree - what makes it good for climbing	Build a den	Splash in puddles (top marks if they are muddy!)	Go on a walk and make a trail behind you	Make a mud pie or cake	Make a daisy chain	Have a snail race	Find some wild fruit (don't eat it unless a grown up says so)		
Go on a barefoot walk	Map your street - what wildlife is there?	Go stargazing and learn a new constellation	Study the moon	Make a hedgehog house and leave out food/water	Make Elderflower cordial	Make a wildlife pond	Sit for 10 minutes and draw a sound map		
Study a mini-beast	Make a bug hotel	Write a wild poem	Find numbers in nature	Pick up litter	Can you do a day without gadgets?	Do a wild workout or yoga	Make a wildlife quiz for your friends		