

Take a Breath and Notice Nature This June

There's something special about June.

The days are longer, the evenings are warmer, and nature is bursting with life. Bees hum through gardens, swifts sweep across the sky, and colourful wildflowers appear in the most unexpected places. It's the perfect time to slow down, step outside, and reconnect with the natural world around you.

That's exactly what **30 Days Wild** is all about.

Discover the UK's Biggest Nature Challenge

30 Days Wild is a free, month-long challenge from The Wildlife Trusts that encourages people of all ages to connect with nature throughout June. Whether you live in a bustling city, a quiet village, or somewhere in between, wildlife is closer than you might think.

The challenge is simple: choose one wild activity each day—or a few activities each week—and take a moment to notice, appreciate, or support nature.

From watching birds in your garden to exploring a local nature reserve, every small action can help you feel more connected to the natural world while benefiting your wellbeing and the environment.

Simple Ways to Go Wild

Looking for inspiration? Here are just a few ways to embrace nature this month:

Plant for Pollinators

Sow wildflower seeds or add bee-friendly plants to your garden, balcony, or window box to provide valuable food sources for pollinators.

Listen to Birdsong

Take five minutes to sit quietly and listen to the birds around you. You may be surprised by how many different calls you can hear.

Explore Your Local Area

Visit a nearby park, woodland, beach, or nature reserve and see what wildlife you can spot.

Let Nature Grow

Leave a patch of grass uncut or allow a corner of your garden to grow a little wilder, creating valuable habitat for insects and other wildlife.

Notice the Little Things

Look for wildflowers growing through pavement cracks, watch bees visiting blooms, or simply observe the changing colours and textures of the season.

Why Connecting with Nature Matters

Spending time in nature can help reduce stress, boost mood, improve wellbeing, and create a deeper appreciation for the world around us. Even a few minutes outdoors can make a difference.

The beauty of 30 Days Wild is that every action counts. Whether you complete an activity every day or just a few times during the month, you'll be taking positive steps for yourself and for wildlife.

Keep the Wild Spirit Going

Although June is the focus of the challenge, connecting with nature doesn't have to stop when the month ends. Small, everyday actions can help support wildlife and bring more moments of wonder into your life all year round.

This June, take a breath, step outside, and notice nature. You might be amazed by what you discover.

<https://www.wildlifetrusts.org/30dayswild>