

# WILD CHALLENGE

#myhealthmyrights  
#bemorebear

COURTESY OF



Can you do our wild challenge by doing a wild activity every day for 30 days?  
Here are some examples:

Make your journal	Make paper straws	Weave a bird's nest	Make a natural rainbow	Go find IT cards
Story stones	Mud faces	Make nettle soup	Raindrop scavenger hunt	Home hunt
Cloud gazing	Flower pressing	Nature rubbings	One word makes a story	Leaf sewing
Make a kite	Make a stone snake	Natural sign making	Worm charming	Matchbox scavenger hunt
Make a leaf crown	Heads or tails trail	Minibeast sweep	Make a birdfeeder	Take a moment
Journey sticks	Flower hunt	Memory game	Splash in puddles	Scavenger hunt

Thank you to our friends at Edinburgh Zoo for sharing this activity with us. To find out more about Edinburgh Zoo, how to visit and all their animal friends you can go to [www.edinburghzoo.org.uk](http://www.edinburghzoo.org.uk)