



Take a close look at a bee. Count the number of stripes on its back - can you identify 7 different species this way?

Rewild Yourself!



Rescue a worm or snail stranded on concrete.

Rewild Yourself!



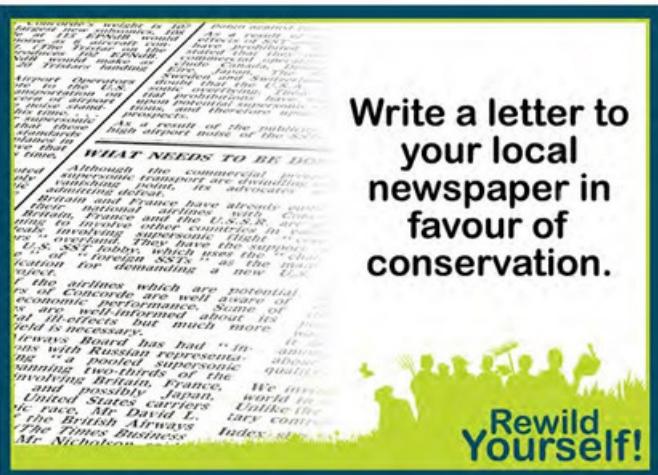
Scatter some wildflower seeds in your garden or plant up a little pot.

Rewild Yourself!



Write to your local MP or council about a conservation issue.

Rewild Yourself!



Write a letter to your local newspaper in favour of conservation.

Rewild Yourself!



Research a local conservation personality or issue.

Rewild Yourself!



Go for a walk and try to spot five different types of tree.

Rewild Yourself!



Look up! Find a comfortable spot to lie on your back and look up at the clouds. What patterns can you find?

Rewild Yourself!



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk

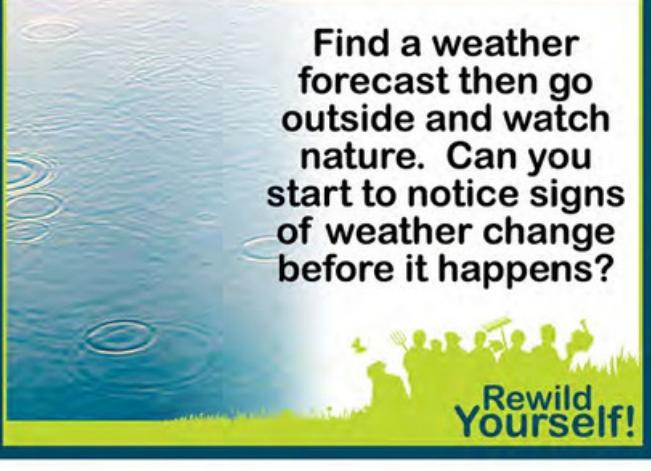


www.tcv.org.uk



www.tcv.org.uk





Find a weather forecast then go outside and watch nature. Can you start to notice signs of weather change before it happens?

Rewild Yourself!



Go online and find some bird song recordings. Try to learn to mimic one.

Rewild Yourself!



Take a bird book into your local greenspace - what's your most common visitor?

Rewild Yourself!



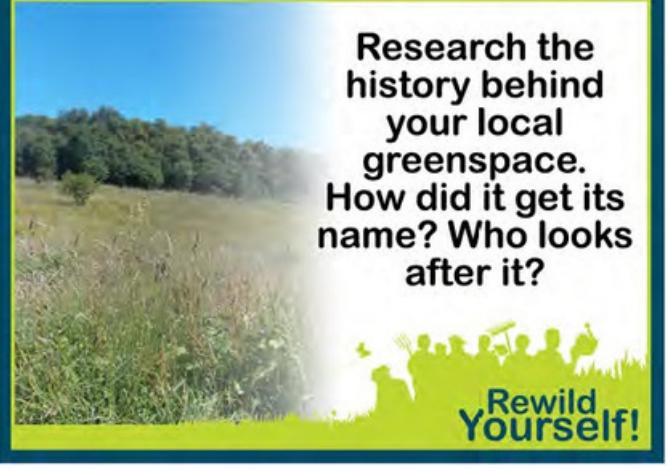
Find five different leaf shapes in your local greenspace. Why are they different?

Rewild Yourself!



Get a piece of string and practice tying two different kinds of knots.

Rewild Yourself!



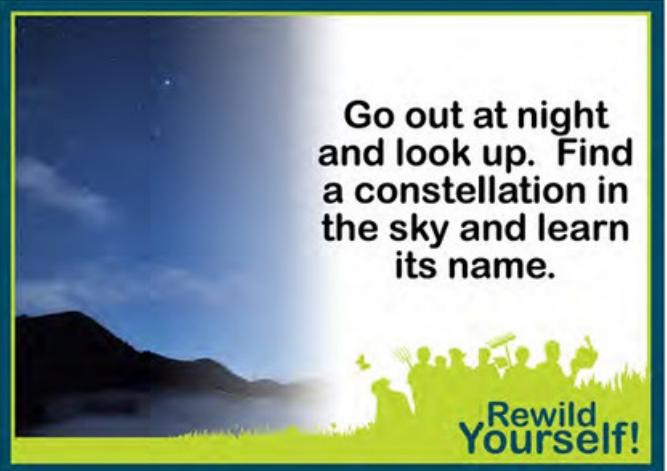
Research the history behind your local greenspace. How did it get its name? Who looks after it?

Rewild Yourself!



Go for a walk and try to spot five different insects. What differences are there between them?

Rewild Yourself!



Go out at night and look up. Find a constellation in the sky and learn its name.

Rewild Yourself!

www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



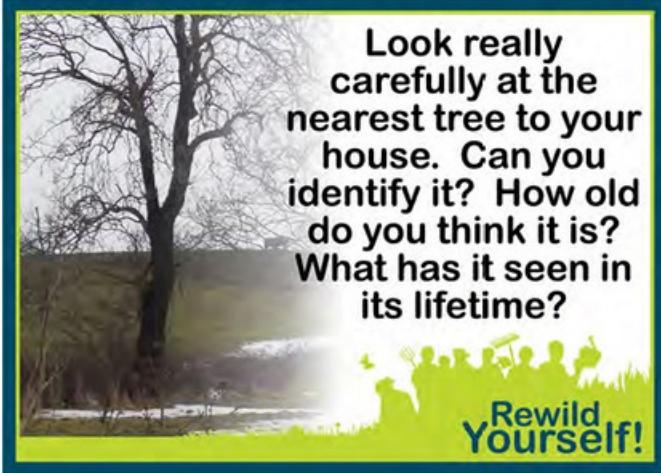
www.tcv.org.uk





Spend 30 minutes in a greenspace without looking at your phone.

Rewild Yourself!



Look really carefully at the nearest tree to your house. Can you identify it? How old do you think it is? What has it seen in its lifetime?

Rewild Yourself!



Find seven natural things that make up the colours of the rainbow.

Rewild Yourself!



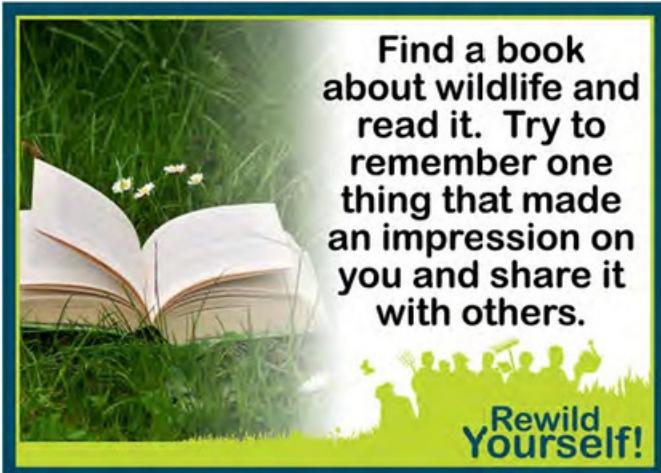
Try to walk (carefully!) using something other than sight as your primary sense. Can you find your way around by sound/touch/smell?

Rewild Yourself!



Try to tell two plants apart by smelling them.

Rewild Yourself!



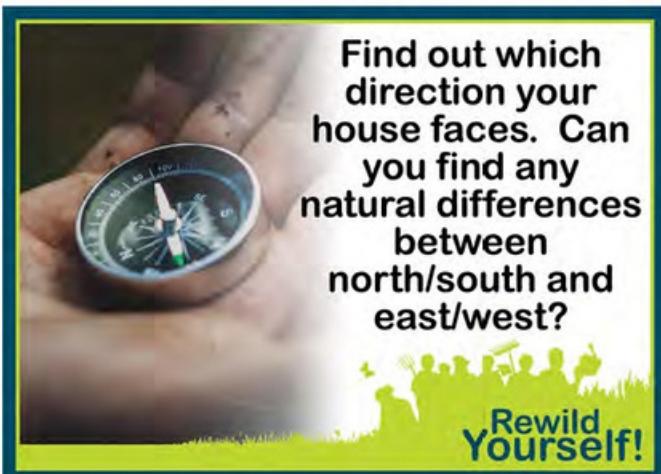
Find a book about wildlife and read it. Try to remember one thing that made an impression on you and share it with others.

Rewild Yourself!



Listen to bird song. Can you hear a difference between different species?

Rewild Yourself!



Find out which direction your house faces. Can you find any natural differences between north/south and east/west?

Rewild Yourself!



www.tcv.org.uk

TCV

The
Conservation
Volunteers



Pick up a piece of litter and put it in the bin.

Rewild Yourself!



Make a pile of dead wood and leaves for bugs to live in.

Rewild Yourself!



Share something about wildlife online or with a friend. It could be a picture, a story, a blog or a photo.

Rewild Yourself!



Go to a greenspace and make a piece of art using only natural materials. Leave it for someone else to find.

Rewild Yourself!



Make a wildlife record in your local area. Add it to the iRecord site.
www.brc.ac.uk/irecord

Rewild Yourself!



Find an online Citizen Science survey and take part.

Rewild Yourself!



Press a flower or leaf and turn it into a piece of art.

Rewild Yourself!



Make a DIY birdfeeder out of an apple and some sunflower seeds.

Rewild Yourself!

www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk





Listen to bird song and try to mimic it. Can you have a conversation?

Rewild Yourself!



Write a short story, poem or blog about nature. Share it online if you feel confident.

Rewild Yourself!



Spend 15 minutes in silence watching wildlife. Try to watch one animal or plant for the full time.

Rewild Yourself!



Conduct a mini wildlife survey of your garden or your local greenspace. Count how many different species you can see in 15 minutes.

Rewild Yourself!



Choose an animal that lives in your local area and imagine its life. Where does it find shelter/food/water? What are its threats?

Rewild Yourself!



Sit outside and close your eyes. Can you tell where you are by using your other senses? What can you hear? Smell?

Rewild Yourself!



Touch a tree. Feel the shape and texture of its bark. Imagine the things it has experienced in its lifetime.

Rewild Yourself!



Find a new nature or conservation blog or social media account online and follow it. Start a conversation with the writer.

Rewild Yourself!

www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk





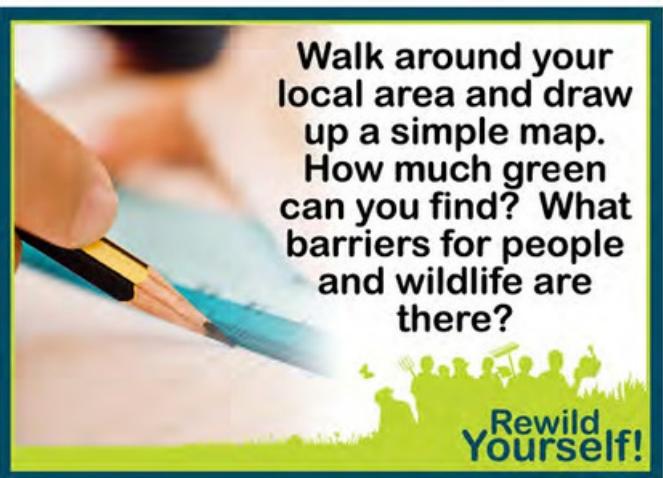
Explore and find the biggest tree in your neighbourhood and then photograph or draw it.

Rewild Yourself!



Replace one journey you'd normally take in a car with a walk.

Rewild Yourself!



Walk around your local area and draw up a simple map. How much green can you find? What barriers for people and wildlife are there?

Rewild Yourself!



Step off the path. Go to a local greenspace and walk across the grass.

Rewild Yourself!



Take your lunch outside and find somewhere green to enjoy it.

Rewild Yourself!



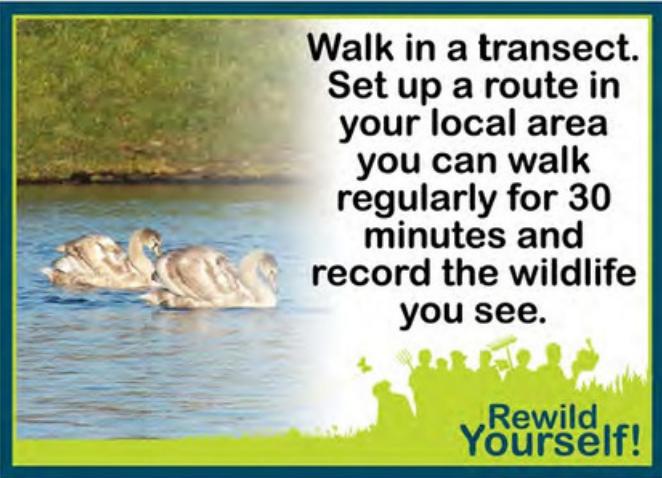
Unleash your inner child - go out and splash in a puddle or kick some autumn leaves.

Rewild Yourself!



Walk mindfully for 10 minutes. Engage your senses. Focus on a sense other than sight.

Rewild Yourself!



Walk in a transect. Set up a route in your local area you can walk regularly for 30 minutes and record the wildlife you see.

Rewild Yourself!

www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk



www.tcv.org.uk

www.tcv.org.uk

www.tcv.org.uk

www.tcv.org.uk

www.tcv.org.uk

www.tcv.org.uk

www.tcv.org.uk

www.tcv.org.uk