

# Wild at Heart

## June Activity Pack

June is here and that means it's 30 Days Wild! Join us by doing one small 'Random act of Wildness' every day for the 30 days of June – You can do anything you like from feeding the birds, going on a nature walk, doing some wildlife gardening, to creating some wild art, doing some litter picking to help the nature around you, to enjoying a beautiful sunset!

This activity pack is filled with ideas to help you on the journey of 30 days wild, along with spotter sheets, poems, colouring sheets, nature activities, and a refreshing elderflower cordial recipe to quench your thirst in this warmer weather.

Have fun,

[www.wildsheffield.com](http://www.wildsheffield.com)



# Garden butterflies



wildlife  
watch



Peacock



Brimstone



Comma



Orange-tip



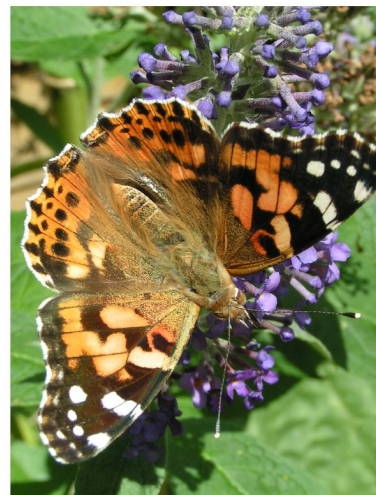
Green-veined white



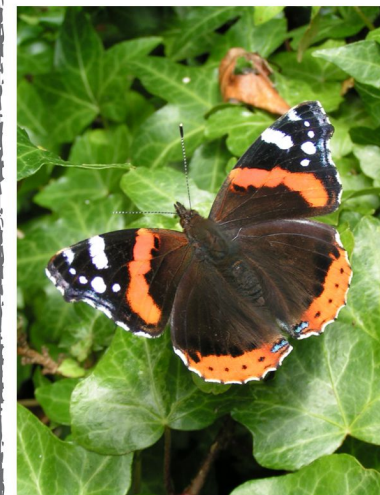
Holly blue



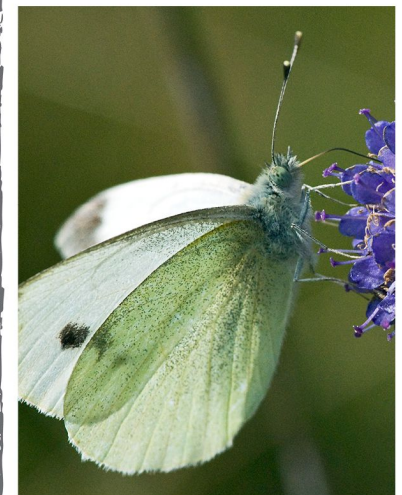
Small tortoiseshell



Painted lady



Red admiral



Small white





# Finch detective



**wildlife  
watch**



Chaffinch



Greenfinch



Bullfinch



Hawfinch



Siskin



Goldfinch



Brambling



Linnet



Redpoll

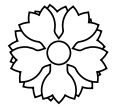
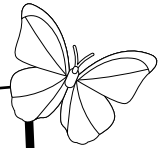


Twite



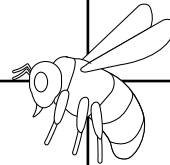


# BINGO!

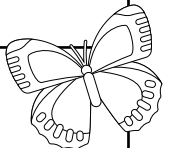
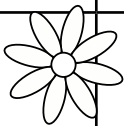
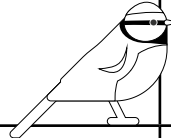
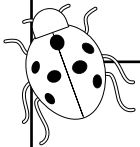


How many of these things can you spot on your 30 Days Wild adventures?  
Simply cross off each box as you spot them. To make it a competition, the first  
to get a line wins, or go for a full house!

<b>BLACKBIRD</b>	<b>ANT</b>	<b>RABBIT</b>	<b>OAK TREE</b>	<b>MALLARD</b>
<b>SWAN</b>	<b>DRAGONFLY</b>	<b>BEE</b>	<b>FEATHER</b>	<b>ORCHID</b>
<b>LADYBIRD</b>	<b>DANDELION</b>	<b>BLUE TIT</b>	<b>CATERPILLAR</b>	<b>SNAIL</b>
<b>POND OR PUDDLE</b>	<b>WORM</b>	<b>NETTLE</b>	<b>SPIDER'S WEB</b>	<b>WASP</b>
<b>DAISY</b>	<b>TREE STUMP</b>	<b>BUTTERCUP</b>	<b>ANIMAL- SHAPED CLOUD</b>	<b>BUTTERFLY</b>



Challenge:  
choose a  
particular species  
of bee to make it  
harder!



Challenge:  
choose a  
particular species  
of butterfly to  
make it harder!



# 30 DAYS WILD

Take your  
break in  
**nature**

Do some wild  
**team  
building**



Every Wildlife Trust is made up of volunteers, members and supporters like you, so you can be sure that wildlife and wild places are protected for future generations. We believe that people are part of nature; everything we value comes from it, and everything we do impacts upon it. Find out more about supporting your Wildlife Trust at [wildlifetrusts.org](http://wildlifetrusts.org)

Image credits: Girl in strappy top © Matthew Roberts; Woman with coffee cup © Laura Buckden; Boy with camera © Zsuzsanna Bird; Swallows © Neil A Hodge; People sat on bench © Elle Bottomley; People with tree branches © Sieman; Rail Automaton.



Snap  
a wild  
**Photo**



Identify a  
**wild  
flower**



Ditch  
your  
**disposables**



Get **inspired** to go **wild!**  
Use our **Random Acts of  
Wildness** or make up  
your own...

Drift off  
to **wild  
sounds**

Have lunch  
in the  
**wild**

Feed  
the **birds**

Explore  
the  
**wild  
nearby**



#30DaysWild





# Workout with nature

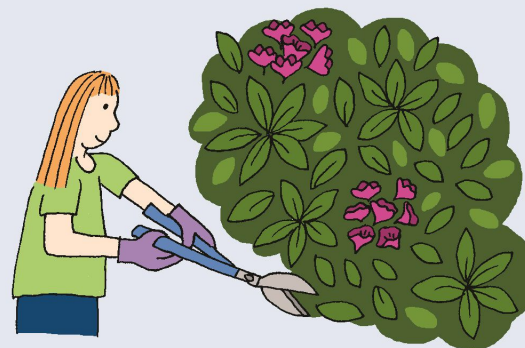
wildlife  
watch



Rather than going to the gym for some exercise, volunteer for a couple of hours on a local nature reserve or within your community. It's sociable and fun, and you'll burn those calories off too!



Litter picking



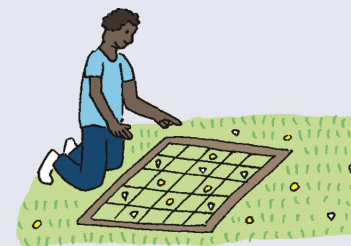
Cutting back Rhododendron



Helping others enjoy nature



Sow a wildflower meadow



Conduct a plant survey

Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2015

[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)



# Wild at Heart

Be wild, whatever your age

## Wild at Heart Elderflower Cordial

Make a refreshing elderflower cordial!



Elder trees are commonly found across Britain, in hedgerows, scrub and woodlands.

The white elderflowers grow in bunches and appear from late May to early July, smelling sweet and fragrant in the hot summer sun.

Elder trees are steeped in tradition and lore, and have many historical uses – the stems could be made into pipes and wind instruments, the leaves were hung up to keep flies away, the elderflowers are picked in early

summer for herbal teas or cordials, and the elderberries picked in late summer for pies and jams.

This elderflower cordial is the perfect way to make the best of the sweet-smelling flowers as a refreshing, aromatic drink for a hot summer's day.

### A note on safety:

When picking elderflowers, make sure you leave enough behind for wildlife. Always make sure you are 100% certain you know what you're picking and that it is safe to eat – there are many white flowers out this time of year so make sure you know the elder tree from others. The flowers and berries are the only edible part of the elder tree, and they must be cooked first to be safe to eat.

Wild at Heart is funded by The National Lottery Community Fund and Rotherham Social Prescribing Service

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# Wild at Heart

Be wild, whatever your age



## Elderflower cordial recipe:

1. Pick 15 heads of elderflowers on a hot, sunny day using scissors, with as little of the stem as possible.
2. Pick out any bugs from the flowers – you can rinse the flowers in cold water but you will lose a lot of the flavour.
3. Place 500g of sugar and 4 tbsp of honey in a saucepan with 1 litre boiled water. Bring to the boil and then simmer until the sugar has disappeared, stirring.
4. Turn off the heat. Add the zest of 2 lemons and the juice of 1 lemon to the saucepan. Add the elderflower heads upside down to the hot syrup in the pan.
5. Cover with the saucepan lid, and set to one side. Leave flowers to infuse overnight, or for 24 hours.
6. The next day, strain the cordial: place a sieve over a large bowl, and line the sieve with clean muslin cloth or a clean thin kitchen towel. Pour the cordial through and keep the liquid, discarding the flowers.
7. Store the cordial in sterilised bottles. You can sterilise glass bottles by washing, then sterilise carefully with boiling water, then leave to dry with the lids off in the oven on a low heat until completely dry.
8. Your elderflower cordial will last for 6 weeks in the fridge. Enjoy diluted with cold water, soda or lemonade!



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## **Be a Sunflower Today**

**Follow the joy wherever it  
leads you.**

**Take in all the beauty that  
life has to offer.**

**Display your bold vibrant colours  
for all to see.**

**Turn your face to the light,  
little sunflower,  
and shy not away from  
the sun!**

**~ Tiffany Prochera**





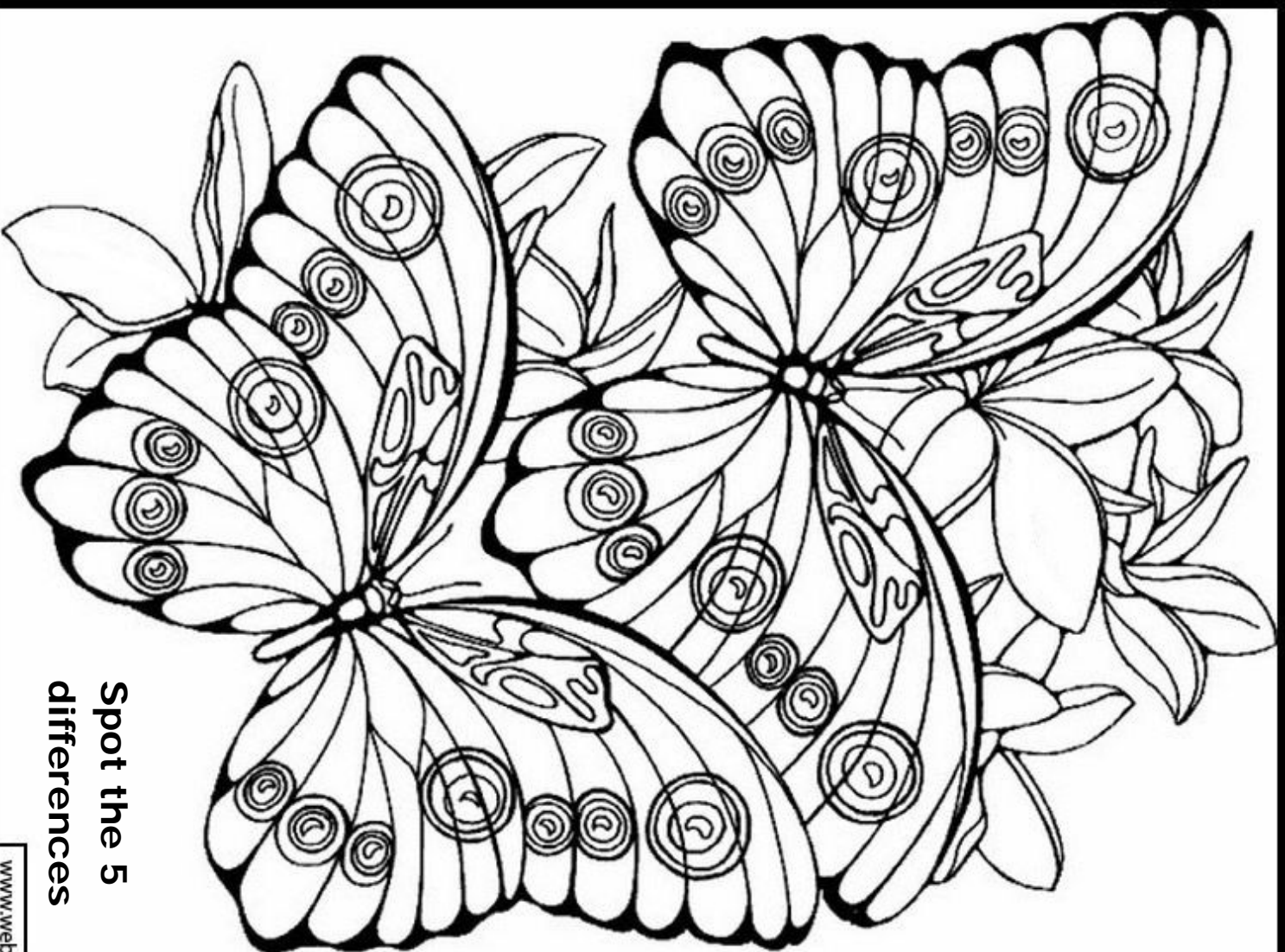




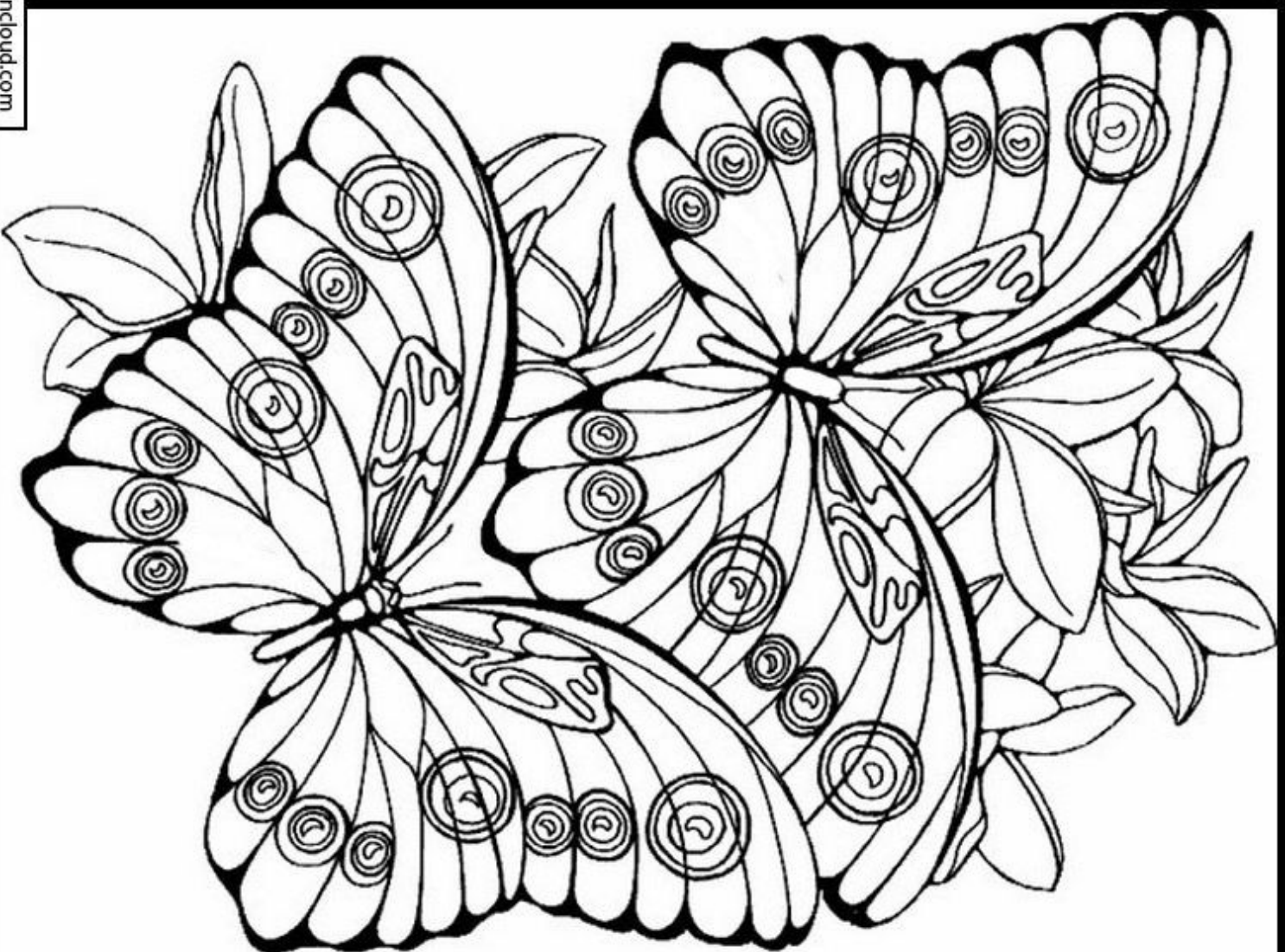




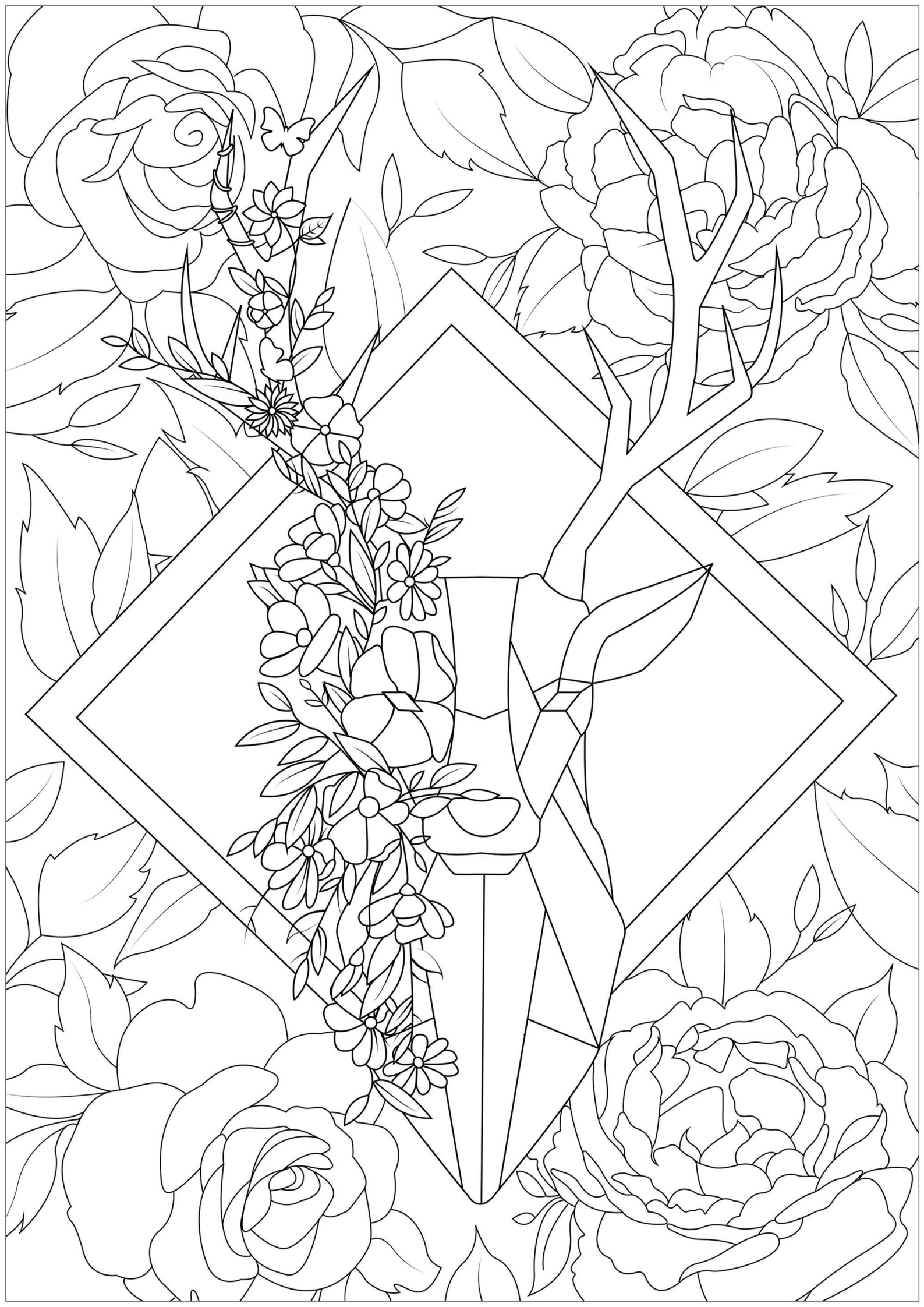




Spot the 5  
differences







# Wildlife Gardening Word Search

These garden herbs, flowers and plants are all great people and great for wildlife!  
Can you find them all?

R	C	H	I	V	E	S	I	H	S	T	N	A	C	Z	F	L	R	X	W
E	E	L	P	P	M	E	G	X	W	U	U	U	L	W	L	W	P	E	G
D	Y	J	C	P	S	I	G	H	A	R	K	B	R	C	E	Z	Z	S	T
C	Y	Y	A	X	R	Q	B	N	L	N	Y	R	N	N	A	E	O	Q	C
A	X	D	P	S	T	S	Z	A	H	O	N	E	Y	S	U	C	K	L	E
M	E	L	A	V	E	N	D	E	R	R	W	T	N	J	X	Y	U	N	W
P	I	H	F	P	R	I	M	R	O	S	E	I	Z	Z	Y	I	V	Y	O
I	N	N	H	Q	N	K	W	H	K	I	W	A	V	Q	M	V	K	J	O
O	I	A	T	Y	F	P	T	V	O	N	L	T	U	T	E	A	S	E	L
N	K	C	S	Z	S	K	Z	B	P	B	A	B	A	E	N	X	A	M	O
N	C	B	A	T	C	S	L	L	K	M	M	P	G	A	F	Y	G	G	S
G	O	R	A	A	U	C	O	R	L	V	K	A	W	D	X	I	E	P	T
N	M	P	L	D	N	R	E	P	B	D	R	S	R	E	W	O	C	F	Q
H	Y	B	G	N	M	W	T	B	M	O	T	L	Z	I	E	W	O	H	U
L	M	U	C	N	O	Q	O	I	B	T	Y	U	X	O	G	D	D	V	K
Y	I	P	J	L	W	A	Q	K	U	P	H	A	W	T	H	O	R	N	O
Z	B	R	F	C	X	G	Q	D	O	M	G	Y	Z	S	N	J	L	X	Z
Z	G	N	F	E	N	N	E	L	E	W	Y	P	M	T	O	D	T	D	B
E	U	T	M	S	C	A	B	I	O	U	S	T	S	E	Z	E	K	E	S
S	O	A	I	E	T	W	U	K	I	C	L	N	O	P	F	C	Y	J	G

Nasturtium

Marigolds

Borage

Sunflower

Primrose

Hyssop

Aubretia

Thyme

Chives

Fennel

Honeysuckle

Hawthorn

Scabious

Ivy

Mint

Lavender

Teasel

Red Campion

Blackthorn

Knapweed

Sage