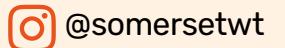


New Year

# WILDER You!

Share your journey to a **#WilderYou**



@somersetwildlifetrust



Somerset  
Wildlife Trust

COSY

FEEL-GOOD

ACTION

REFLECTION

Tick me off  
once you're  
done!



1

Notice something  
that reminds you  
you're part of  
nature

2

3

Listen to a  
nature sound  
for 2 minutes



4

Catch a  
glimpse of the  
full moon



5

Take a cuppa to  
the window and  
enjoy a quiet  
2 minutes



6

Change your  
wallpaper to a  
favourite outdoor  
memory



7

Spend 5 minutes  
watching birds or  
clouds



8

Learn about  
a species  
you're not  
familiar with



9

Write down 3 things  
you see, hear or  
feel outside your  
window



10

Take a photo of  
something you  
find beautiful in  
nature



11

Watch a wildlife  
documentary



12

Do some nature-  
inspired yoga  
or stretching



13

Touch three  
different textures  
in nature



14

Move your body in  
a way that feels  
good



15

Practice gratitude:  
name one thing in  
nature you're glad  
exists



16

Encourage  
a friend to  
join a short  
outdoor walk



17

Go stargazing



18

Take a nature  
photo walk  
and share  
your snaps



19

Make one  
sustainability  
swap at home

20

Look out for  
litter today  
and bin it



21

Write to your MP to  
speak up for  
nature



22

Become a  
Somerset Wildlife  
Trust member



23

Research  
volunteering  
opportunities



24

Create a wildlife  
habitat by leaving  
a log, pile of leaves  
or rock shelter



25

Set up a birdfeeder  
or water source for  
local wildlife

26

Tell a friend about  
a favourite thing  
you've learned or  
done this month



27

Plan a 'nature date'  
in February e.g.  
plan a hike or visit  
a nature reserve



28

Write down three  
ways you notice  
you're included in  
nature



29

Designate a spot in  
your home or  
garden as your  
'Wilder You' place



30

Take a moment to  
feel a sense of  
belonging in  
nature



31

Repeat your  
favourite action  
from the last 30  
days

Congratulations,  
you're officially  
**WILDER!**

Score: /31