

New Year

WILDER

You!

Share your journey to a **#WilderYou**



@somersetw



@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



Listen to a  
nature sound  
for 2 minutes



3



Catch a  
glimpse of the  
full moon



4



Listen to a nature-  
themed podcast or  
audiobook

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

