



Hello and we hope you are doing well,

It's June 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 going on a nature walk, to doing some wildlife gardening, from feeding the birds to creating some wild art, from doing a litterpick, to noticing the beauty of a sunset!

You can follow us on our Wild at Heart Facebook page for more ideas every day, and if you haven't signed up for 30 Days Wild 2021 yet you still can here:

www.wildlifetrusts.org/30-days-wild-2021-sign-your-pack

Nature Activity Bags:

Reminder: If you received a Nature Activity Bags from us, please do remember that we soon will need you to fill in the **Second Questionnaire and Consent form** (yellow sheets) 6 weeks after you started using your bag and send these in the post to us soon, this will help with some exciting research!

We hope that you have been enjoying using your Nature Activity Bag and would love to hear about how you have used it— we would love to hear about your experiencing using it, which activities you tried and what you have planted or created, whether you have liked the bags, if there's anything we could have improved upon, and also photos of what you have been up to this last 6 weeks!! So please do feel welcome to share your photos and thoughts with us on Facebook messenger at www.facebook.com/WildatHeartproject or email us at J.King@wildsheffield.com.

Finally, this is our last Monthly Post Pack! Hope to see you in the Summer for some nature walks around Sheffield— we will be in touch soon with the details!

Stay Wild!

With very best wishes,

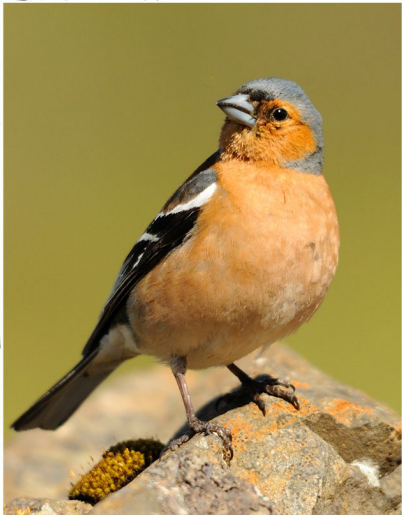
Jenny, Susan, Jess, & Lucy



Finch detective



wildlife
watch



Chaffinch



Greenfinch



Bullfinch



Hawfinch



Siskin



Goldfinch



Brambling



Linnet



Redpoll



Twite



Garden butterflies



wildlife
watch



Peacock



Brimstone



Comma



Orange-tip



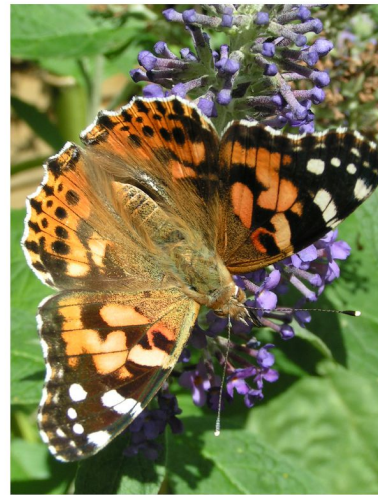
Green-veined white



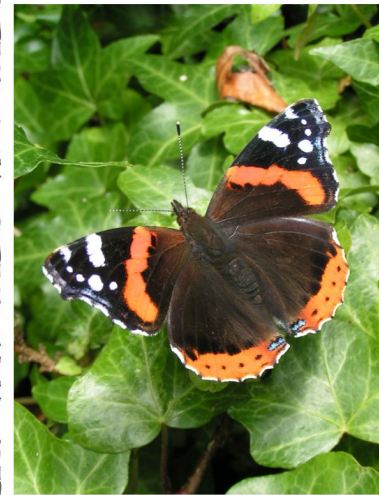
Holly blue



Small tortoiseshell



Painted lady



Red admiral



Small white



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

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



Snap a wild **Photo**



Identify a **wild flower**



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



Explore the **wild nearby**



Drift off to **wild sounds**



Ditch your **disposables**



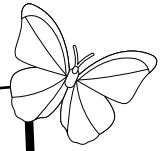
Have lunch in the **wild**



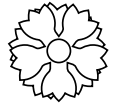
Feed the **birds**

#30DaysWild





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!

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

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

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

Workout with nature

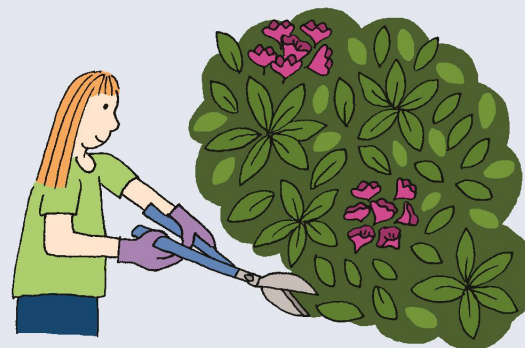
wildlife
watch



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



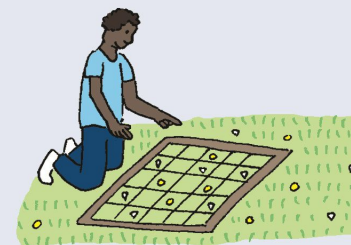
Cutting back Rhododendron



Helping others enjoy nature



Sow a wildflower meadow



Conduct a plant survey

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

Make your own dandelion tea

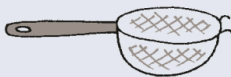
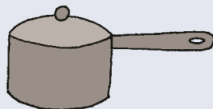
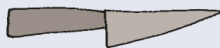
To be made
between March
and June

You will need:

- A helpful adult
- Basket (for collecting your wild ingredients)
- Gardening gloves (to protect your hands from stinging nettles)



- Knife
- Saucepan
- Water
- Sieve



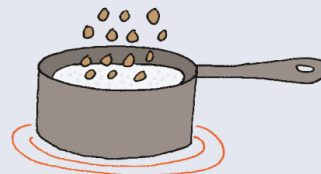
- 1 Pick light green dandelion leaves (not the dark older ones) and dig up roots.



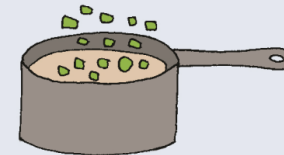
- 2 Wash and chop all dandelion leaves and roots (keep them separate).



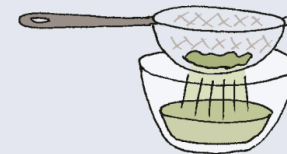
- 3 Bring one litre of water to the boil, reduce the heat and add two tablespoons of chopped dandelion root. Cover the pan and simmer for one minute.



- 4 Remove from the heat and add two tablespoons of chopped dandelion leaves. Allow the leaves to soak in the liquid for 40 minutes.



- 5 Using a sieve, strain the roots and leaves from the liquid.



- 6 Enjoy your healthy cup of wild dandelion tea!



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 the Cadent Foundation

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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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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

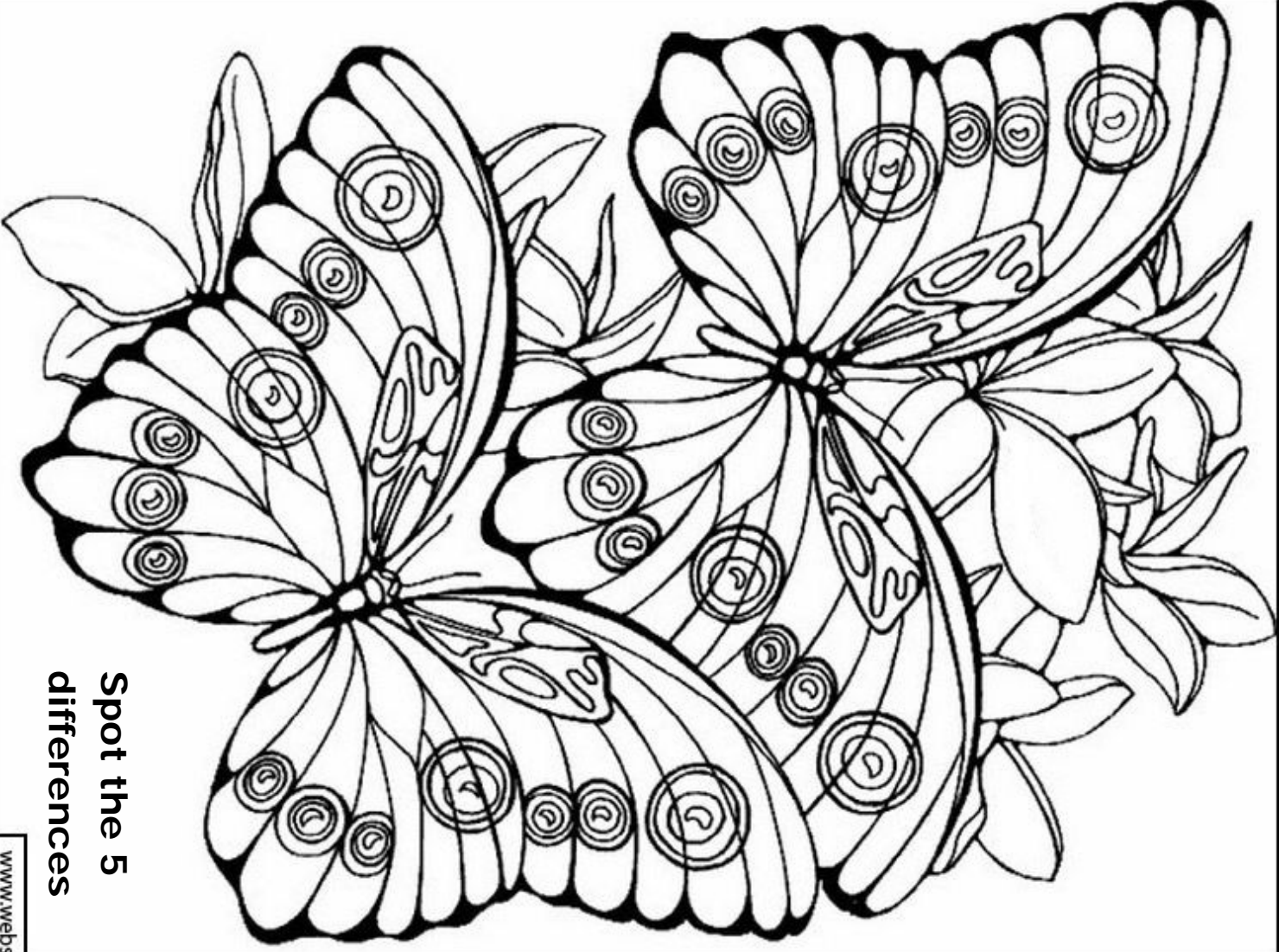
Teasel

Red Campion

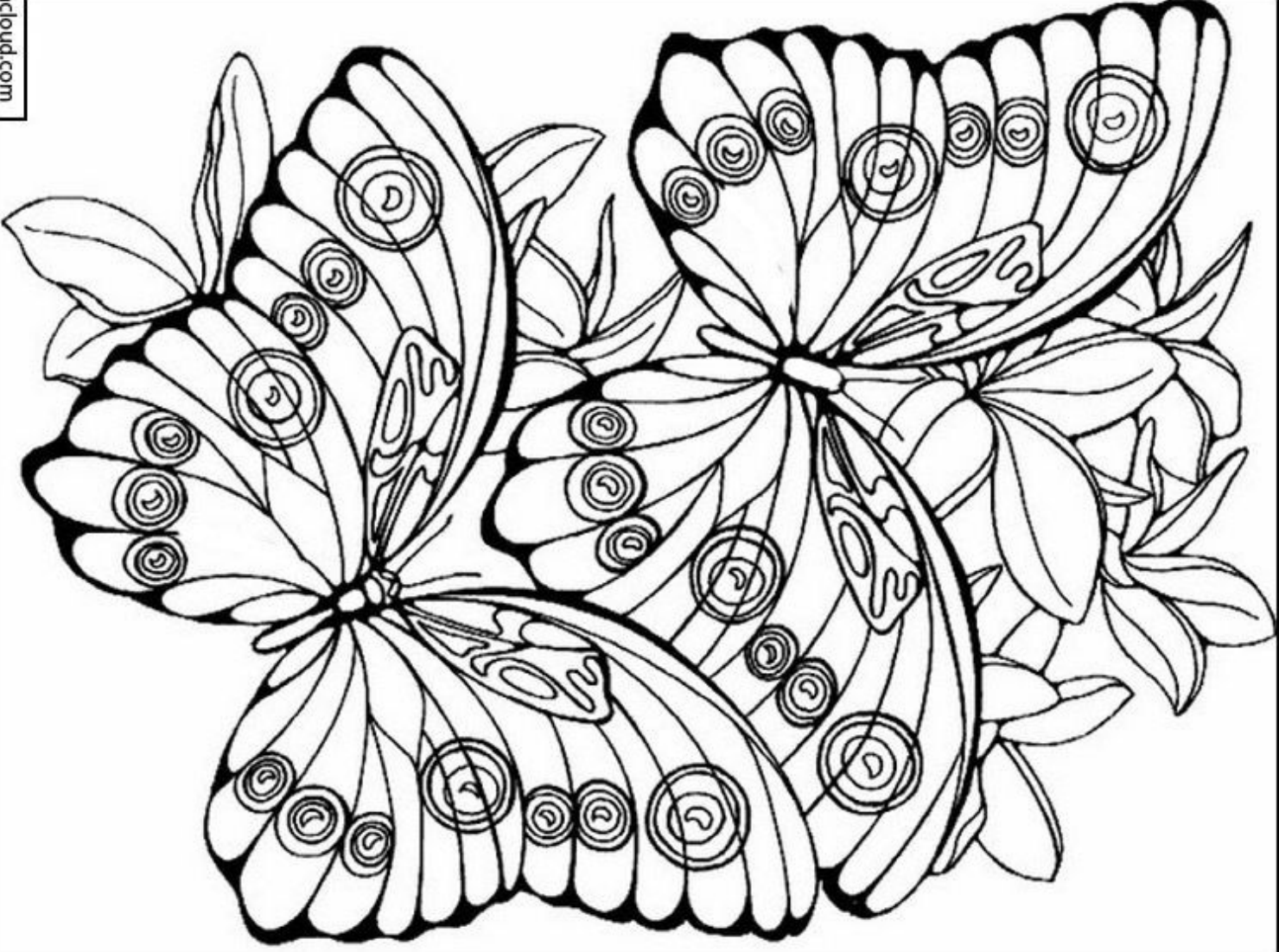
Blackthorn

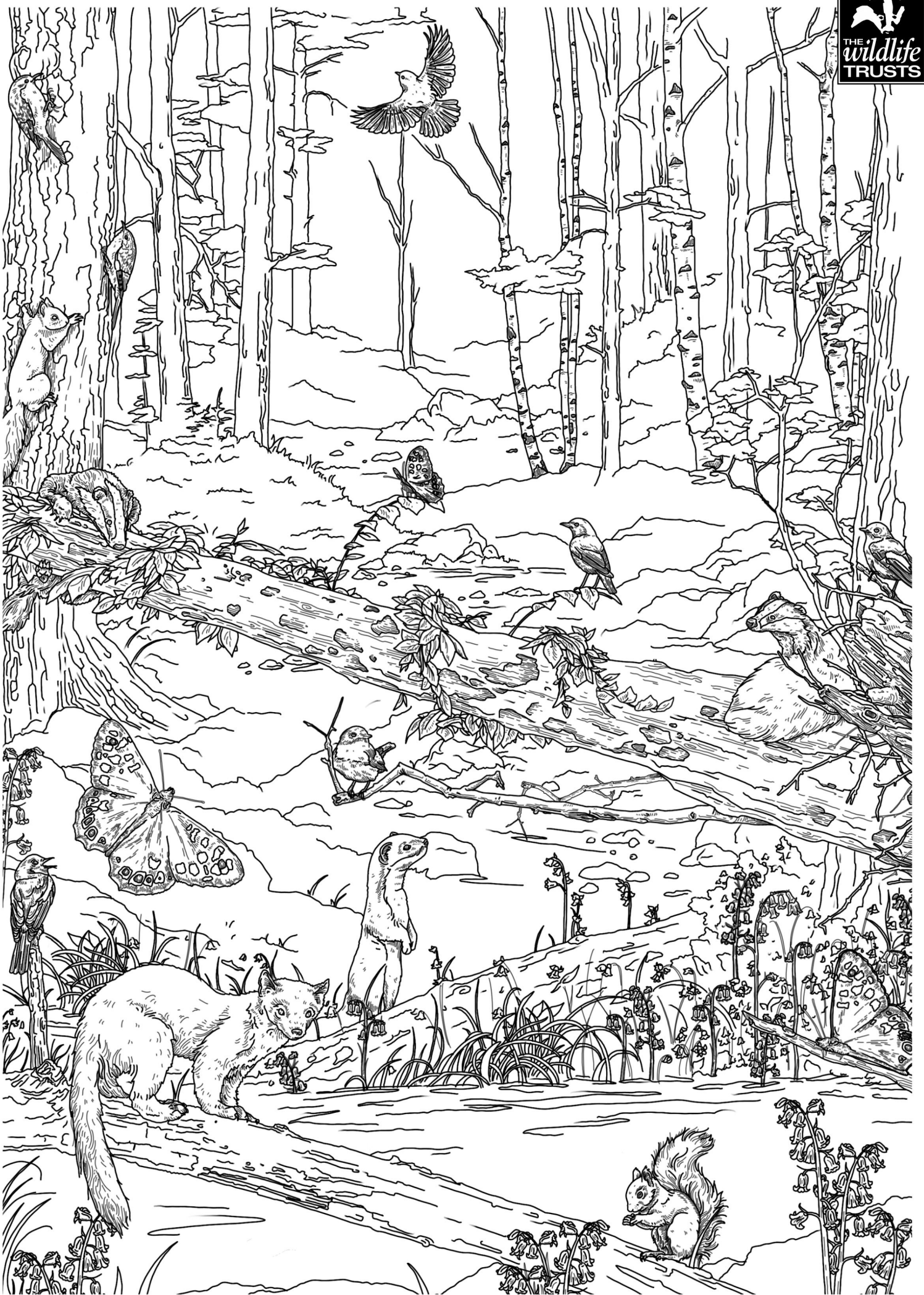
Knapweed

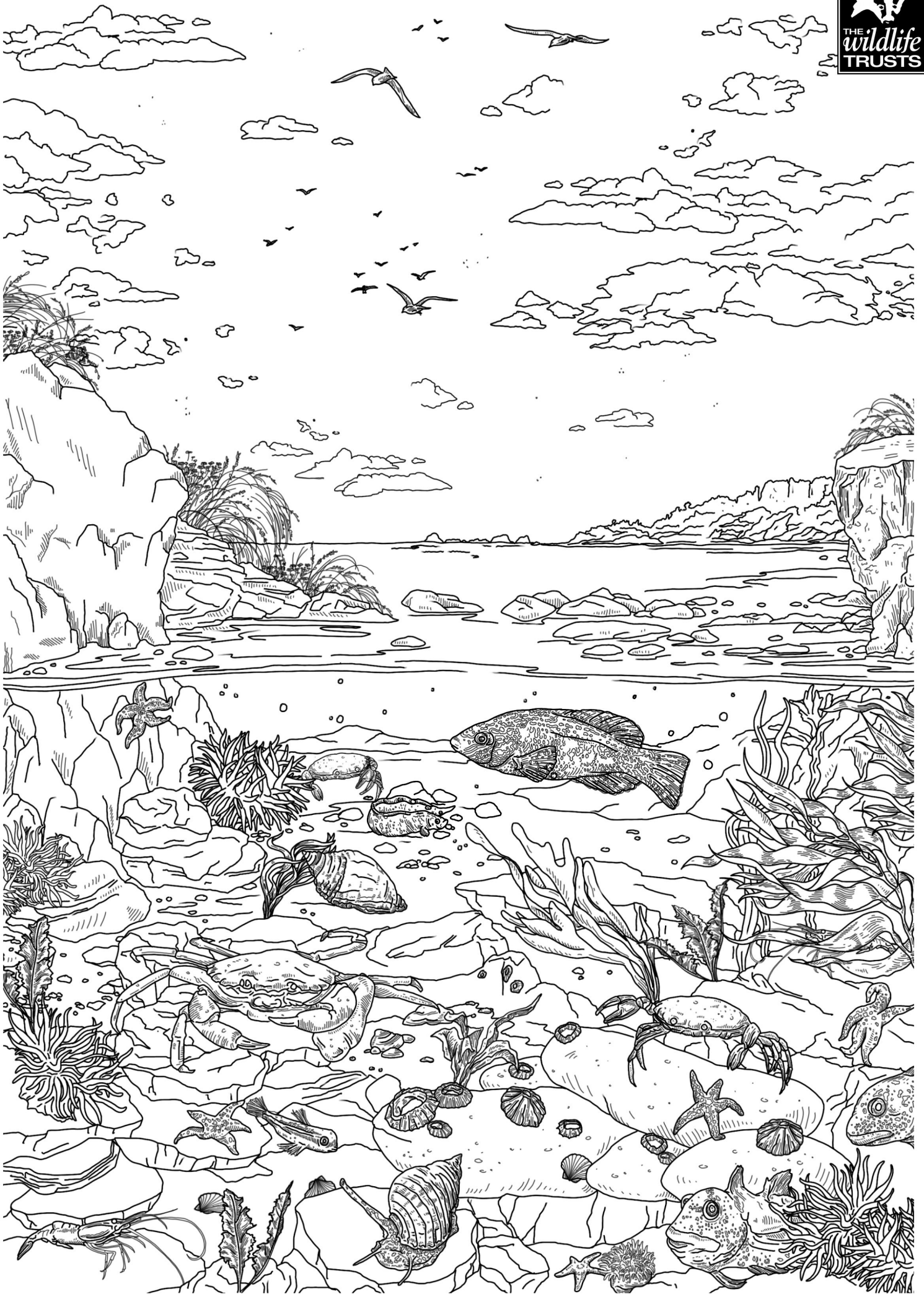
Sage



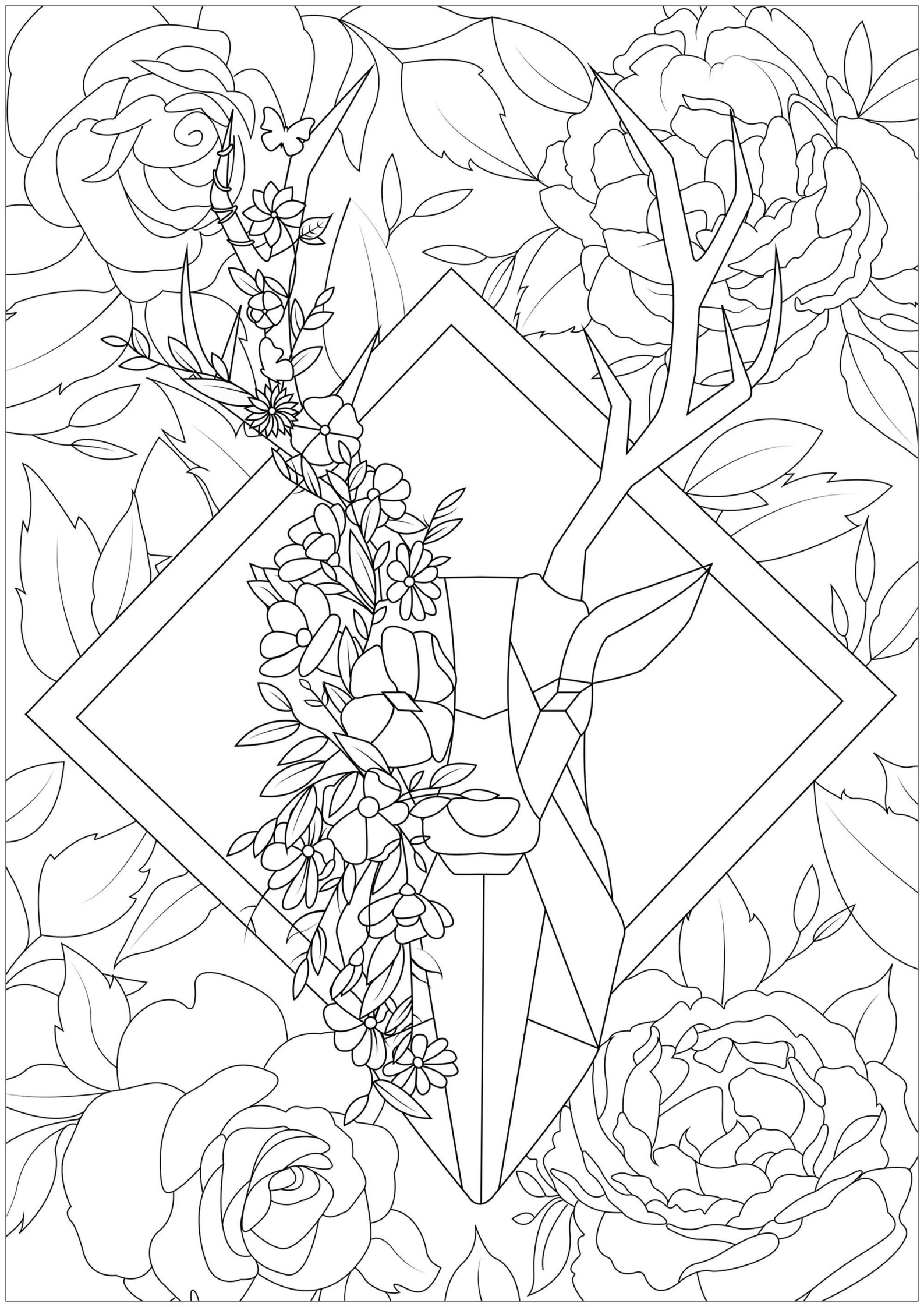
Spot the 5
differences











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

