



# 30 days of Spring

Day 1 Enjoy the sunshine	Day 2 Make a herbal tea	Day 3 Find something red	Day 4 Visit a park	Day 5 Try cloud watching
Day 6 Have lunch outside	Day 7 Follow a bee	Day 8 Listen to the birds	Day 9 Find a wildflower	Day 10 Find an oak tree
Day 11 Draw outside	Day 12 Hug a tree	Day 13 Pick up some litter	Day 14 Grow a herb	Day 15 Visit a woodland
Day 16 ID a butterfly	Day 17 Take a bark rubbing	Day 18 Smell a flower	Day 19 Feed the birds	Day 20 Find something yellow
Day 21 Exercise outside	Day 22 Go on a bug hunt	Day 23 Make a stick sculpture	Day 24 Watch the sunset	Day 25 Find something purple
Day 26 Look at the night sky	Day 27 Read outside	Day 28 Make a leaf mandala	Day 29 Find a feather	Day 30 Have a picnic outside

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