

Welcome back to your JPR nature bulletin! Let's think about some exciting environmental events happening this month to help us stay connected to nature.

30 Days Wild is the UK's biggest nature challenge, and is run by the Wildlife Trust. This challenge invites you to try one 'random act of wildness' each day throughout the month of June. These acts could either be something that gets you involved, such as planting wildflower seeds or building a mini bug hotel, or it could focus more on building a deeper connection with nature, through listening to birdsong, or painting a picture of your favourite tree and sharing that with an adult or friend. If you enjoy this challenge, why not make time for a 'random act of wildness' each month?

On Tuesday the 16th of June, you could take part in World Refill Day - a global campaign raising awareness towards single-use plastics. Examples of these include cling film for wrapping your sandwiches, the plastic bags from the supermarket, plastic iced-drink cups, and much more. Single-use plastics cause a huge amount of damage to wildlife, both on land, and in the ocean - this is why it is so important that we never litter when out and about, either when deep in nature, or in a busy city. Lots of plastics can be recycled, or could even be used to spread awareness of the damage they cause. Why not have a look at the plastics you use in your daily life, and create a powerful art piece or sculpture to help others understand how to use and reuse responsibly?

Celebrate our marvellous mini beasts from the 22nd -28th of June for Insect Week! Have you ever wondered what the job of a woodlouse is, or where snails go on sunny days? Take this opportunity to head out into our parks and find out. Get low down to the ground, look around old tree stumps and logs, or have a nosey around the underside of leaves to see who lives there. You could take a pencil and paper and create a comic sketch of a day in the life of your favourite creepy crawly! There is a whole micro-world out there, just waiting to be explored.

Stay safe, stay curious, and thank you for listening!