

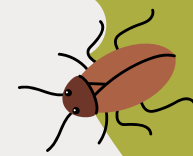


**FREE  
FAMILY  
ACTIVITY  
PACK**

# Summer of Wild Places

Discover the wildness  
on your doorstep

## Welcome!



### What makes a place wild?

**A wild place isn't defined  
by how remote it is or how  
far you've travelled.**

It's a place where nature leads the way. Where nature shapes the landscape. Where wildlife finds a home. Where **you** can experience something a little less controlled and a little 'wilder'.

It might be a mountain, woodland or coastline. It could be a river winding through your town, an old tree in your local park, or a patch of long grass buzzing with insects.



Wildness begins with **noticing**.

This summer, take a little time to look more closely. To listen, wonder and explore.

Inside this activity pack, you'll find simple activities to help your family discover the wildness on your doorstep – and perhaps see familiar places in a whole new way.

### Brought to you by the John Muir Trust

For more than 40 years, the John Muir Trust has protected and restored some of the UK's most important wild places, helping nature lead the way and inspiring more people to experience, value and care for wild places.



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# Explore wild places this summer



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## Your Wild Adventure...

1

### Your wild place

Can you explore a wild place, and tell us what can you discover?

To start, take 3 slow breaths.  
Look around you. What kind of wild place are you in?

- ☐ Forest ☐ Hills ☐ Park  
☐ River ☐ Loch ☐ Beach

Other:

3

### What makes this place wild?

e.g., fallen leaves, mud, moss rocks, animal tracks, plants growing freely, water flowing naturally, signs that nature is flourishing.

2

### What can you notice?

I can see

e.g., something green, moving, very small, very tall, something that wasn't there last time you visited, what lives there...

I can hear

e.g., birds, wind, water, insects, leaves rustling, something else...

I can smell

e.g., fresh air, earth, soil, flowers, trees, rains, etc.

I can touch

Only touch what is safe

e.g., something rough, smooth, soft, cold, warm, etc.



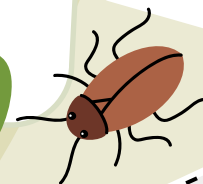
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### How did it make you feel?

- ☐ Calm ☐ Happy  
☐ Curious ☐ Excited  
☐ Peaceful

Other:

Draw your wild place.



A wild place is somewhere where nature leads the way.



# Hooray!



## Did you enjoy your wild adventure?

We hope this activity pack helped your family discover something new, explore somewhere different, or simply notice the wildness that's all around us.

**But the fun doesn't have to stop here...**

If you're ready for your next adventure, did you know the **John Muir Award** is completely **free** for families?

The Award encourages people of all ages to: **Discover Explore Conserve Share**



Do something to **Conserve it**

**Share** your experiences

## Ready for your next adventure?

Discover the John Muir Award:  
[johnmuiraward.org](http://johnmuiraward.org)



Choose your own adventures, record what you find and celebrate your achievements together. There's no classroom, no tests and no right or wrong way to do it – just the freedom to explore wild places at your own pace, together, guided by our excellent Award team, Lucy, Emily and Alison.

Whether you're wandering through your local woodland, climbing a hill or caring for nature in your community, every wild journey counts.

# Join us

## Help protect the wild places you love

**The places we explore today need people to care for them tomorrow.**

Did today's adventure help your family discover something new?

Imagine helping make sure those moments are possible for generations to come...

**Your Family Membership helps the John Muir Trust:**

-  Restore native woodlands
-  Care for mountain paths and wild landscapes
-  Protect habitats where wildlife can thrive
-  Inspire thousands more families to discover wild places

**As a Family Member you'll also receive:**

- ☒ A Family Member welcome pack
- ☒ *Journal* magazine
- ☒ Inspiration for your next family adventure
- ☒ Invitations to events and activities



Every journey with **wild places** starts with noticing.

## Become a member for £1 per month today

Help us protect the wild places you love – join the John Muir Trust for £1 per month.

**Scan the QR code for our £1 membership offer**

