
NATURE
FRIENDLY
PLANNER
WWF

PLANET-FRIENDLY ACTIONS

Need some inspiration?
Here are some actions you could take, to help our world.

PLANT HERBS INDOORS

Get an old container, fill it with peat free soil and plant your seeds. Then you'll have herbs all year round rather than importing them from around the world!

PLANET-FRIENDLY FOOD

When thinking about food, why not try eating more plants and moderating your meat consumption - this can help protect forests, freshwater and diversity.

Let your local MP know you care about the future of our planet by contacting them. Not sure where to start? Check out WWF's handy guide.

DOWNLOAD WWF'S MY FOOTPRINT APP

It's full of great challenges that will help you reduce your environmental footprint on our wonderful world.

SPEEDY SHOWERS

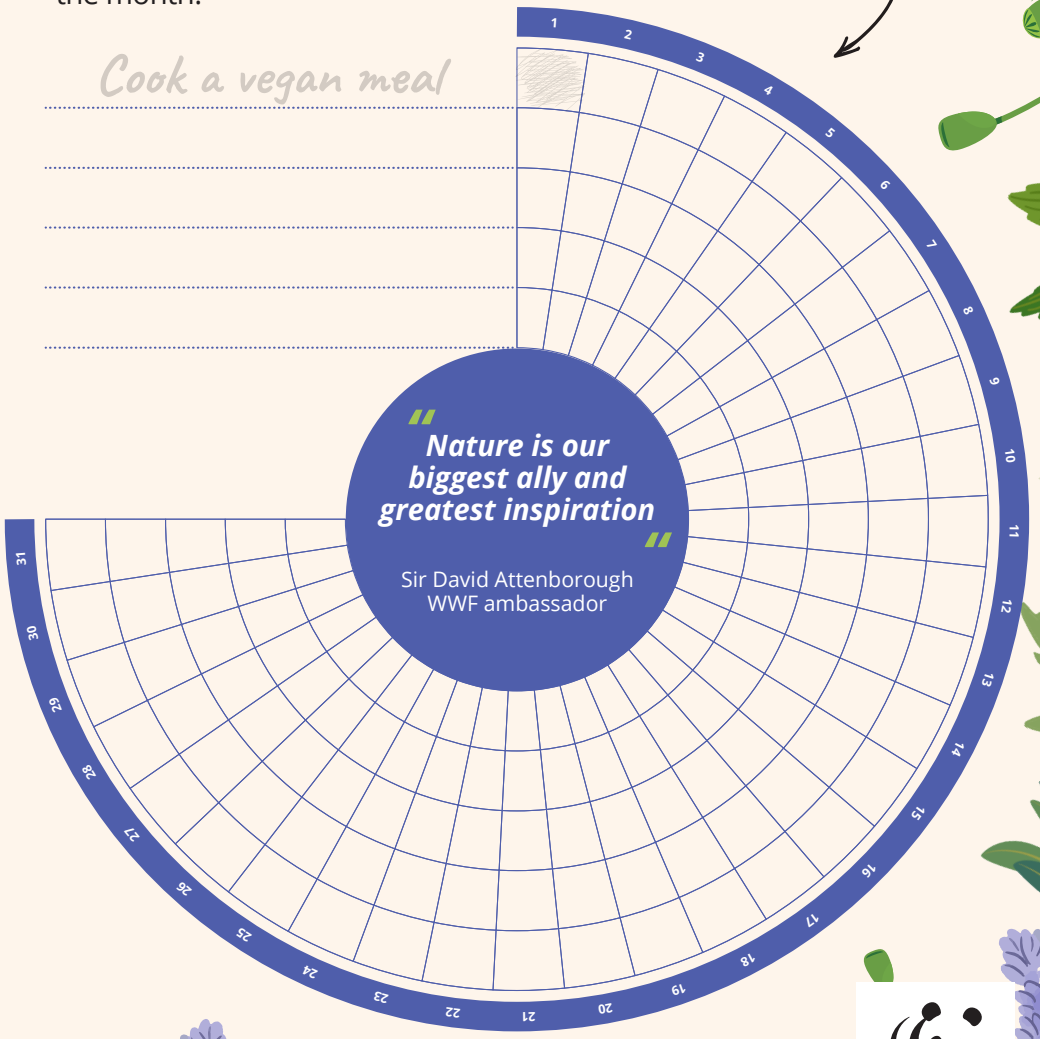
Less than 2.5% of Earth's water is accessible freshwater. Cutting down your shower by one minute can help your footprint.

MONTH: Add month here

Add the month on the dotted line above then fill in your **5** eco-friendly habits on the lines below and check them off throughout the month.

Habit tracker

Cook a vegan meal



> ***"Nature is our biggest ally and greatest inspiration"***
>
> Sir David Attenborough
> WWF ambassador

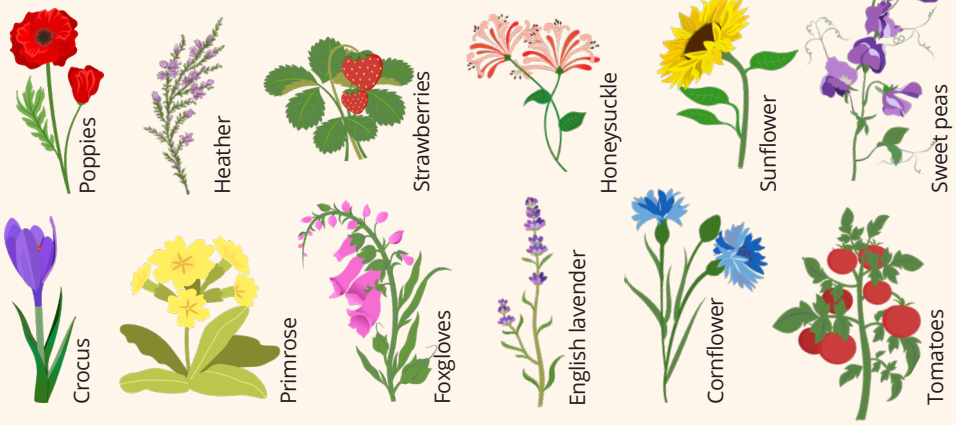
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OUR CRUCIAL POLLINATORS



The UK is home to 270 species of bees, and each one plays a special role in keeping our meadows, woodlands, heathlands, and hedgerows alive.

Plant these and protect bees!



BEE REVIVAL 101

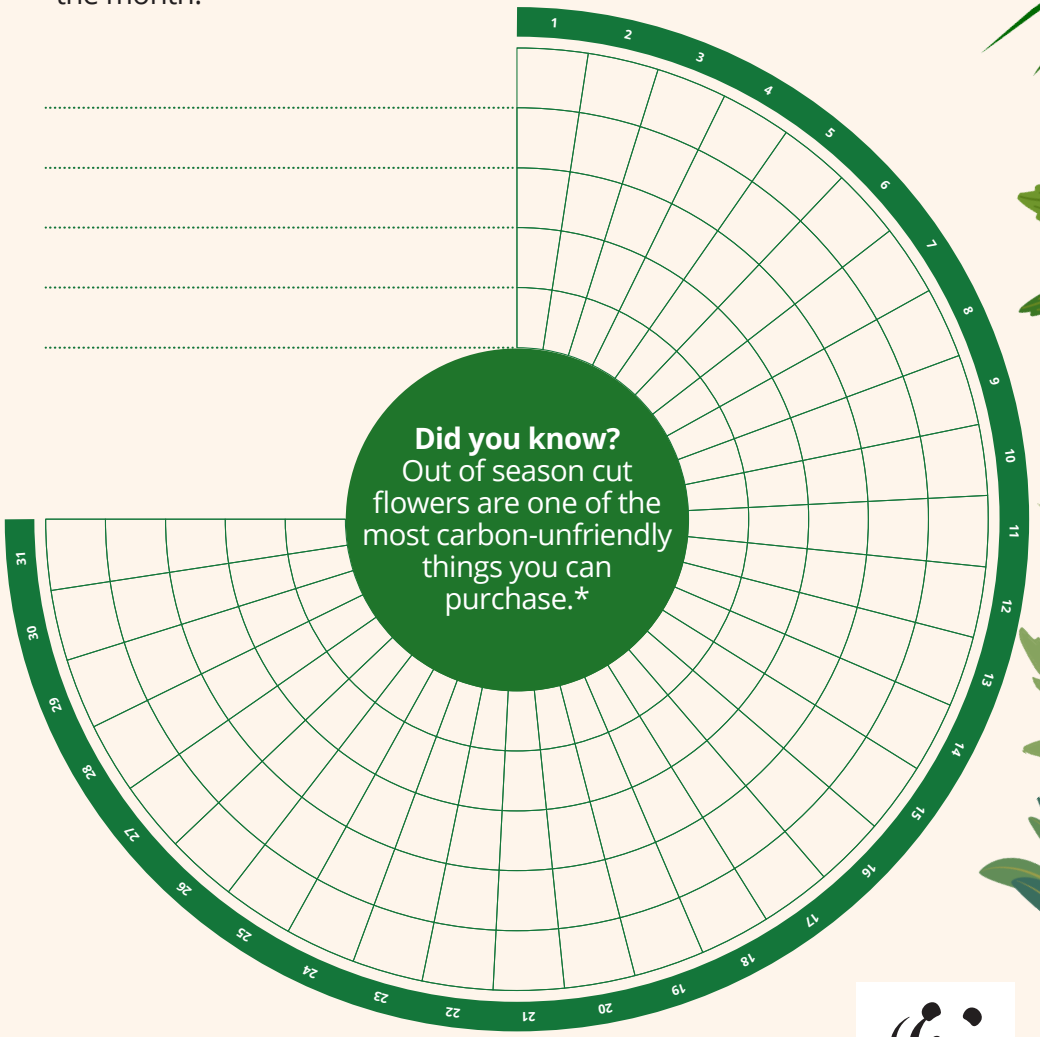
It can be hard to tell if a bee needs help. Sometimes, a bee can be warming up before flight, or taking a much-needed break between journeys. If a bee hasn't moved for half an hour, or if they've been caught in the rain or in a cold snap, it may need some help.

- If you need to move it to a safer place, carefully use a leaf or piece of bark or paper
- Place it on or near a flower – a pollinator-friendly flower is the best help for bees
- If it hasn't perked up within half an hour, offer a solution of half sugar, half water (never honey). One drop should be enough!

MONTH: .....

Take action with us

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Did you know?
Out of season cut flowers are one of the most carbon-unfriendly things you can purchase.*

*How Bad Are Bananas?: The Carbon Footprint of Everything / Mike Berners-Lee, 2020

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SPECIES SPOTTING

The UK is home to some truly beautiful wildlife. Keep an eye out for these common species!

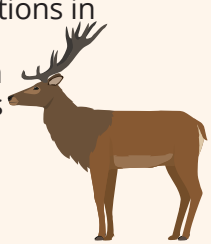
Blue Tit
A regular garden visitor and widespread across the UK, seen all year-round.



Common frog
A winter hibernator but frequent pond visitor in summer! If you can build a pond, however big or small, you may spot one whilst also providing benefits to lots of other species!



Red Deer – The UK's largest land mammal, widespread in Scotland with smaller populations in England, often seen in deer parks. Listen out for their bellows during the rutting season in October.



Great spotted woodpecker
Spot them in woodlands, parks or gardens all year-round and see if you can hear them 'drumming' against trees. Widespread in Britain but sparse in Ireland.



Red fox
Widespread, found in cities and the countryside, keep an eye out at dawn or dusk year-round!



Hedgehog
Look out for them in parks and gardens during spring and summer evenings, once widespread but now in decline.



Kingfisher
Widespread across most of the UK but absent from large parts of Scotland. Seen all year-round along rivers, canals, ponds and lakes – watch out for a flash of blue!



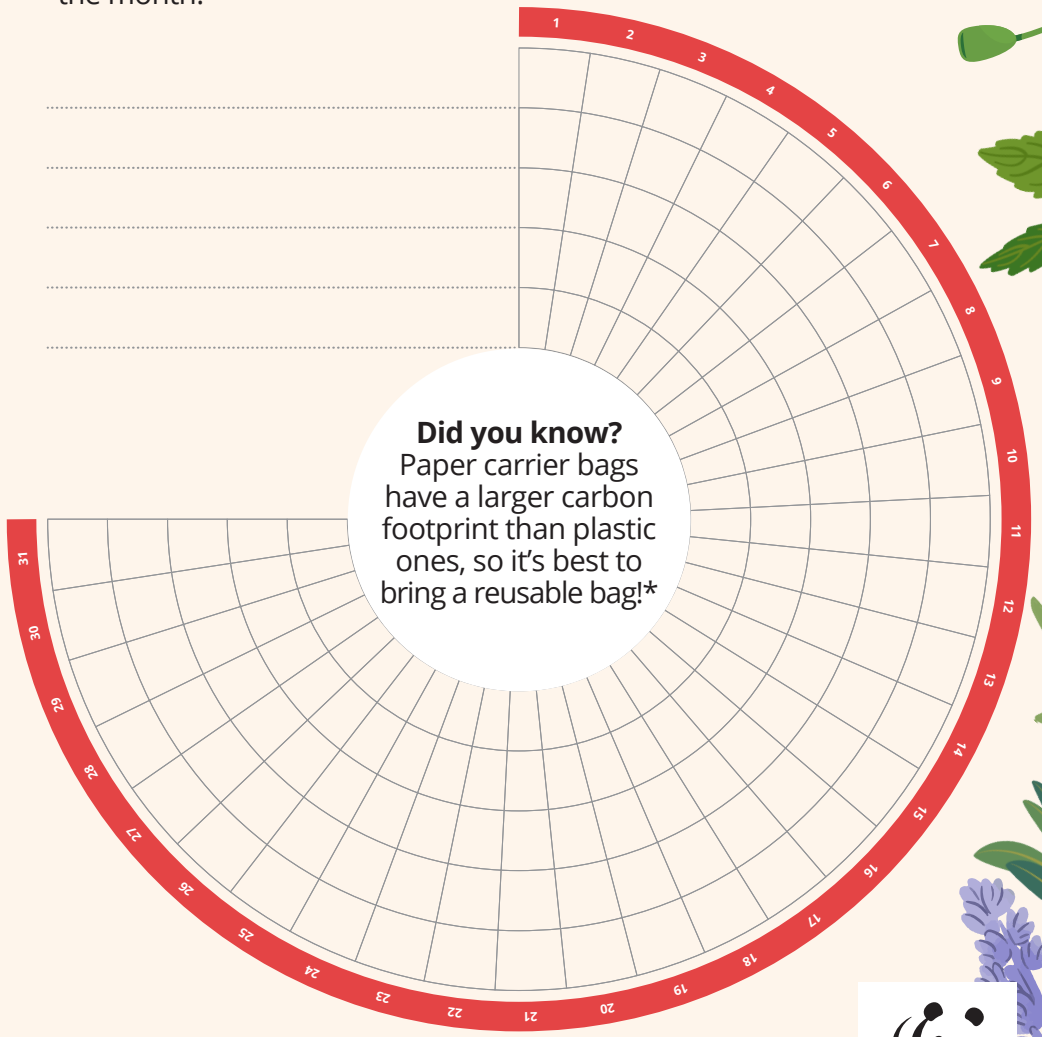
Common pipistrelle bat
Widespread in parks and countryside, best seen on a summer's evening.



MONTH: .....

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Get your very own spotter sheets



Did you know?
Paper carrier bags have a larger carbon footprint than plastic ones, so it's best to bring a reusable bag!*

*How Bad Are Bananas?: The Carbon Footprint of Everything / Mike Berners-Lee, 2020

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UK WILDLIFE CALENDAR

Find out how you can **Eat4Change** to help UK and global nature.

JANUARY

Starlings dance at sunset



FEBRUARY



Woodpeckers are drumming on trees

MARCH

Brown hares are boxing



APRIL



Bumble bees start to emerge

MAY

Woodlands turn purple with bluebells



JUNE

Wildflowers are in bloom



JULY



Swifts start their return journey to Africa

AUGUST



Heathlands are filled with heather

SEPTEMBER

It's blackberry season



OCTOBER



Red deer are rutting

NOVEMBER

Birds are busy feeding before winter



DECEMBER



Robins sing to defend their territories

For a future where people and nature thrive | wwf.org.uk

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