

A detailed botanical illustration of various plants, including green leaves, purple lavender-like flowers, and bright orange poppies. Small insects, such as bees and ladybugs, are scattered throughout the scene, interacting with the flora. The background is a light cream color.

NATURE FRIENDLY PLANNER



PLANET-FRIENDLY ACTIONS

Need some inspiration?

Here are some actions you could take, to help our 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.

DOWNLOAD WWF'S MY FOOTPRINT APP

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

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.



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

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

"Nature is our biggest ally and greatest inspiration"

Sir David Attenborough
WWF ambassador

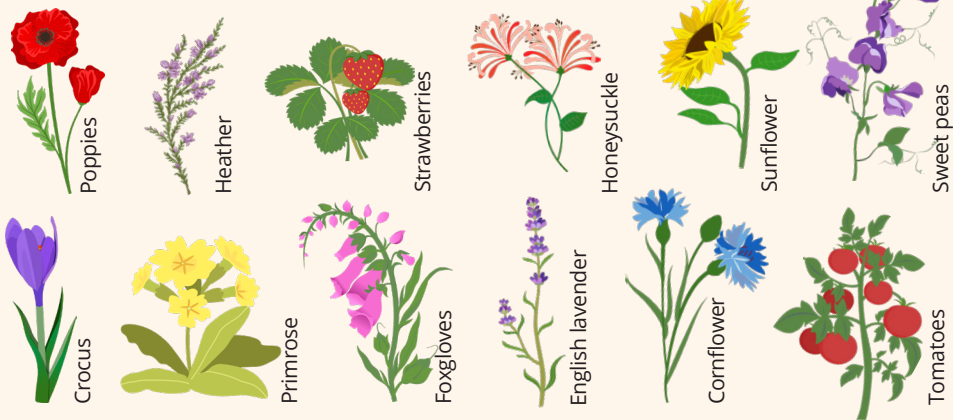


OUR CRUCIAL POLLINATORS



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

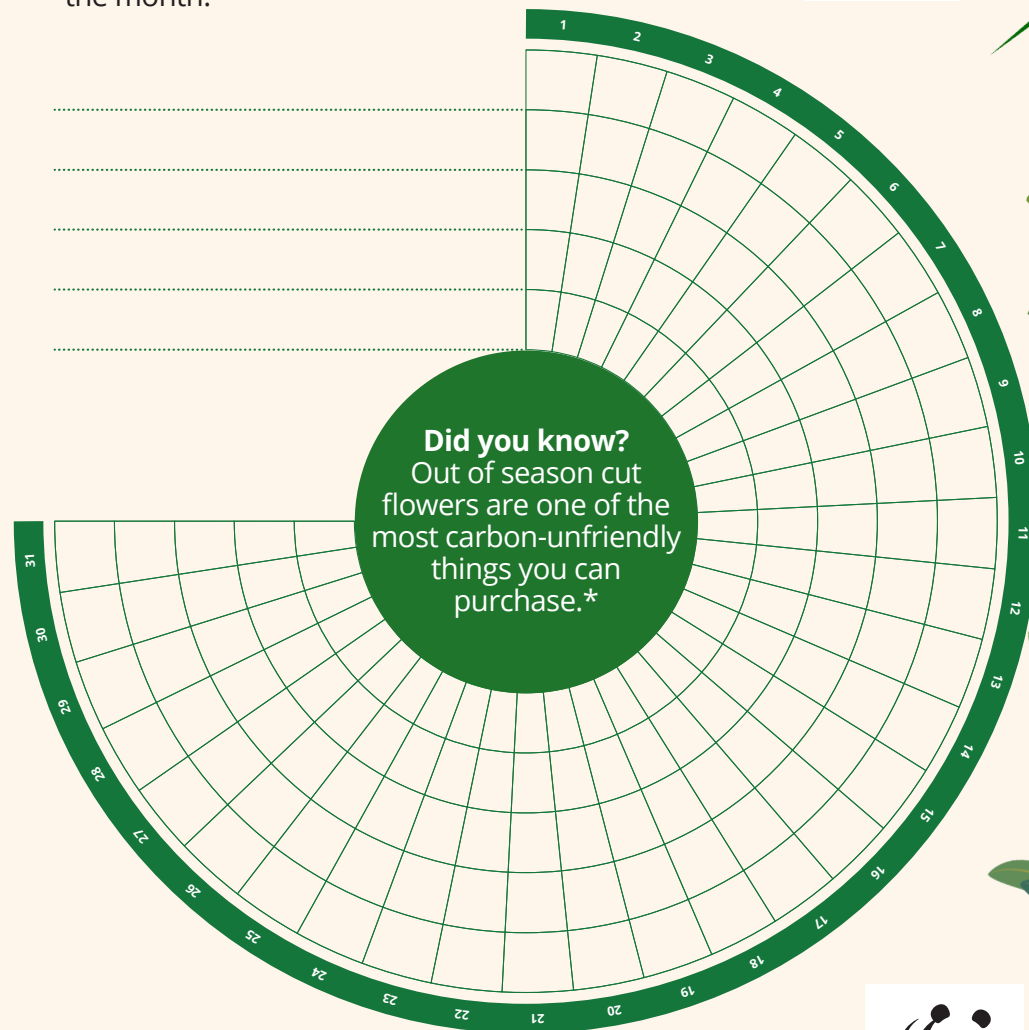
It can be hard to tell if a bee needs help. Sometimes, a bee can be warming up before flight, or taking a much-needed break between journeys. If a bee hasn't moved for half an hour, or if they've been caught in the rain or in a cold snap, it may need some help.

- 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:

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.

Take action with us



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



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

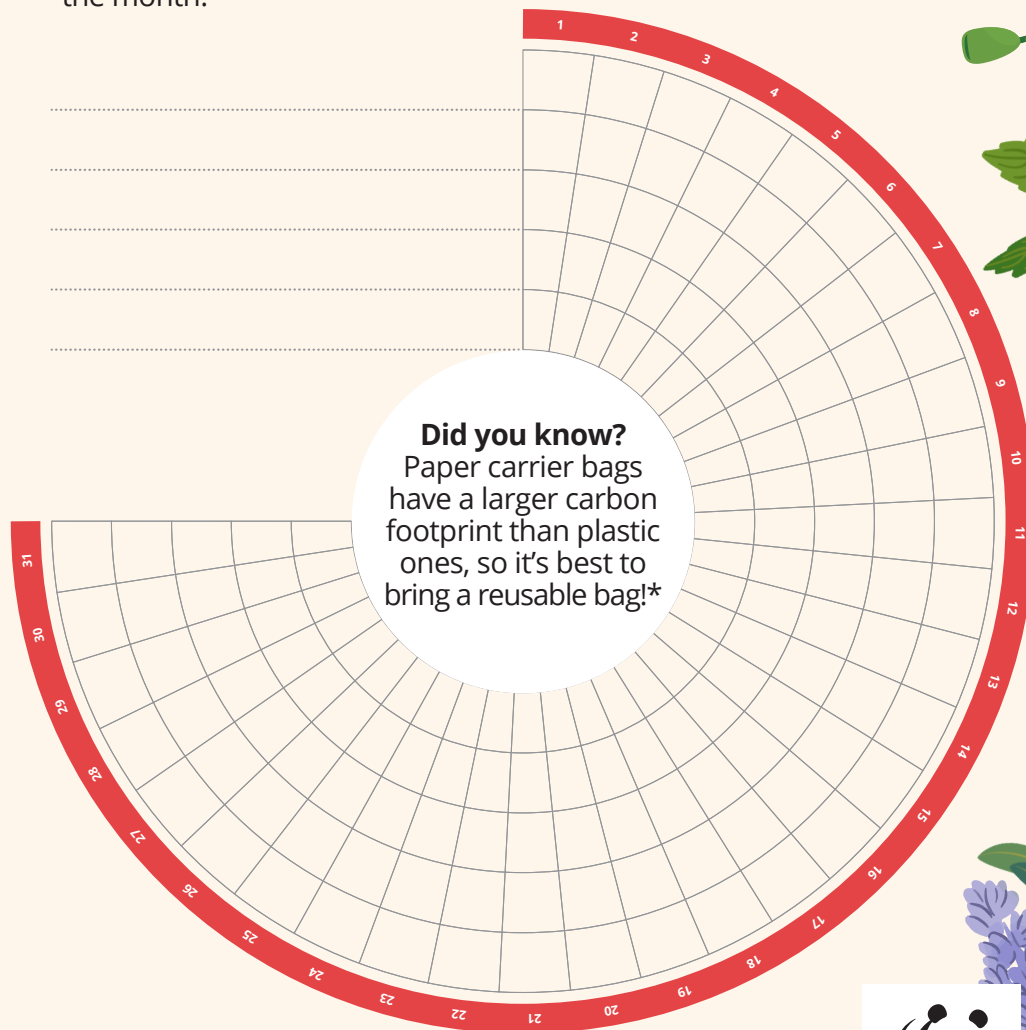
Widespread in parks and countryside, best seen on a summer's evening.



MONTH: _____

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.

Get your very own spotter sheets



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



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

© 1986 panda symbol and ® "WWF" Registered Trademark of WWF. WWF-UK registered charity (1081247) and in Scotland (SC039593). A company limited by guarantee (4016725)



Facts correct at the time of printing, June 2023