

May



Learn about foraging.



Make a butterfly feeder.



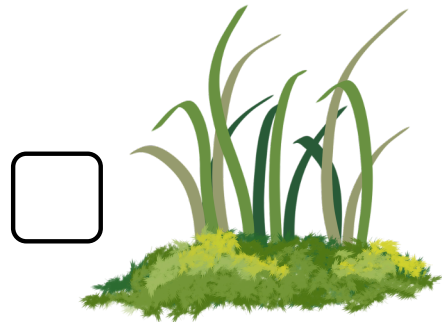
Do a wildflower survey.



Buy some local honey.



Tamar Valley
National
Landscape



Walk barefoot in the grass.



Have a digital detox.



Leave some of your lawn uncut for No Mow May.



Forage in your local area.



Learn a new skill.



Choose to walk instead of drive for one short journey.



Grow a pollinator-friendly plant pot.



Visit a farm stand in your local area.



Close your eyes and listen to the birds for a full 2 minutes.