Social Butterflies Year Planner

Give a boost to butterflies and your health and wellbeing this year with our monthly nature-based activity ideas.

January
- Start a nature journal - note your wildlife encounters each day
- Get active and take part in a local conservation task
- Relax with some mindful colouring

February
- Make a planting plan - what will you grow for wildlife this spring?
- Find wonder in the small things - admire lichens, notice the first flowers of spring
- Make a wire butterfly and gift it to a loved one (see our guide)

March
- Take part in the Garden Butterfly Survey (all year)
- Research a new butterfly or moth - learn how to identify it and about its lifecycle
- Open a window, feel the fresh air on your skin and listen to the nature on your doorstep

April
- Sow butterfly-friendly seeds - don’t forget to use peat-free compost
- Make your own plant labels
- Get involved with the Pollinator Monitoring Scheme and carry out a FIT Count (April - Sept)

May
- Grow a wild area
- Go on a search for caterpillars; smooth, hairy, colourful, camouflaged every species looks different and there’s over 2,500 in the UK
- Look out of a window and sketch the wildlife, trees, or plants you can see

June
- Go on a walk to spot wildlife. Record any butterflies you see using the free iRecord Butterflies app
- Give or swap a plant you have grown with someone in your local community
- Make a moth trap and identify your catch

July
- Go for a photowalk. Share a photo of nature’s beauty with a friend or on social media
- Take part in the Big Butterfly Count (mid July - early August)
- Find a patch of long grass and look for day-flying moths

August
- Tell a friend or neighbour about the butterflies or moths you have seen recently
- Join a guided nature walk - check our website for events near you
- Smell three plants/trees - what do they remind you of?!

September
- Find a place outdoors you feel happiest. Take 5 mins to be still and in the moment
- Write a nature poem (see our guide)
- Change your phone or laptop background to your favourite butterfly or moth

October
- Build a home for insects - make a bug hotel or vertical garden to hang on a wall
- Join a practical conservation task (Oct - Feb)
- Put out fruit for wildlife. Rotting apples are a good source of energy for butterflies like the Red Admiral

November
- Draw a butterfly or moth. If you like send it to a friend to brighten their day
- Bake some butterfly cakes
- Don’t be too tidy outdoors. Leaves are great for hibernating caterpillars and other insects - take a look to see what you can find

December
- Go for a winter walk in nature, whatever the weather!
- Make a list of nature sites you’d like to visit in the new year
- Look back through your nature journal and reflect on your experiences

For more information and activity guides visit: www.butterfly-conservation.org/wellbeing

Butterfly Conservation is a charity registered in England and Wales (254937) and in Scotland (SCO39268)

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