

Butterfly Conservation

Saving butterflies, moths and our environment

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)



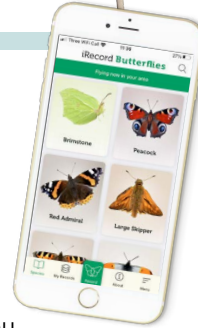
May

- **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



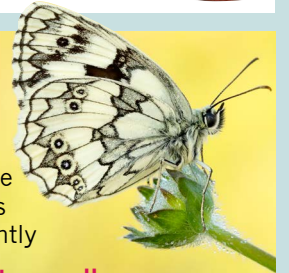
July

- **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

