

BEAUTIFUL BIRDS

This week is all about birds! Birds are great to study because you can find them everywhere. If you don't know how to identify birds, don't worry, it is still fun to study them. Check out the birding resources for some great bird websites and apps. Follow along each day or choose from the activities below to help you learn more about birds.

DAY 1

Birds

What makes a bird a bird? Write down your answers, talk to another person about it, draw a picture or go here to learn more: <https://academy.allaboutbirds.org/what-is-unique-to-birds/>

Quiz Yourself

Test your bird knowledge by answering the questions below. If possible, set up one side of the room as "true" and another side as "false." Have someone read the questions and go to one side of the other depending on whether you think the statements that are read are true or false. Or you can quiz your grown up instead!

Bird True or False

1. Birds are the only living animals that have feathers.
2. All birds fly.
3. All birds have 2 wings.
4. Birds lose and replace their worn or damaged feathers.
5. All birds have thick, heavy bones that provide the structure they need to fly.
6. Birds have poor eyesight.
7. Birds have heartbeats that are slower than humans.
8. All birds lay eggs.
9. Most birds eat worms.
10. All birds sing.

Advanced Questions

1. All birds migrate.
2. Birds are vertebrate animals.
3. All birds are warm blooded.
4. All baby birds hatch covered in downy feathers.
5. Male and female birds of some species look different.

BIRDING RESOURCES

CLICK ON THE LINKS BELOW
FOR MORE INFORMATION

[Cornell Bird Academy](#)

[Merlin Bird ID app](#)

[All about Birds](#)

[Audubon](#)

[Bird Quiz](#)

[Eagle Cam](#)

MAKE YOUR OWN BINOCULARS

If you don't have binoculars, you can make your own. Even though these aren't real binoculars, they are fun to use and are a great way to focus on birds. Here's some inspiration,



Tip: If you don't have toilet paper rolls, you can roll up sheets of paper.

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DAY 2

Bird songs

One way to identify a bird is by the sounds it makes. When listening to the birds, sometimes it sounds like they are saying something to you. Of course birds are not actually saying these things below, but this is one way humans can remember what bird makes what sound.

Robin: "cheerio cheery me cherry me"

White throated sparrow: 'sweet sweet Canada Canada Canada"

Eastern Wood Pewee: "pee-a-wee peeoh"

Redwinged Blackbird: "konk-la-reee"

Black capped Chickadee: "chick-a-dee-dee-dee" or "feeee-beeee"

Goldfinch: "potato chip - potato chip"

White breasted nuthatch: "yank - yank"

Listen for birds. Try the activity below. You don't even need to go outside, just open a window.

Wake Up Your Ears

Use your sense of hearing to start exploring the world around you!

Find a quiet spot. Sit and listen for five minutes. Use this space to make a map of what you hear. The X below marks the spot where you are. Use your own symbols to map the sounds around you (like cars, running water, and birds). Where are the sounds in relation to you?



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DAY 3

Bird ID - Wings and Flying

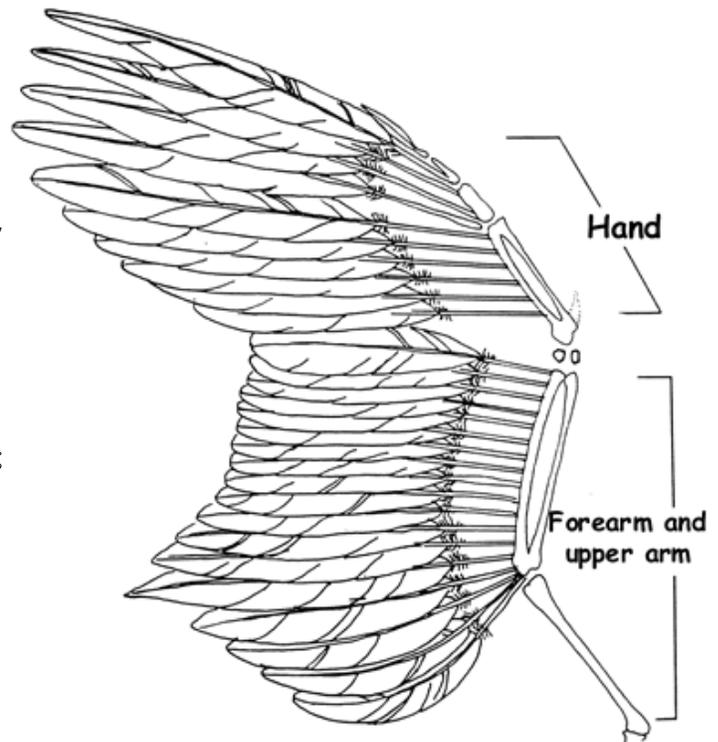
Activity below from *IdahoPTV Birds of Prey*.

Birds fly differently. Some birds, like hawks, can soar for a long time while hummingbirds flap their wings over 70 times a second. Hold your arm out straight. Human arms are very similar to a bird's wing. Both have: an upper arm bone connected to the shoulder, an elbow that connects to the upper arm to the forearm, and a wrist that connects to the forearm to the hand. The bird's hand section is a little different from ours. However, the bird has a bony thumb stuck off to one side and two finger-like bones on the end.

It's your turn to try out your "wings" (arms) by extending the arms and flapping away. See how long the you can keep or maintain an easy flapping pace (e.g. one flap/second) before they get tired. Some birds (golden plover) can fly for 48 hours straight, flapping the whole time.

Do your arms ache or hurt a bit from flapping? Most humans get around by walking, and our leg muscles are more fully developed than our chest muscles. But for birds, the opposite is true; the chest muscles are very strong to power the wings and the leg muscles are weaker.

Of course there are always exceptions to the rule. Turkeys, chickens, and ostriches have very strong and well-developed leg muscles. Why? Because they are walking birds, they use their leg muscles far more than their chest muscles.



WINGBEAT CHART

Bird	Wingbeats
Crow or Raven	20 wb/10 sec
Robin	23 wb/10 sec
Eagle or Vulture	25 wb/10 sec
Pigeon	30 wb/10 sec
Owl	35 wb/10 sec
Starling	45 wb/10 sec
Kestrel	47 wb/10 sec
Chickadee	270 wb/10 sec
Hummingbird	700 wb/10 sec

Conversions			
Wing beat = wb	Hour = hr	Minutes = min	1 min = 60 sec
Seconds = sec		Miles = mi	3 min = 180 sec
			5 min = 300 sec

Here is another great activity page from the *Cornell's Bird Sleuths* activity packet to help with bird identification. ["Identification Clues", page 8]

Identification Clues

Now that you can use shape to determine a bird's group, let's add more details to help identify a bird by species.

Bird watchers use many clues to identify birds. Knowing the shape, size, and color pattern of a bird, and where and when you saw it, can help you identify the birds you see.

Focus on one bird and gather information about it!

Your Habitat: _____ **Date:** _____

Where was it? (circle one): At a feeder In the water On the ground
In trees or bushes On a fence or wire Soaring or flying

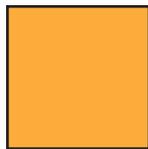
What size was the bird? Put a star on the line closest to the size of the bird you saw.



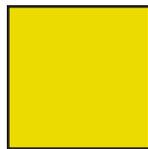
Circle up to three main colors you saw.



Red



Orange



Yellow



Green



Blue



Black



Gray



White



Brown

The bird size graphic is from the Be a Better Birder tutorial at birds.cornell.edu/courses/home/tutorial ©2016 Cornell University

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DAY 4

Bird Nests

No two nests are the same. Placement, design, materials used, size and shape vary greatly from species to species. Nests are important in protecting the eggs and young from predators and extreme temperatures.

Make a nest

If you are able, read some real estate ad descriptions from the paper or online. What are the words that are used to paint a sellable picture of the house?

Try to create a nest of your own with materials you find outside or just around your home. Remember, you must keep the eggs safe and at a comfortable temperature. Think about the size of the bird you are making it for. And, as a extra challenge, try to use 2 fingers, like a bird's beak (they don't have hands to build!).



After you are done, write up or draw a real estate ad of the nest to advertise the quality of the nest that would be useful to its inhabitants. Show your nest and ad to someone else in your home.

Real Estate Ad for a Bird Nest

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DAY 5

How to Help Birds

Fall and spring migration presents bird lovers with many amazing opportunities to spot birds as they pass overhead; but one cannot forget the dangers birds face on their journeys. One of the most dangerous of which is window collisions. With this DIY activity you can both be a champion for birds and decorate your home in fun and creative ways.

Using patterns to break up the reflections and transparency of your windows can help prevent collisions. Be sure to post your homemade decorations on the outside-facing side of your window in order to disrupt the dangerous reflections.

Find stencils online, at your local craft store, or freehand your designs. Any pattern can divert

birds, but why not get in the migration spirit with bird or leaf shapes?

With adhesive paper found at your local craft store, trace and cut out your designs. Or any kind of paper and tape will work.

Place them closely together on the outsides of your windows no more than 4 inches apart—patterns with negative space no greater than the size of your hand are most effective.

You can also hang ribbons, or even clear tape, from the tops of, again, the outside of your windows and no more than 4 inches apart.

From Audubon.org, "Make Migration Friendly Window Decorations"



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BABY BIRD NEST CRAFT

Supplies

Paper Plate (optional)
Brown Paint (optional)
3 paper lunch bags
Construction paper (wings, beak)
Large PomPoms (baby bird body)
Glue
Stapler
Black marker

Instructions

Paint the plate and let dry(nest base) only if you would like to make a large nest and have these supplies.

Cut out 2 wings, teardrop shape, from construction paper and triangle for a beak, glue onto pompom. Use black marker to draw circle eyes on construction paper, cut out and glue to pompom. Repeat for more pompoms(birds).

Take 1 paper lunch bag and roll it into itself. This is an option to end here or use this as an inside layer to hold the pompom birds. Cut up other paper bags into smaller pieces and crumple into a ball. Un crumple some and staple to outer edge of plate, repeat all the way around plate.

Place rolled up bag into center of plate to have a large nest. Attach with glue or staple if you would like. My kids liked the option of taking the smaller nest out to carry their baby birds around in.

[Watch this video on how to make your own baby bird nest.](#)

