

NATURE ADVENTURE

ACTIVITY CARDS

AGES 7-11

Children
& Nature
Network

Use these cards as inspiration to get out into nature and have some fun with family and friends!

You will find four cards, each with different activity suggestions relating to urban birds!

1 LEAP IN!

A simple adventure you can go on in almost any outdoor location – from the park, to your own yard or balcony.

2 PLAY ON!

Bring out the creative side in you!

3 SPEAK UP!

You and your family (and friends!) can play with words, tell about adventures, or even make up a song!

4 GREEN UP!

Stewardship is the theme here, and in this activity, you will help animals or local areas thrive because of what you do!

HAVE FUN!



URBAN BIRDS

1

LEAP IN!
AGES 7-11

FIND THREE SIGNS OF BIRDS

Look up, down, and all around and you'll eventually see a bird or a sign of a bird in your neighborhood. They aren't just flying overhead—they're also building, eating, and preening on trees, telephone wires, buildings, and more. Be a bird detective by finding these three signs of birds in your neighborhood:

1

Find a bird's nest. Don't get a squirrel's nest confused with a bird's nest. (Squirrel nests are big and messy.) You can look up high for nests, but don't forget to check down low, too. Lots of birds will hide in thick shrubs to build their nests.

2

Look for woodpecker holes. Woodpeckers peck little holes into trees when they are looking for bugs to eat. Walk around and take a close look at the trees. Try to find places where woodpeckers have been drilling.

3

Search the ground for signs of birds. Look for an owl pellet on the ground. This is a dark, round object that owls cough up after they've eaten. Look for a bird feather. Look for bird poop. (Or if you want to use the more scientific name, call it bird scat!)

Children
Nature
Network



URBAN BIRDS

BIRD WORDS

In this word association game, one person says a word and another person says the first word that pops into his or her head. For example, if one person says “sunshine,” another person might say “happiness.” Try playing the word association game with the theme of birds. Say these words out loud to your group, and then everyone should immediately say the first thing that pops into their minds. See how many people think of the same words!

- | | |
|------------|-------------|
| ■ EAGLE | ■ SKY |
| ■ NEST | ■ BIRDHOUSE |
| ■ BLUEBIRD | ■ EGG |
| ■ ROBIN | ■ OWL |
| ■ BIRDSONG | ■ BEAK |
| ■ FEATHER | ■ WING |



URBAN BIRDS

3

SPEAK UP!
AGES 7-11

MAKE UP A SONG ABOUT BIRDS

*It's not hard to make up a song about birds.
Just follow these three simple steps:*

step 1

Think of a familiar tune that you already know, like "Happy Birthday" or even "Twinkle, Twinkle, Little Star." You could even use the tune to a song by your favorite musician!

step 2

Now rewrite the words with a bird theme.
For example, for "Twinkle, Twinkle" you might sing:

"Eagle, eagle, in the sky
to where, I wonder, do you fly?"

step 3

Keep going! Make up new words for every line until you have a completed bird song. Can you teach it to your family and friends?



URBAN BIRDS

4

GREEN UP!

AGES 7-11

MAKE UP A NESTING STATION

Backyard birds love to pick up "spare parts" for their nests, particularly during nesting season. You can help them out by providing appropriate materials for them to choose from when building or fortifying their nests. You can fill an old kitchen whisk or weave the following materials around a pinecone and then hang it up in your backyard or on your balcony. Observe how the birds take and use the nesting materials you have given them!

- ★ THIN STRIPS OF FABRIC
- ★ YARN
- ★ DRIED GRASS
- ★ THIN TWIGS
- ★ PINE NEEDLES

NOTE: *Do not use dryer lint; it breaks down in bad weather.*