

NATURE JOURNALING

Take a walk in your neighborhood or sit outside with an adult, do a bit of nature journaling to see what you can learn from the birds around you. Use the back of this sheet to create one journal entry. Ideas for a journal entry include the following:

Sound mapping

Sit quietly in one spot for 3 minutes. During those 3 minutes, use a journal page to mark anytime that you hear a sound made by a bird. You can mark your sound map in any way that you want. I marked my sounds on the example map using dots. See the example entry below. Once you have finished make a tally of all the birds that you heard. Try sitting in the same spot each day for a whole week or a whole month to see how the bird sounds around you change.

Example:

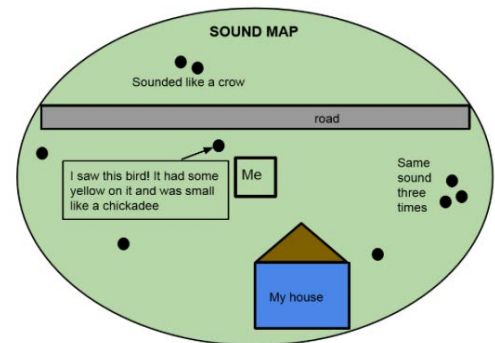
Today's Date: 4-1-2020

Time: 8:15 am

Total bird noises: 9

Weather: sunny and calm

Observations: I was hearing other people walking along on the road and talking with one another. The small yellow bird that I saw was exciting! It was up really high in a birch tree but it didn't stay there for long. Yesterday I only heard 2 bird sounds. I wonder if it was because it was so much colder then?



Look for bird signs

Search around your house and neighborhood for any signs that birds have been in the area. Signs of birds include holes in trees, nests, bird songs/sounds, and sighting a real live bird. If you do see a bird, quietly observe its behavior for a bit. Ask yourself the question, "Why is that bird doing that?" By asking these questions you may discover that the bird is looking for food, searching for a mate, establishing a territory, or communicating with other birds. Write any observations in a journal and spend a few minutes each day adding a new entry.

Make observations at a bird feeder

If you have access to a bird feeder at home or in a nearby area, spend 10 minutes each day making observations at the feeder. You can record how many birds you see, what type of birds are most common, or what feeder seems to be the most popular. Try visiting the feeder early in the morning, in the middle of the day, and in the early evening to see if there are any noticeable changes. Record your observations in a journal and look back occasionally to see if things are changing.