

# Junior Bird Watchers Field Guide



Let's explore and learn about birds and their habitats  
with Point Blue Conservation Science.





Birds seem to be just about everywhere you look—especially in the spring and summer months. Teaching little humans about birds can be fun, as they learn about their nesting habits, migration and even the many species of birds.

Birds are vital to many ecosystems and are key members of a variety of food chains. In any ecosystem, all animals and their feeding interconnections help ensure that no single species becomes overpopulated. Birds play an important role in keeping things in nature balanced.

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*Here are some activities for your family that explore birds and their habitats. These activities are designed for kids ages 2–5, but can be modified for younger and older kids.*



## Activity 1

# Build a nest.

Pretend you're a bird and build yourself a nest using materials found in nature or around you.

LENGTH OF ACTIVITY



30 mins.

LEVEL OF ENGAGEMENT

Required by adult:



Level of prep required:



WHAT YOU'LL NEED

Paper plate

Safety scissors

Natural or recycled materials  
(twigs, toothpicks, leaves, tissue, etc.)

String or yarn

Cotton balls (optional)

## WHAT YOUR CHILD IS LEARNING:

- Fine motor skills as they manipulate the materials
- Hand-eye coordination as they pick up and place materials
- Vocabulary words related to birds, nests and nature



Activity steps on next page.



# What you do:

1

Head outdoors to collect any natural materials available in your neighborhood—in your backyard, your local park or along the street.

2

Once back indoors, gather any additional materials (scissors, paper plate, string or yarn).

3

Using your paper plate as a place to catch/hold materials and a guide for the size and shape of your nest, create a firm base structure by tying sticks and/or long grass together with pieces of string or interlocking twigs or sticks together.

4

Continue to weave additional materials into any gaps, like twigs, leaves, grass, moss and string, to build up the sides and middle of the nest.

5

When you're happy with your nest, you may drop in a few cotton balls as your "eggs".

6

Have an adult snap a photo of your nest creation and post on social media using #growXtogether .





## Activity 2

# Observe birds outdoors.

Keep a log of the different birds that you see from your window, in the park or while out for a walk.

LENGTH OF ACTIVITY



open,  
ongoing

LEVEL OF ENGAGEMENT

Required by adult:



Level of prep required:



WHAT YOU'LL NEED

Your eyes and your ears!

Pencil or crayon

Bird book  
(optional)

## WHAT YOUR CHILD IS LEARNING:

- Observation of nature
- Identification of nature sounds
- Identification of different types of birds
- Vocabulary words related to birds and nature



Activity steps on next page.



# What you do:

Look out your window or around you while outdoors and observe the birds.

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## Questions to ask as you observe the birds:

What colors do you see on the bird?

What kind of bird is it?

Is there more than one bird?

What kind of sounds do the birds make?

How often does the bird move between different perches?

Where do you see the bird? Ground, bush, sky?

What else do you notice about the bird?

What do you wonder about the birds you see?





Activity 2

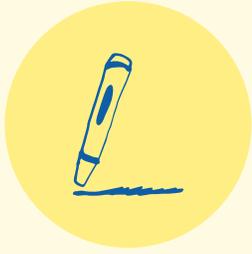
# Observation log:

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Have an adult or big kid adventure buddy help you write down your observations in the log below:

A series of horizontal dashed lines for writing observations.





### Activity 3

# Create a picture of a bird!

Get creative and use your imagination to create pictures inspired by the birds you see in your neighborhood.

LENGTH OF ACTIVITY		LEVEL OF ENGAGEMENT	Required by adult:	WHAT YOU'LL NEED:	Crayons Printed worksheet (see page 10) or blank page
	10-15 mins.		<input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/> <input checked="" type="radio"/>		
			<input checked="" type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/>		

## WHAT YOUR CHILD IS LEARNING:

- Creativity! How to create art that represents the birds they see
- Matching the colors of the birds they see with their crayons
- Fine motor skills as they manipulate the materials



Activity steps on next page.



# What you do: Create!

1

Print or trace the bird coloring sheet on the following page for your kiddos to get colorful and creative.

2

If your child is ready, have them draw a picture of the birds they see on a blank piece of paper.



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## Fun Facts About Robins!

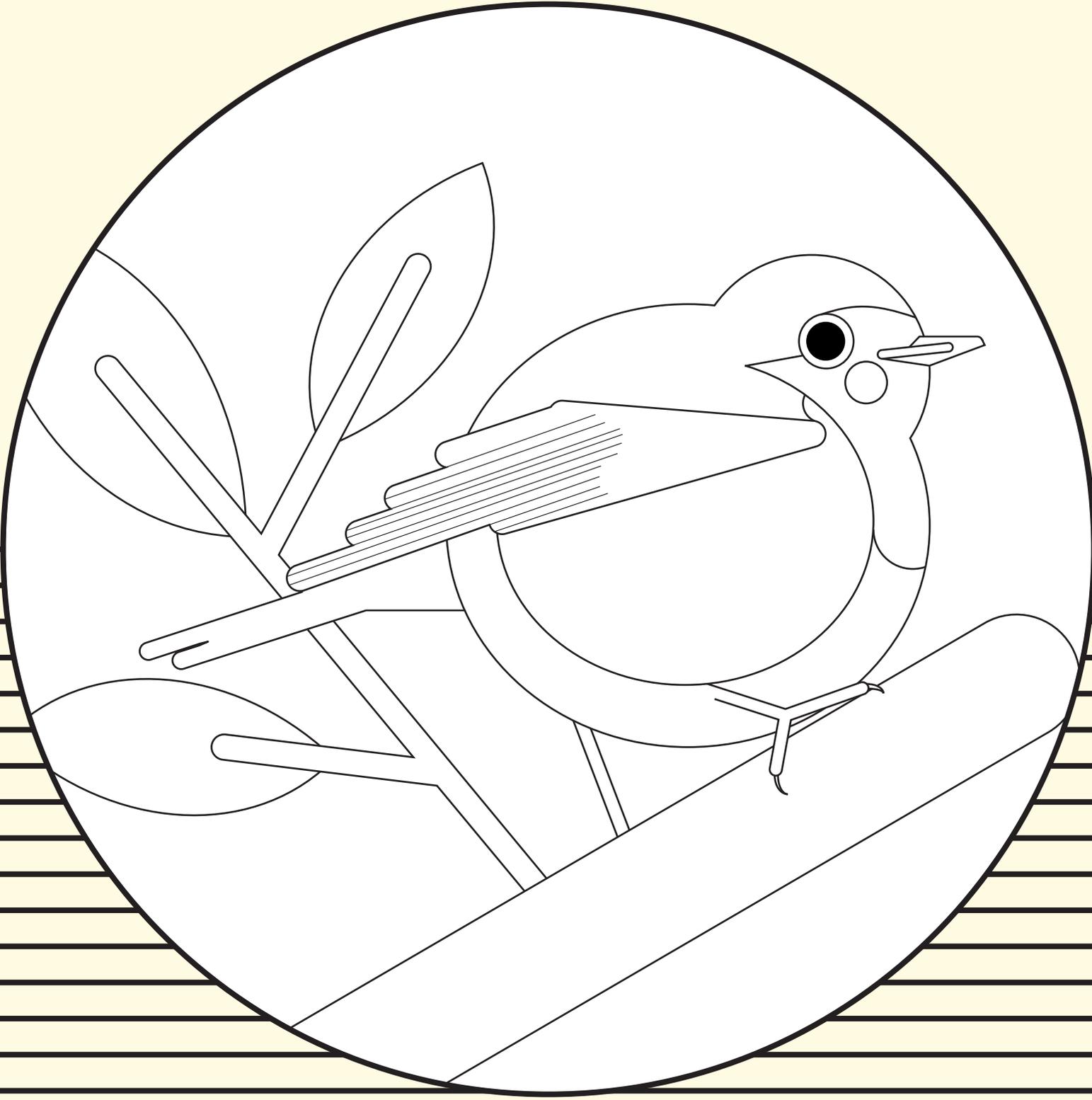


A male and female Robin look surprisingly similar, although if you look closely, the female's coloring is a bit duller than her male counterpart.

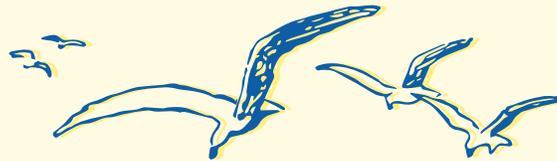
Each robin has a unique breast pattern and can (with difficulty) be recognized individually.



Activity 3



# Bird & Nature vocabulary words:



**TREE**

**WING**

**BIRD**

**FEATHER**

**NEST**

**EGG**



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These activities were created in partnership with  
KinderCare Education and Point Blue Conservation Science.

Point Blue develops nature-based solutions to climate change, habitat loss and other environmental threats to benefit wildlife and people. From writing the book on bird monitoring and using birds as indicators of ecosystem health, to protecting birds, sharks, whales and ocean food webs, pioneering climate-smart habitat restoration and innovating on-line conservation tools, they have been at the forefront of protecting nature for half a century.

Head to [pointblue.org](https://pointblue.org) to learn more.

# Congratulations,

you've completed the Junior Bird Watchers Field Guide!

Print or trace and cut out the Grow Together Point Blue Conservation Science badge to honor your achievement.



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