



# Why feed the birds?

This activity is designed to visualise bird feeding patterns throughout the year and help understand why it can be beneficial to provide sources of food.



## You Will Need:

Year story card and threats story card (included in download)

Lollipop sticks of different colours to use as counters. You could swap these for a combination of different rocks, sticks and leaves that your group has gathered (Have at least 7 categories)

Tip: You will need 6 counters per person and approximately the same number of each type.



## Activity Plan:

1. Scatter the lollipop sticks (imaginary food) in the middle of the group (they are birds). Ask what foods birds eat (seeds, berries, fruits, insects, worms etc.) *Optional: They could also practice naming bird species and say which bird they are.*
2. Birds need different food sources and amounts of food throughout the year. Read the 'Year in the Life of a Bird' card. You can let the group know when to pick up a piece of food (any colour) or for a more confident group you could ask them to independently decide when a bird may need to feed.
3. Ask participants to count how many pieces of food they need to survive in this experiment (should be 6).
4. Explain that certain factors may impact the food that are available. Read the threats to food card and have them return certain types of foods.
5. As a group see if all the birds still have enough food. What could they do to help birds throughout the year and when might it be important to provide food (see links with section for ideas).



Est. Time



7+

Recommended

Age



Small - large  
groups

Group Size



Birds: Make your  
own feeders

Wildlife Gardening:  
Planting for Nature

Wildlife Watch  
Spotter Sheets

Links With

# A Year in the Life of a Bird.

It is Spring. Lots is growing and the adult birds are busy foraging to find food for themselves (pick up a counter) and their chicks (pick up a counter).



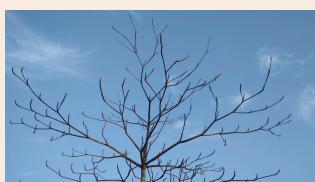
The weather is warmer and we are now in summer. Some bird species are moulting which takes up a lot of energy (pick up a counter).

As we come to the end of summer and autumn arrives, it is important that birds begin to store up fat reserves (pick up a counter). This will be important throughout autumn and into the beginning of winter (pick up a counter).



It is now winter and it is cold. Some birds remain active in the winter. It is important that they have enough energy to keep warm (pick up a counter).

## Threats to the Food Sources



In Winter there are less seeds and fruits available (return all red counters).

There has been a loss of habitats in the local area which means it is harder to find both nesting spots and food (return all yellow counters).



Changing weather patterns have altered the availability of food sources at different times of the year (return all green counters).

A change in gardening and growing methods means there are more pesticides in the environment. There are less insects available (return all purple counters).

