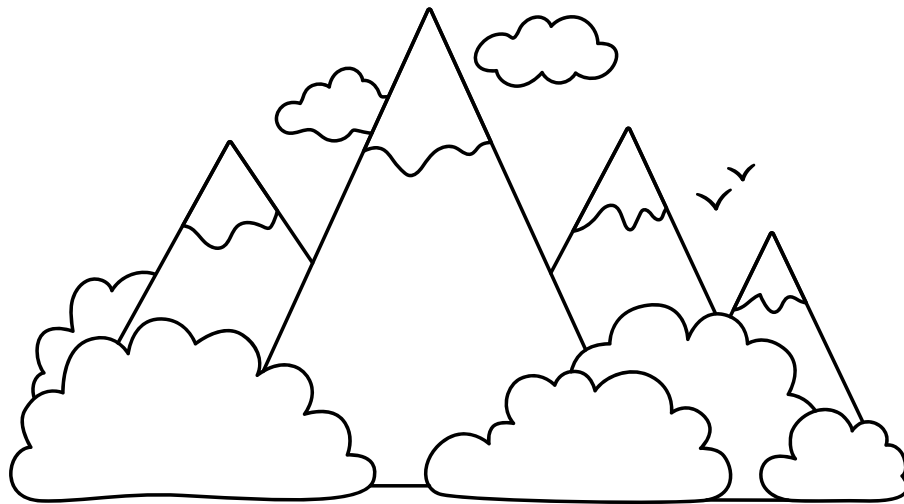


BACKYARD BIRDWATCHING ADVENTURE



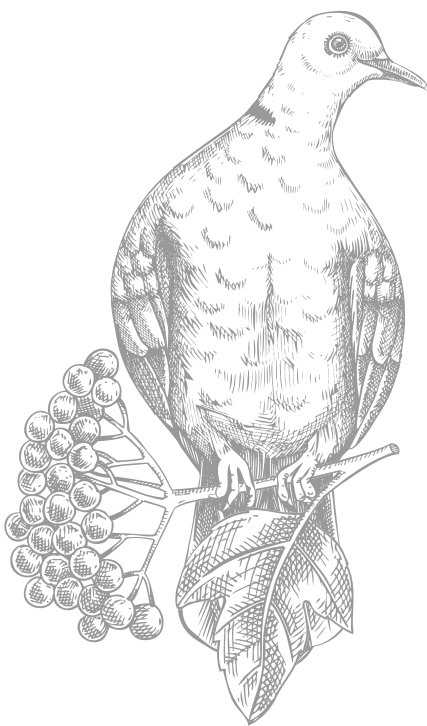
Wilderness Wednesdays Mini-
Book Series

LEARNING OBJECTIVES



By the end of this Backyard Birdwatching Mini-Book, your child will be able to:

- Practice mindful observation using their eyes and ears
- Identify 3 - 5 common backyard birds
- Describe basic bird characteristics like size, color, behavior, and song
- Record observations using a journal log and sketch prompts
- Understand and practice birdwatching ethics (look, don't disturb)



- Explore nature-related literature, podcasts, and videos
- Develop emotional regulation through breathwork and affirmations
- Build confidence and curiosity through unstructured outdoor learning

This mini-book encourages whole-child learning - blending science, creativity, mindfulness, and joy in nature.

WELCOME TO YOUR BACKYARD ADVENTURE!



Get ready to slow down, look closely, and discover the birds just outside your door.

Whether you spot a robin hopping across the lawn or a hawk soaring overhead, birds can teach us so much about the world around us.

This mini-book is filled with simple ways to:

- Observe birds closely
- Sketch and record what you see
- Learn a few fun bird facts
- Grow your nature journal practice



All you need:
Your nature journal, a pencil, your eyes (and maybe a snack)

“THE MORE YOU LOOK, THE MORE YOU SEE.” — UNKNOWN

HOW TO BIRDWATCH



Step 1: Find a Quiet Spot

Sit by a window, on your porch, or in the yard. Even a city block has birds!

Step 2: Look and Listen

Notice colors, shapes, sounds, and movement.

- Is the bird big or small?
- What color is its beak?
- Does it sing, chirp, caw, or whistle?



Step 3: Record in Your Journal

Write down or draw what you see! (Use the prompts in this mini-book if you get stuck.)

Step 4: Repeat often! Every day is a little different.

COMMON BIRDS YOU MIGHT SPOT



Northern Cardinal



American Robin



House Sparrow



Blue Jay



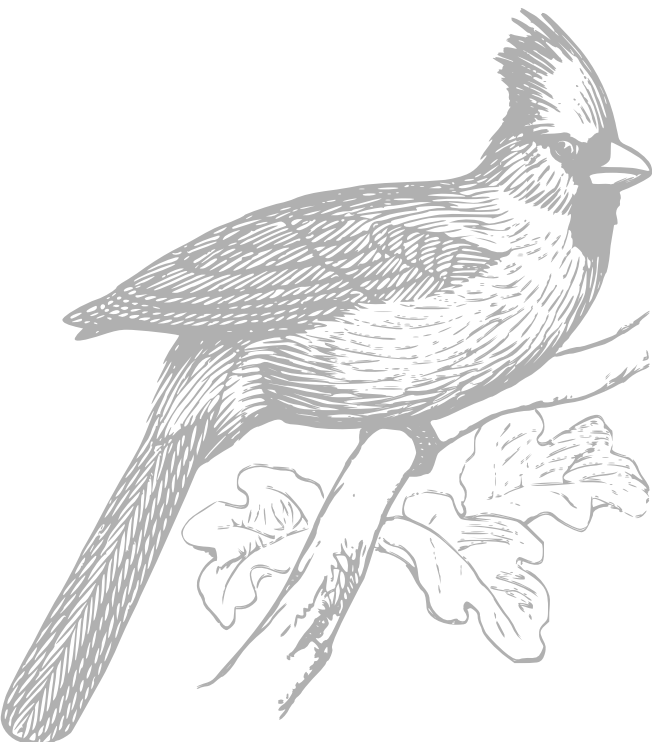
Mourning Dove

TIP: If you can't name it yet, make up a fun nickname and draw it!

NATURE JOURNAL PROMPTS



- Draw a bird you see today.
- What was it doing? (eating, flying, singing?)
- What colors did you notice?
- Try to draw its feet or beak - what shapes are they?
- Did you hear any bird songs? Try to write “how it sounded” in words.
- Was it alone or with other birds?
- Where was it? (tree, grass, fence, sky?)
- Describe the bird’s size compared to an object you know.
- Sketch the bird’s movement (swooping? hopping? gliding?).
- What does this bird’s song remind you of?



- Make up a name for a bird you see if you don’t know its real one.
- Draw the shape of the bird’s feet or beak.
- Where do you think this bird sleeps at night?
- Imagine: If this bird could talk, what would it say?

FUN BIRD FACTS!



- Some birds migrate thousands of miles every year.
- Blue Jays can mimic hawks to scare other birds.
- Hummingbirds flap their wings 80 times per second!
- Birds have hollow bones to help them fly.
- Owls can turn their heads almost all the way around - up to 270 degrees!
- Penguins are birds that can't fly but they're excellent swimmers.
- Cardinals mate for life and often sing to each other.
- The fastest bird is the peregrine falcon - it can dive over 200 miles per hour!
- Woodpeckers have special shock-absorbing skulls so they don't get hurt when pecking trees.
- Some birds, like crows and ravens, can solve puzzles and even use tools!
- Flamingos are pink because of what they eat - tiny shrimp and algae.

MY BIRD LOG



Date: _____

Location: _____

Bird(s) Observed: _____

Notes or Sketch:

Date: _____

Location: _____

Bird(s) Observed: _____

Notes or Sketch:

Date: _____

Location: _____

Bird(s) Observed: _____

Notes or Sketch:

Date: _____

Location: _____

Bird(s) Observed: _____

Notes or Sketch:

MY BIRD LOG



Date: _____

Location: _____

Bird(s) Observed: _____

Notes or Sketch:

Date: _____

Location: _____

Bird(s) Observed: _____

Notes or Sketch:

Date: _____

Location: _____

Bird(s) Observed: _____

Notes or Sketch:

Date: _____

Location: _____

Bird(s) Observed: _____

Notes or Sketch:

BACKYARD BIRD BINGO



Bird with a red color	Bird eating food	Bird in a tree
Two birds together	Bird with a loud call	Small bird hopping
Bird flying high	Bird making nest	Bird flying high

BACKYARD BIRD BINGO



Bird with a red color	Bird carrying a twig	Bird resting quietly
Bird eating food	Bird taking a bath	Small bird hopping
Bird in a tree	Bird flying high	Bird making a nest

BACKYARD BIRD BINGO



Bird in a tree	Bird carrying a twig	Bird flying high
Bird with a loud call	Bird eating food	Small bird hopping
Bird taking a bath	Bird making nest	Bird resting quietly

WANT TO LEARN MORE?



Books:

- Backyard Birds by Karen Stray Nolting
- The Burgess Bird Book for Children by Thornton W. Burgess
- Nature Anatomy: The Curious Parts and Pieces of the Natural World(pages 161-187) by Julia Rothman

Podcast Episodes:

- What's that bird song? By Tumble Science Podcast for Kids



YouTube Shows:

- All About Birds for Children: Animal Learning for Kids by FreeSchool

POSITIVE NATURE AFFIRMATION



TAKE A MOMENT AND TAKE A BREATH:

Inhale deeply like a bird filling its wings (4 counts).

Exhale slowly like a bird gliding through the air (6 counts).

Repeat 3–5 times before birdwatching.

REPEAT THESE AFFIRMATIONS THREE TIMES

“I am patient and observant.”

“I discover amazing things every day.”

“I am calm and strong like a tree.”

“I am connected to the world around me.”

YOU ARE A BIRDWATCHER!



Every time you look closely, listen carefully, and wonder about the birds around you, you're growing your scientist skills. Keep adding to your nature journal - every bird counts, even the ones you only glimpse for a moment.

Remember: You don't have to know every bird's name to enjoy them. Curiosity is the best guide.



HAPPY BIRDWATCHING!

