

# BACKYARD BIRDING 101



# #CREATIONCAREMOMENT

## What is BIRDING?

Birding is simply watching birds. It doesn't require the best binoculars or most remote, wild spaces. Birding is an activity of literally watching birds!

## How can I be a BIRDER?

**Step 1:** find a wild space; that can be your backyard, a park, a parking lot, your front yard, basically anywhere outside that has more trees than buildings

**Step 2:** When you are in that wild space, you are going to find a nice spot to sit and look up. Take a minute and quiet yourself. Close your eyes and take 5 deep breaths. Now, open your eyes and start looking around. How many birds do you see/hear? Count them. What kind of birds do you see?

**Step 3:** You are a birder now. You are someone that stops to watch & observe the birds in your area. You can take it a step further by identifying these birds but the first step is taking notice and connecting to their sounds, habits, behaviors, & colors.

## What do I need?

NOTHING! The fun thing about Birding is all you need are an open space & water (you need to stay hydrated while watching the birds!) If you are able, here are some other things that are optional! A journal to keep track of how many birds you see or to draw what you're seeing, binoculars to see more closely the type of bird, and a tape recorder so you record the bird sounds.

## EXTRA RESOURCES:

<https://adayinourshoes.com/backyard-bird-feeders-and-bird-watching-activities-for-kids/>

<https://merlin.allaboutbirds.org/>

<http://birdday.org/>

## • BACKYARD BIRDS of CALIFORNIA •

