


## Birds in the garden

### Why are birds good for a garden?

Birds eat thousands of insects, especially in spring when feeding their young.


Seed eating birds such as finches and sparrow contribute to a healthy garden keeping weeds from taking over, as they eat weed seeds.

Name: \_\_\_\_\_ 

# What is a Bird?

*While you read about birds, trace the dotted words!*

A BIRD  is a living thing. A bird needs  
AIR,  FOOD, and WATER  to live.

All birds have FEATHERS   
which help them fly and keep them warm and dry.

BEAKS  are what we call bird's mouths.

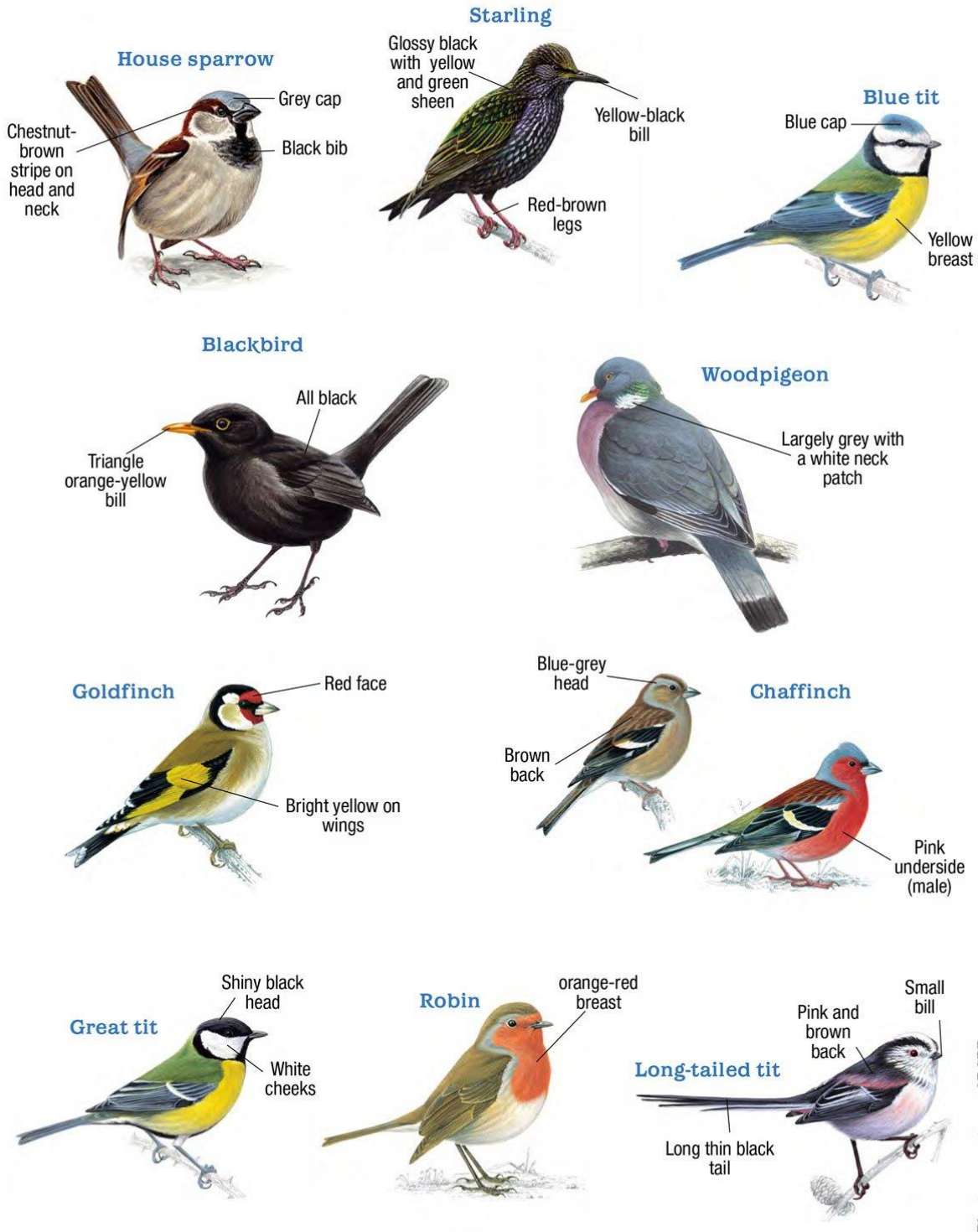
Beaks can be very BIG  or very SMALL   
depending on what a bird eats. Short, thick beaks are good  
for eating SEEDS  off the ground while thin beaks  
are better for eating BUGS  out of plants.

Look at these birds' beaks. What do you think they eat?

What type of birds might I get in my garden?

# Guide to the top 10 garden birds



Photos courtesy of RSPB

## How to attract birds to your garden

Plants and shrubs in the garden attract bees and other insects, these in turn attract birds to eat the insects. Some like berries on plants like holly, ivy and rowan and others like plant seeds such as sunflowers.



## Benefits of birds in your garden

Improved mental health, spending time in nature improves both cognition and mental health.

Aeration of the soil is done when the birds peck the ground to find insects, this helps to support healthier plants.

They can help pollination by moving seeds about stuck to their feathers.

They also provide fertilizer through their waste which helps things to grow.



## How can we attract birds to our gardens?

By feeding them and giving them water for drinking and bathing.

Fat balls, suet pellets, and insect cakes attract tits. Berry cakes attract finches.

Peanuts attract starlings

Sunflower seeds attract sparrows, finches and nuthatches.

Grated cheese attract wrens

Fruit – e.g. overripe apples, or fruit on shrubs and trees attract blackbirds and thrushes

# How to make fat balls for birds

## Ingredients

Lard or suet (room temperature)

Handful of bird seed

Handful of peanuts (unsalted)

Grated cheese or raisins

Dry leftovers (oats, bread or cake)

Old clean yoghurt pots and string



## Method

Use one part fat to two parts dry mixture.

Melt the fat slightly if it's chilled and hard.

Mix all ingredients together in a bowl.

Make a small hole in the bottom of each of your yoghurt pots.

Thread a length of string through the hole and tie a knot to secure it.

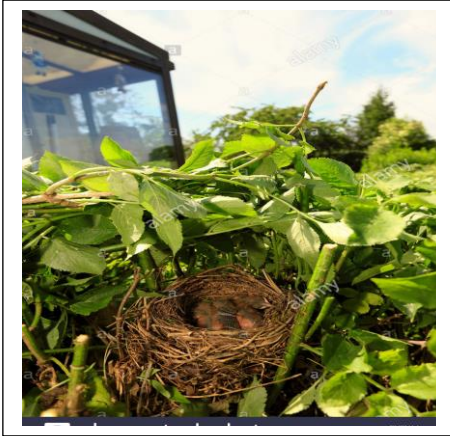
Pack each pot tightly with the mixture. Put it in the fridge until it's set hard.

Once it's fully set, carefully cut away the yoghurt pot and recycle it. It should crack off OK if the mixture is cold enough.

Tie the string over a tree or shrub branch. Make sure you pick somewhere away from cats! If you find it's a bit crumbly, next time add a little more fat and a little less dry mixture.

## Nesting

As well as growing a variety of plants for birds to eat, they also like hedges and trees too, for nesting and shelter.



If you have not got these, you can provide nest boxes to encourage birds to nest, here are some of mine



Blue tit chick peeping out

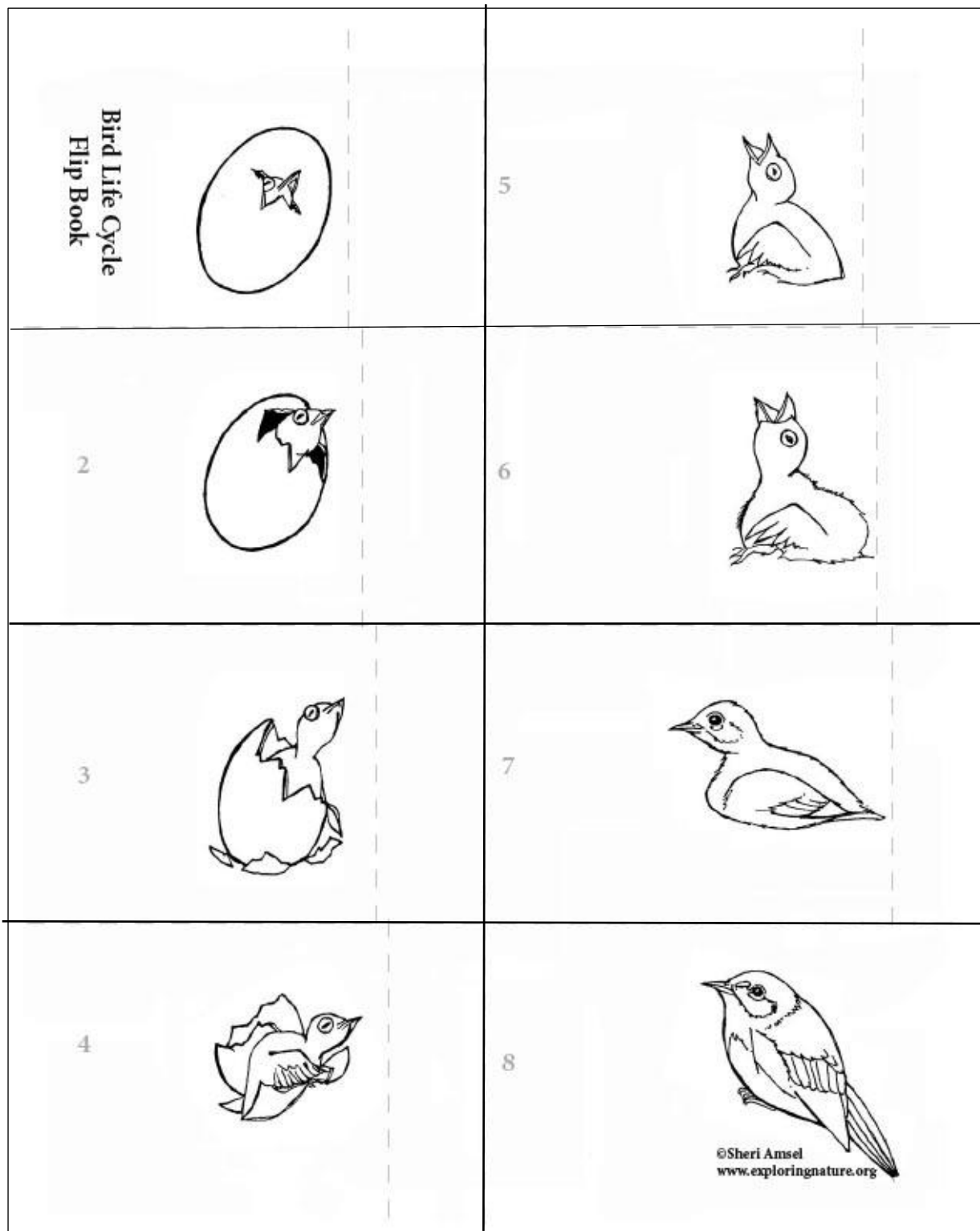


Sparrows love this one



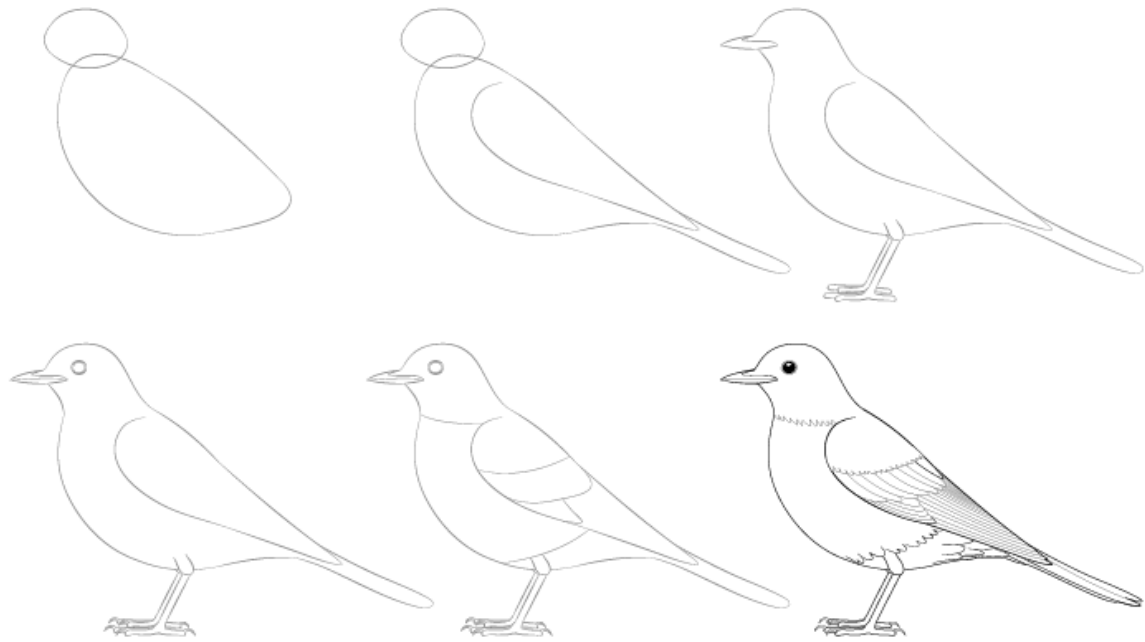
We've had a robin in this one

Why not make a flip book, the life cycle of a bird



Colour the pictures first. Then cut around the outside along the solid line, then up the middle solid line, then cut each numbered piece out, lay them in order, one on top of the other, fold along dashed line and stick or staple to make a flip book.

Have a go at drawing a bird, here's an easy to follow guide.



EasyDrawingTips  
easydrawingtips.com

## Bird Word Search

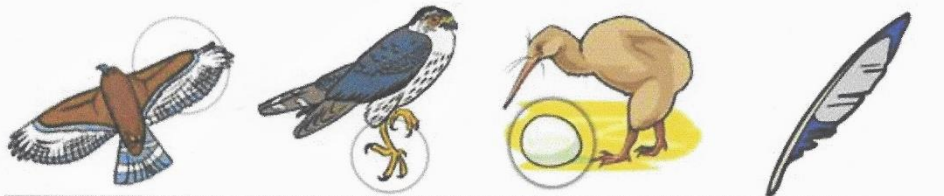
Write the words from the word bank under the correct pictures then find them in the grid below.

### Word Bank

beak	bird	chick	egg
feather	nest	talon	wing




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M	F	V	O	Q	X	T	V	F	H	E	C	H	W	F	N
W	L	H	R	I	M	M	A	E	H	G	T	H	Y	C	P
O	B	L	S	R	R	R	Z	A	P	W	H	F	I	K	I
C	Q	G	D	R	D	M	T	T	X	I	X	I	D	C	L
F	W	V	B	J	E	O	F	H	J	N	Z	K	P	I	K
W	R	X	A	U	G	P	N	E	S	G	Z	N	O	E	R
B	U	M	X	O	G	C	V	R	R	L	I	U	E	H	P
J	E	E	G	T	A	L	O	N	P	F	R	E	V	S	V
T	P	A	J	A	K	H	A	N	Z	U	B	I	R	D	T
X	R	R	K	L	I	V	O	V	S	S	Y	E	K	P	Y