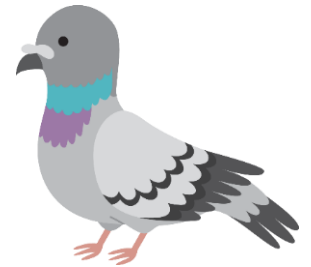


WELCOME TO GET OWT!

Today's GET OWT! is all about **Busy Birds!** Look out for the mindful moments as you explore the activities together. The mindful moments in this session are **connecting with nature, movement and senses.**



Today's Activities...

CRAFT: BIRD HEADBAND

Make a fun bird headband to wear on the trail and pretend to be a bird yourself! Simply peel the tape off the headband and stick on the eyes, beak, and lots of colourful feathers.

BUSY BIRDS TRAIL

Follow today's trail to find 12 different birds. Each one has a sound or action to join in with. Match it with birds on your trail sheet. Don't forget to look and listen out for real birds too. **Mindful Moments: movement and senses - listening.**



ART: FEATHERS AND FEET PAINTING

Make a painting with feather paintbrushes and pipe cleaner bird feet at the event shelter.

NATURE CRAFT: BIRD FEEDERS

Thread cereal hoops onto a pipe cleaner and form it into a shape. Attach some string and hang your bird feeder in your garden where you can watch the birds come and eat the cereal. **Mindful Moment: connecting with and caring for nature.**



ACTIVITY: MAKE A NEST

Turn your empty brown paper bag into a bird's nest! Cut or tear off the top bit of the bag (just underneath the handles). Roll the sides of the bag down as far as you can and shape it into a round nest. **Collect sticks and leaves on your walk** and pop them in your nest with feathers and wool from your bag, to make it nice and comfy!

Things to think about...

- Birds make lots of sounds, calls and songs to communicate to other birds, or perhaps because they're happy! How do you feel when you hear birds singing? Do you have any favourite songs you sing when you're happy?
- Birds are very busy; building nests, looking for food, watching out for predators, flying here and there. Are you a busy person? How do you most like to relax and rest?

Thanks for being a part of GET OWT! today!



GET OWT! BUSY BIRDS: LEADERS NOTES

This is a fun and engaging bird-themed session, jam-packed with activities, but easy to adapt and simplify.

Preparation and resources:

Bird headbands:

- Long strips of brightly coloured cardboard - A2 sheets cut into 6 or 8 strips. For ease when outside, stick a strip of wide double-sided tape along each cardboard strip. (TESA strong filmic double-sided tape from Amazon works well).
- White/black and coloured paper circles* and glue sticks to make eyes, or use large googly eyes. * (invest in some different sized circle punches to save time, and even get parents and children to punch their own eyes)
- Orange paper or card beaks
- Colourful craft feathers



Trail cards and optional trail sheets - download and print

Nest activity

- Brown paper bags - if you provide these for each child with their materials in already, you can use these.
- Extra natural-coloured feathers, a few pieces of wool



Feather and feet paintings

- Feather paintbrushes - attach strong feathers to sticks using elastic bands.
- Pipe cleaners shaped into bird feet
- Watery paint (for faster drying time) and paper or card



Bird Feeders:

- Healthy cereal hoops (wholegrain, low sugar and salt, no milk products - supermarket own brand 'Multigrain hoops' or 'Kellogg's by Kids' include hoops - both fine for birds and any children who want to munch! - avoid sugary versions which can harm birds).
- Pipe cleaners and pieces of string for hanging.
- Another bird feeder idea is a cardboard tube or pine cone spread with peanut butter (or sunbutter) and rolled in bird seed - you'll find plenty more ideas online.



More ideas and activities

- Make a giant nest for little ones to play with, or in! Have this ready prepared or invite the children to help make it. Use a large box, container, paddling pool or large shallow garden tub as a base. You could add brown packing paper, leaves, sticks, shredded paper, green crepe paper, jumbo plastic or papier mache eggs, and soft toy birds.

Books and stories

- The Busy Birds trail is inspired by the book 'Busy Birds' by Lucy Cousins. It's a really fun and simple book to read with your group as part of circle time.
- Another lovely book for this session is 'Listen to the Birds' by Marion Billet which includes real-life bird sounds.

Faith ideas

- 'The Very Worried Sparrow' by Meryl Doney - may need to be simplified for younger toddlers.
- Bible story - 'Do not Worry' Matthew 10:29-31 or Luke 12:6-7 (The Jesus Storybook Bible has some lovely illustrations)