

What to Do:

- 1. Learn about how different birds in Saskatchewan move in winter. Some glide, some flap quickly, and others hop along the ground.**
 - 2. Have participants take turns moving like these winter birds:**
 - a. Snowy Owl: Glide low and smoothly over the "snow" with slow wingbeats.**
 - b. Black-Capped Chickadee: Flap in quick bursts and then dip slightly between flaps.**
 - c. Common Raven: Soar and occasionally flap, sometimes playing in the wind.**
 - d. Ruffed Grouse: Run along the ground, then burst into the air with strong flaps.**
 - e. Downy Woodpecker: Flap, coast, and land on an imaginary tree to "peck."**
 - 3. Play "Follow the Leader," where one person picks a bird movement, and others copy.**
 - 4. Discuss why these birds stay for the winter and how their flying styles help them survive.**
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What to Do:

- 1. Go on a nature walk and search for natural food sources that birds eat.**
- 2. Use a checklist to find items such as berries, seeds, and nuts. Observe insects but leave them undisturbed.**
- 3. Discuss which birds might eat the different foods you found.**
- 4. If permitted, place collected seeds or berries in a natural spot (like a tree stump or rock) and observe if birds come to eat them.**
- 5. Reflect on how birds find food throughout the seasons and what they eat when certain foods aren't available.**



What to Do:

- 1. Find a quiet outdoor spot where birds are active.**
- 2. Draw an "X" in the middle of your paper—this represents where you are sitting.**
- 3. Listen for bird sounds and mark on the paper where you hear them coming from. Use different symbols or colors to represent different bird calls.**
- 4. After a few minutes, review the map and discuss where birds are most active and why they might be calling.**
- 5. Try mimicking the bird calls and see if any birds respond!**



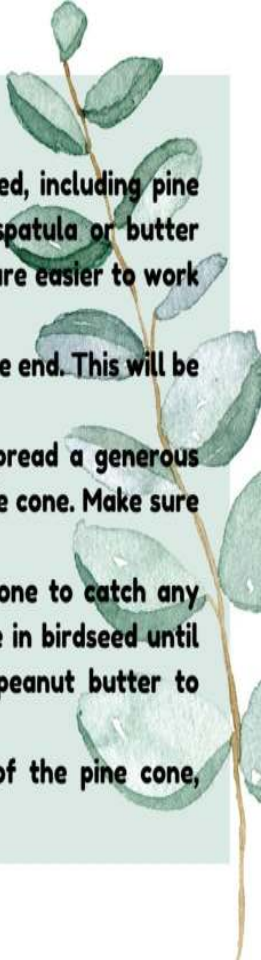
What to Do:

- 1. Find a sheltered outdoor spot (e.g., near tree trunks, under bushes) where a bird might build a winter nest.**
- 2. Use twigs, dried grass, and pine needles to weave a small nest shape.**
- 3. Add bark strips and evergreen branches to provide extra insulation.**
- 4. Pack some snow around parts of the nest to mimic how birds use natural surroundings for warmth.**
- 5. Test the nest's ability to hold warmth by placing your hand inside—does it feel protected from the cold?**
- 6. Discuss how some birds stay in winter, how they shelter themselves, and why others migrate.**



What do you do?

- 1. Gather your materials:** Collect all the materials you need, including pine cones, peanut butter, birdseed, string or twine, and a spatula or butter knife. You can use fresh or dry pine cones, but dry ones are easier to work with.
- 2. Tie a String:** a piece of string or twine, and tie a knot at one end. This will be used to hang your pine cone bird feeder.
- 3. Spread Peanut Butter:** a spatula or a butter knife to spread a generous amount of peanut butter (or alternative) all over the pine cone. Make sure to get it into the crevices between the scales.
- 4. Roll in Birdseed:** Place a plate or tray under the pine cone to catch any excess birdseed. Roll the peanut butter-coated pine cone in birdseed until it's well-covered. Press the birdseed gently onto the peanut butter to ensure it sticks.
- 5. Hang the Feeder:** Tie the string or twine to the top of the pine cone, creating a loop for hanging. Make sure it's secure.



What do you do?

- 1. Choose a Suitable Location:** Find a comfortable spot with a clear view of the surrounding area. It could be your backyard, a local park, or a nature reserve. Look for places where birds are likely to gather, such as near trees, shrubs, or water sources.
 - 2. Gather your supplies:** Binoculars will help you observe birds from a distance without disturbing them. A field guide or a bird identification app can assist you in identifying different bird species based on their appearance, behaviour, and calls. Here are a few common backyard birds in Saskatchewan.
 - 3. Observe and Listen:** Quietly watch for movement and listen for bird calls. Birds are often more active during the early morning and late afternoon. Pay attention to their behaviours, such as feeding, flying, or interacting with other birds.
 - 4. Remember, patience is key in bird watching.** Take your time, enjoy the tranquillity of nature, and appreciate the diversity of bird species you encounter. Over time, your skills in identifying birds will improve, making your bird-watching experiences even more enjoyable.
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What do you do?

Get Ready:

Grab a journal and basic art supplies like pencils, pens, and coloured pencils. Choose a spot in nature that inspires you.

Observe and Record:

Spend time in your chosen spot observing plants, animals, and the environment. Make simple sketches and jot down short descriptions. Date your entries. Make sure to record what you see, smell, feel and hear.

Reflect and Share:

Take a moment to reflect on your experiences. Add interesting facts, personal thoughts, and emotions. Make it a habit, share your progress with others and celebrate the beauty you capture.



What to Do:

- 1. Pick a Theme – Choose a focus like ice formations, animal tracks, winter plants, or colors in nature.**
- 2. Gather Supplies – Bring warm clothes, a notebook, a camera, and small containers (if collecting).**
- 3. Explore & Document – Observe, take notes or photos, and collect ethically.**



What to Do:

- 1. Choose a Natural Area – Go to a park, forest, schoolyard, or nature trail where wildlife is present.**
- 2. Look for Wildlife Signs – Search for tracks, feathers, nests, burrows, scratch marks, chewed leaves, fur, or scat.**
- 3. Mark the Spot – When you find a sign of wildlife, place a small flag or marker beside it (without disturbing the area).**
- 4. Record Your Findings – Draw or write what you found in your notebook. Try to guess what animal left the sign.**
- 5. Compare & Discuss – After exploring, go back and review all the signs you found. Talk about what animals might be in the area and how they use the habitat.**
- 6. Remove Flags – Make sure to take your markers or flags with you when finished to keep nature clean.**

