



Waldo County 4-H Program
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Putting knowledge to work with the people of Maine

Family Birding

Purpose of activity: The purpose of this activity is to engage families in an educational, outdoor birding experience. Birding is also a great way to relax by spending time outdoors with your family.

Materials:

- Writing Utensil
- Binoculars
- Appropriate outside clothing (long sleeve shirt, pants, socks and a hat)
- Insect repellent and sunscreen
- [Bird Identification Posters](#)
- [Observation Skills Tip Sheet](#)
- [Clue Chart for Bird Identification](#)
- Optional: Camera

Instructions:

- Using the [Observation Skills Tip Sheet](#), review what human behaviors that will be needed while observing birds. Practice these behaviors as a group to prepare for your birding experience.
- 1. Before heading outside, apply insect repellent and sunscreen. Be sure that you are dressed in appropriate outdoor clothing.
- 2. With your adult, select a quiet area in your yard or neighborhood to look for birds. You may also choose to observe from inside your home if you would prefer to stay inside.
- 3. Using the [Clue Chart for Bird Identification](#) handout, record what you see and hear. If you have a camera, you may want to bring it with you to photograph the birds that you see. This will allow you to reference the photo as you try to identify the bird later.
- 4. Use the information that you record and the [Bird Identification Handouts](#) to identify the birds that you see.

Extended Activities:

- Pick one of the birds that you found and do some extended research on that bird. Try finding out what the bird eats and what habitat it lives in.
- Create a journal to record the birds that you see. Try printing pictures of the birds or drawing pictures of them to put in the journal.
- Try observing birds at the same location in different seasons. Do all of the birds live there year-round? If some birds are not there in the winter, where do you think they go?