

Bird themed walk








Government advice currently states that families are allowed out for exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.

Before you go...

- Can you spot all these birds on your walk?
- Can you collect sticks to create your own birds nest
- Take a camera with you to take a photo of the birds you have seen.

There are over 400 different types of birds that live in North Wales.

<p>Seagull</p> 	<p>House Sparrow</p> 
<p>Chaffinch</p> 	<p>Black bird</p> 
<p>Starling</p> 	<p>Blue Tit</p> 
<p>Robin</p> 	<p>Pigeon</p> 

Keep a log of your Journey

- How many people did you see?
- Did you know them?
- How many steps did you walk?
- What was the weather like?



When you're back ..

- Create your own bird house using old bottle or juice cartons?
- Leave food out for the birds in your garden
- Note down all the different birds that visit your garden over the week.



Important

Adhere to social distancing guidelines during any daily exercise. Remain at least 2 metres away from other people at all times