

Feel Good Friday

Friday 5th February 2021 – Birdwatch Project

Live lesson on bbc

<https://www.bbc.co.uk/teach/live-lessons/big-schools-winterwatch-live-lesson/zv8vn9g>

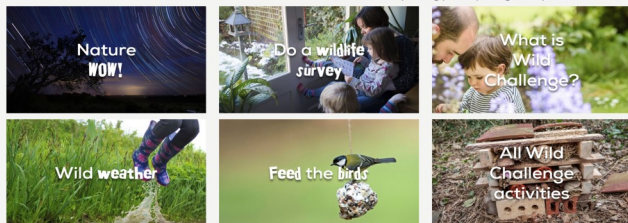
The Big Schools Winterwatch Live Lesson

< Back to Live Lessons homepage



Wild Challenge

Wild Challenge is your chance to help wildlife, explore nature, and work towards awards by making your way through a heap of wild activities!



<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/>

Become a Photographer:

Take a photo of a bird you see out and about.

Songwriter/Poet for a day:

Create a song/poem about your favourite bird or a bird you have seen in your garden.

Make a bird feeder

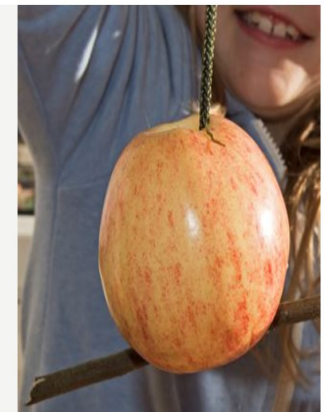


Feed the birds ([rspb.org.uk](https://www.rspb.org.uk))

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/assemble-an-apple-bird-feeder/>

Assemble an apple bird feeder

This core activity is easy to complete and is bound to make your bird-loving friends green with envy.



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Anytime you can create something fun with your food kids will eat it up. Try giving the kids ideas or a picture and let them make their own creations. Here are some of our favorite animal theme food ideas.

Animal Theme Food Ideas for Kids

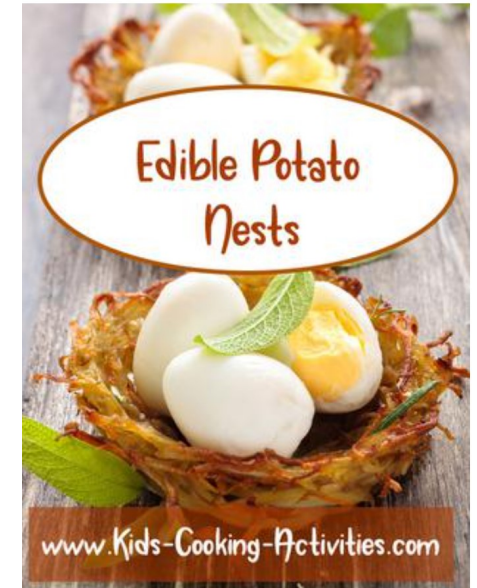
WWW.KIDS-COOKING-ACTIVITIES.COM



Owl Cupcakes



Edible Potato Nests



Cooking Fun!

Owl Open Face Sandwiches



Nest Cakes



Penguin Banana



Penguin Porridge



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Bird of the week

Children look out of the window and choose a bird they see regularly.

- Find out what the bird is and research it.
- Observe the bird carefully over the day and record in photos, drawings and observational notes.
- Collate the observations and research into poster, leaflet or notebook. This can be presented to teachers and classmates.

The Big Schools Winterwatch Live Lesson
Activity sheet

Infants:
Starter activity
Can you label this bird?
Draw a bird you have seen in the garden or on a video and label the parts of the bird you can.

Juniors:

beak crown claw breast wing tail

Bird Walk

On your daily walk, look around you, in the air, on the ground, on buildings and in trees at all the birds you can see.

Count how many you see.

Maybe make a tally/chart how many times you see a Robin. (Or another bird you recognise)

Bird Counting

Bird	Tally
Robin 	
Magpie 	
Sparrow 	

Bird	Tally
Blackbird 	
Chickadee 	
Crow 	

Bird	Tally
Finch 	
Starling 	
Pigeon 	

Things to note might be:

bill/beak

feet

feathers

wings

song

flight and movement

diet

behaviour

BIRDS OF BRITAIN

Common Garden Birds

Robin
Latico: robin. Turbidae. Winterwatch.

Great tit
Latico: tit. Turbidae. Winterwatch.

Goldfinch
Latico: tit. Turbidae. Winterwatch.

Chaffinch
Latico: tit. Turbidae. Winterwatch.

Woodpigeon
Latico: tit. Turbidae. Winterwatch.

Blackbird
Latico: tit. Turbidae. Winterwatch.

Starling
Latico: tit. Turbidae. Winterwatch.

Collared Dove
Latico: tit. Turbidae. Winterwatch.

Magpie
Latico: tit. Turbidae. Winterwatch.

Barn Owl
Latico: tit. Turbidae. Winterwatch.

House Sparrow
Latico: tit. Turbidae. Winterwatch.

Blue tit
Latico: tit. Turbidae. Winterwatch.

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A Variety of short programs for your child to watch—All about birds.

What are birds?

Part of Science | Animals

[+ Add to My Bitesize](#)



<https://www.bbc.co.uk/bitesize/topics/z6882hv/articles/zyd6hyc>

Infants: What are Birds?

How animals move and classifying birds

Part of Science | Animals

Duration 02:14



<https://www.bbc.co.uk/bitesize/clips/zs3fb9q>

How animals move and classifying birds: Key Stage 2

Birdie Song



<https://youtu.be/DjMOJU26EsU>

<https://www.bbc.co.uk/bitesize/clips/zc4b4wx>

Animals that feed in gardens: Key Stage 2

<https://www.bbc.co.uk/bitesize/clips/zd8c87h>

Birds of prey: Key Stage 2

Animals that feed in gardens

Part of Science | Animals

Duration 00:44



KS2

An introduction to birds of prey

Part of Science | Animals

Duration 00:32



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The Wildlife Trust

Creative Projects

Make a Bird Feeder

<https://www.wildlifewatch.org.uk/make-bird-feeder>



Make your own binoculars



You will need

- Two cardboard tubes (you can use toilet roll tubes)
- String
- Paper
- Scissors
- Glue
- Rubber band
- Hole puncher or pen
- Felt tip pens (optional)

- 1 Cut your paper to size, then cover your tubes with glue and wrap the paper around them.
- 2 Using a pen or hole puncher, insert a hole at the side of each tube, about a third of the way down.
- 3 Glue the two tubes together so that the holes are facing the outside.
- 4 Insert string into one of the holes from the outside of the tube. Bring it through the tube and tie a chunky knot. Gently pull the string back from the outside. Repeat on the other side.
- 5 Place a rubber band around the tubes to help the glue set. Leave to dry over night.
- 6 Remove the elastic band and then decorate them with pens!
- 7 Go wildlife detecting!

The knot will stop the string coming back through the hole.

www.wildlifewatch.org.uk

How to make an apple bird feeder



You will need

- An apple
- An apple corer or skewer
- Sunflower seeds
- String
- A thin stick

- 1 Ask an adult to make a hole through the middle of the apple.
- 2 Thread some string through the hole in the apple and tie the bottom end to the stick.
- 3 Push sunflower seeds into the apple until it looks like a little hedgehog.
- 4 Tie the string to a tree branch and wait for the birds!

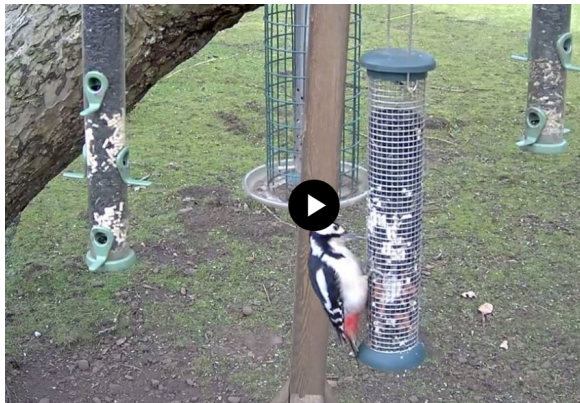
www.wildlifewatch.org.uk

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Bird Cams and Radio

If you can't get out and about why not watch some live action on the bird cams.



<https://www.rspb.org.uk/get-involved/activities/birdwatch/webcam/>



<https://www.cumbriawildlifetrust.org.uk/wildlife/>



You could listen to some birdsong on the radio.

<https://www.rspb.org.uk/get-involved/campaigning/let-nature-sing/birdsong-radio/>



<https://www.dorsetwildlifetrust.org.uk/wildlifewebcam>

Feel Good Friday

Children's Mental Health Week 2021

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can express ourselves and the creative ways that we can share our feelings, thoughts and ideas.

Expressing yourself doesn't mean that you're the best at something. It's all about finding a way to show other people who you are and how you feel. It's about showing how you see the world and finding a way to 'express yourself' which feels good to you. Expressing yourself in a way that's unique to you is a great way to improve mental wellbeing.

By talking openly about mental health from a young age, children can learn to better understand their emotions, break down stigma, and feel safe enough to reach out for help when it's needed. Talking about mental health and expressing our feelings can be difficult, no matter our age. As we try to navigate the current situation, it's more important than ever to share how we're feeling with others.

Here is a word bank to help you fill this in

Sad

Frustrated

Angry

Lonely

Nervous

Irritated

Scared

Stressed

Confused

A letter about how I'm feeling

Dear _____

I have been feeling _____

I have been feeling this way because _____

I have also been feeling _____

Because _____

To help me feel better I think it might help if _____

From _____



Feel Good Friday

[Draw Your Feelings - Children's Mental Health Week 2021 - YouTube](#)

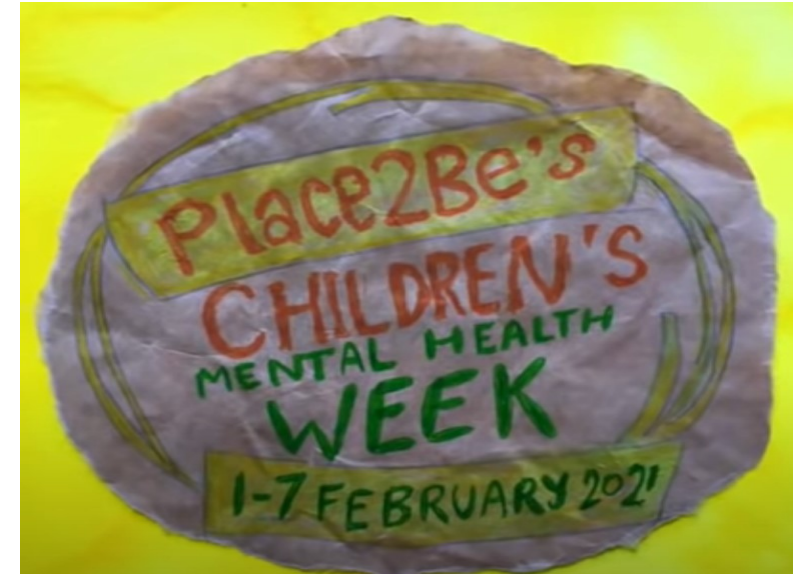
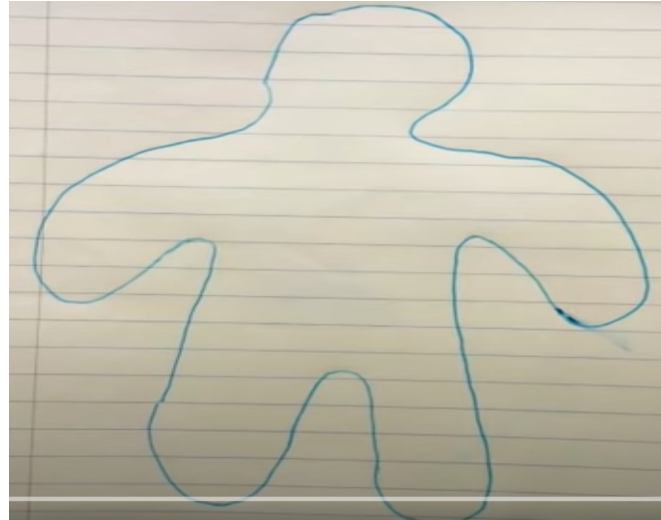
After all your work inside and outside about birds—think about how you feel.

Which activity was your favourite?

Did you enjoy being outside?

Have you enjoyed working with your brother/sister?

Are you proud of what you have achieved?



We hope you have had fun today completing some of these activities, whichever ones you chose to do.

Remember to share your activities with your teacher and have a lovely weekend.

Stay safe, from Mrs Westley, Mrs Johnson, Miss Derry,

Mr Parkes & Mrs Lumley
(Your Senior Leadership Team)

CALM ZONE <https://www.childline.org.uk/toolbox/calm-zone/>

There are lots of ways to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.



Feel Good Friday

My Star Qualities

We all have star qualities. It can help us to feel happy when we think about our own star qualities.



The Pieces of Me



Name	Age	Family	Favourite Colour
TV	My Picture!		Friends
Sport			Pets
Game	Drink	Food	Teachers