



Forest School Worksheet

Spring Term 1, Session 5

In these sessions we will be sharing inspiration, facts & ideas for activities

Did You Know?

- We are half way between the winter solstice, December 21st and the spring equinox March 21st. In Gaelic traditions this time is known as Imbolc and the 1st of February is St Brigid's Day
- These traditions mark the beginning of spring and celebrations include: candle light processions; making a St Brigid Cross; spring cleaning; going outside to spot signs of spring.
- Imbolc can be celebrated any time in early Feb up to the new moon which will fall on Thur 11th Feb in 2021

Activities - Having a feast with the birds

Birds generally survive by eating wild food that they can find for themselves, different birds eat different things, but there is a wide range of wild food including fruit and berries on trees; seeds left on plants; worms and insects that live in the soil and on the plants

The easiest way you can help birds get enough to eat is to leave a messy patch in your garden, leave a wild area for nature to grow and birds to feed.

But as winter comes to an end the birds might be running low on food just when they need it most, so we can put out some bird food to help them along.

Can you make pizza for the birds?



Bird Pizzas

You will need:

- . Jar lids
- . Spread - butter or peanut butter, not margarine
- . Pizza toppings - cheese, oats, seeds, fruit

Assemble your Pizza

1. Fill the lid with sticky spread
2. Sprinkle cheese and oats over
3. Add fruit and seed toppings the birds will eat the bits of fruit we might not like, bruised bits, cores etc.

Leave the pizzas somewhere you can watch the birds as they visit, but quiet enough so they can eat in peace



You will need to place your bird food somewhere:

- **Quiet** – where people don't pass, the back garden rather than the front, however, don't place it so far from the house that you can't see it - the fun of feeding birds is being able to watch them!
- **In the open and safe** - with a good all round view, safely away from cat ambush sites. These include fences and trees from which cats can leap and dense bushes in which they can hide.
- **Sheltered** - in a position where it gets neither too much sun nor too much cold wind.
- **With a lookout point** - a small bush about two metres away gives the birds somewhere safe to perch while they look to see if it is safe to feed, to 'queue up' for a place on the table, and to dash to if disturbed

Fact: Woodpeckers can drill through solid wood to make a nest hole or to find tasty insects to eat. They do this by pecking up to 20 times per SECOND. So why don't they get a headache? They have very strong necks and a long tongue that wraps right round inside their head which helps cushion their brain



Woodpeckers are mainly black and white with red at the back of their heads and below their tails.

They have strengthened tail feathers that help them balance against the tree

Bird of the week: Great spotted woodpecker

Click on this link, you can listen to the woodpecker call and it's drumming

<https://www.british-birdsongs.uk/great-spotted-woodpecker/?type1552>

They make a distinct drumming sound by banging their beak against a tree

The drumming is most likely to be heard between January and April, they do it to mark territory and attract a mate.



Young birds have a red crown and fluffy feathers

They eat insects, seeds and nuts

If you find a small black and white spotty feather in a woodland it is probably from a Woodpecker

Time to Reflect: Feb 14th is Valentines Day where traditionally we give gifts or messages to the one we love. What do you love in nature and what gift could you give it?

And finally our new feature, **Story Time with Jane**, just follow this link online to listen to Jane tell a soothing story round the fire. This weeks story is The Stolen Spoons, watch it here - https://www.youtube.com/watch?v=Dy5yS4N8F_c&feature=youtu.be