

SOGO Squirts Week 14

N is for Nest

Adventure Walk

Now that the weather is warm and sunny you might notice lots of baby birds starting to hatch and fledge (leave the nest). Go for a walk in your neighbourhood and look for signs of baby birds. Signs might include nests, broken egg shell pieces (or the whole egg if you are lucky). Count how many nests you see. You can keep a tally here.

Nest Building Challenge

Let's get muddy. We are making bird nests. For this activity you need, some dirt, rocks, twigs, grass and a bucket of water. Add the water to some dirt, and you will have mud. Use the mud to stick the twigs and grass together in a nest shape. Now add the rocks, they can be the eggs, or if you are feeling extra creative add some faces by colouring with markers or painting them.

Action Song

Dance along with the birds in this song. Imagine your arms are bird wings. Make your hops, jumps and leaps as big as you can! Keep your arms wide and soar around the room when they sing "your flying".

<https://www.youtube.com/watch?v=VaARSaHa5GA>

Creative Time

Draw a nest and add some birds. Don't forget the colour.



Nest Game

1. Gather some towels or blankets.
2. Make a nest that is large enough for you to sit inside it.
3. Have your family members be baby birds and get them to sit in the nest.
4. Now you go to the other end of the room. Face away from the nest.
5. Your family says "mother bird may I fly now"
6. You respond "Yes, you may take (pick a number between 1-4) flaps". Or you can say "No". If you say "No", you get to turn around and chase them back to the nest. If you catch them before they reach the nest they become the mother bird and you become a baby bird.
7. Make sure everyone has a turn to be the mother bird.