



Tuning into the Birds

Right now, wherever you are, tune in to your hearing. How many different sounds can you hear?

AND/OR

Right now, wherever you are, look around. How many things are moving?

Your quest this week? You guessed it—go find some birds! Sit by your window, go for hike, head to your sit spot, or stay in your own backyard - wherever you can see/hear the birds!

When you get there and if you feel comfortable, close your eyes for a few minutes and listen. If you prefer to watch, choose a place where you can see birds.

Try to hear or see just one bird.

Are they moving or still?

Alone or with others?

If you're listening to a bird's song, what does it sound like?

If you're watching a bird, what's its body doing?

Is it happy, sad or something else?

What do you think is this birds story right now - what are they doing?!

If you'd like, try this in different places, on different days with different birds. No need to know the name of the bird, we just want to get a feel for what these birds are up to!