



Nature Journey - Birds

Theme of the Session:

- An understanding of Birds
- Broader connection of birds and nature
- Importance of Nature and its connection with Humans

Goals of the Session:

- Mindfulness
- Memorization
- Art work

Key Concepts: Interdependence & developing compassion and gratitude towards nature.

Space and Material Preparation:

Pictures or stickers of birds, color paper of green shades to make big leaves, glue. Information on various birds, cardboard to make tree trunks and branches.

Warm Up and Topic Introduction:

Have all the children sit in a circle. Ask them to maintain complete silence and close their eyes, and pay attention to the various sounds they can hear.

Skill Warm-Up: Photographs of various birds are placed face down in the center of the circle. When they open their eyes, the session begins with the following questions:

1. How many birds do they recognize, and which ones have they seen?
2. How have humans adapted behaviors or characteristics from birds?
3. What inventions have been inspired by birds?
4. What role do birds play in our ecosystem?



Many children responded with answers such as shapes of boats, airplanes, and trains inspired by birds.

Next, the children are asked to select one or two bird photographs and quietly observe them. They are then invited to share if they recognize the bird or have seen it anywhere.

Creation:

When the facilitator senses that the group has engaged with the topic, they can proceed with the activity. The facilitator will read information about various birds, and the children must pay attention to recognize which bird the facilitator is describing, as the name of the bird will not be mentioned.

Children who believe they have the photograph of the described bird will raise their hand. They are encouraged to assist each other during the activity.

For Example:

Kingfishers are generally brightly colored birds that often fish for their food.

There are about 90 kinds of kingfisher throughout the world.

Most of these live in warm regions near rivers or lakes.

Kingfishers have plump bodies that are about 4 to 18 inches (10 to 46 centimeters) long.



बाज पक्षी को अंग्रेजी भाषा में Eagle कहा जाता है।

1. बाज का भोजन सांप, मेंढक, मछली, खरगोश, चूहे और छोटे पक्षी आदि होते हैं।
2. बाज मूलतः मांसाहारी और शिकारी पक्षी की श्रेणी में आता है।



3. बाज पक्षी 320 कि मी प्रति घंटे से भी अधिक रफ़्तार से उड़ सकता है।
4. बाज के शरीर की लम्बाई 13 इंच से 23 इंच तक तथा पंखों की लम्बाई 29-47 इंच तक होती है।
5. बाज के अपने बड़े पंखों की मदद से एक बार उड़ने के बाद 6 से 8 घंटे हवा में रह सकता है।
6. बाज की आँखें बहुत तेज़ होती हैं वो लगभग 7 कि लोमीटर दूरी से शिकार को देख लेता है।
7. बाज की आयु लगभग 17 वर्ष की होती है।
8. बाज UAE का राष्ट्रीय पक्षी है और इसेशि कागो का सि टी बर्ड घोषित किया हुआ है।

Artistic skills

After guessing the birds, the information and picture will be placed by the children on a large green leaf. Finally, the children can create a tree and attach all the leaves to it.

(Note: It's important to gauge the group's patience and attention span. Depending on this, you can either have the tree structure prepared in advance or provide materials for the children to create it themselves. In

this case, we had already prepared the tree structure and leaf shapes, so they only needed to assemble them due to the group's shorter attention span. The number of birds can also vary based on the group, but aim for a minimum of at least 10 birds.)



Closure: At the end, a discussion can be held on the following questions:

- How can we protect and conserve birds?



- What actions can we take to support bird populations?

The session concludes with 2 minutes of silence and a moment of gratitude towards each other.

The tree can be affixed to the wall or any desired location using double-sided tape.

Love Joy Peace