# Sitka Sprouts Activity Packet

# Theme: Birds

#### **Recommended Books:**

- A Nest is Noisy Dianna Hutts Aston
- An Egg is Quiet Dianna Hutts Aston (at Sitka Public Library)
- Birds Melvin Berger (at Sitka Public Library)
- Hooray for Birds Lucy Cousins (at Sitka Public Library)
- The Best Nest P.D. Eastman (at Sitka Public Library)
- Flap Your Wings P.D. Eastman (at Sitka Public Library)
- Bird Count Susan Edwards
- Feathers for Lunch Lois Ehlert (at Sitka Public Library)
- Have You Heard the Nesting Bird? Rita Gray (at Sitka Public Library)
- Birds Kevin Henkes (at Sitka Public Library)
- Bird Talk: What Birds are Saying and Why Lisa Judge (at Sitka Public Library)
- Birds Angels Julivert (at Sitka Public Library)
- Birds Carme Lemniscates
- Bird Watch Christie Matheson
- Alex the Parrot: No Ordinary Bird Stephanie Spinner (at Sitka Public Library)
- Counting Birds: The Idea That Helped Save Our Feathered Friends Heidi E.Y.
  Stemple
- Fly Mark Teague (at Sitka Public Library)
- Ruby's Birds Mya Thompson
- Mama Built a Little Nest Jennifer Ward
- There is a Bird on Your Head! Mo Willems (at Sitka Public Library)
- Early Bird Toni Yuly (at Sitka Public Library)
- The Big Book of Birds Yuval Zommer



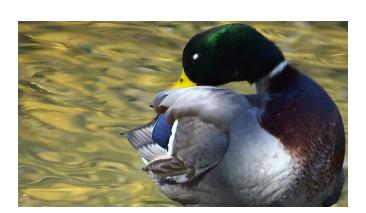
# **Perfectly Preened**

#### **Materials Needed:**

- Feather (any kind will work)
- Paintbrush
- Oil (any kind, I usually use olive oil or canola oil)
- Spray bottle full of water (cup of water will also work)
- Tray or plate

#### **Instructions:**

- 1. Place your feather on a tray or plate.
- 2. Brush oil onto a feather using a paintbrush.
- 3. Spray the feather with water (or carefully splash some water with your fingers) and observe what happens.
- 4. Does the feather absorb the water or repel the water?





<u>Preening</u> = a raincoat for birds! When birds preen, they spread oil over the top layer of their feathers. Preening helps birds waterproof their feathers and keep them flexible.

### **Birdwatching Binoculars**

#### **Materials Needed:**

- Toilet paper rolls (x2)
- Hole puncher
- String or yarn
- Duct tape
- Decorating supplies: markers, stickers, pencils, crayons, etc.

#### **Instructions:**

- 1. Use the materials listed above to create your own pair of birding binoculars.
- 2. Tape two toilet paper rolls together and punch a hole on either side.
- 3. Tie a string or yarn through the holes (this is the strap that will go around your neck).
- 4. Decorate your binoculars with paint, tape, markers, or stickers.
- 5. You're ready to go birding! (use these when you go on your "Sitka Bird Search" later!)





## **Feather Painting**

#### **Materials Needed:**

- Feathers (any kind, I typically use store bought craft feathers instead of actual bird feathers, but either kind will work)
- Paper
- Paint (pour selected paint colors into small cups)
- Clothespins

#### **Instructions:**

- 1. Select the feathers you want to use as a paintbrush.
- 2. Clip a clothespin to the feather.
- 3. Dip your feather paintbrush in paint and begin painting!





#### **Bird Launcher**

#### **Materials Needed:**

- Film canister
- Alka-Seltzer tablets
- Water
- Optional: Markers and googly eyes for decorating

#### Instructions:

- 1. Decorate a film canister using markers and googly eyes to create your "bird" (this step is not required for launching, it's just more fun!)
  - Your canister will be placed on the ground upside down so make sure your bird is facing the right direction.
- 2. Place half of an Alka-Seltzer tablet in the canister and bring outside.
- 3. Pour water in the canister until it about half full, shake up quickly, and place on the ground upside down.
- 4. Stand back and watch the bird launch into the air!





