

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?



Preening = 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!

