



# MAKE A BIRD FEEDER AND A SIMPLE BIRD BATH



## Facts about birds and food in Winter

Winter is here and with all the bad weather, many of our birds need our help to stay alive. At this time of the year birds find it hard to find insects, worms, seeds, and berries. We can help by feeding the birds.

Let's make a bird feeder and fill it with seeds for our feathered friends.

## Equipment

- 500ml empty plastic bottle with cap
- Childs scissors
- Pencil
- Twine (50cm)
- Sunflower seeds

## How to make your bird feeder

1. Prod the bottle with your scissors to make several holes all around the bottle.
2. Make two holes opposite each other about a third of the way up the bottle.
3. Push the pencil through both of these holes . This will act as a perch for the birds.
4. Make two holes opposite each other near the top of the bottle.
5. Thread the twine through the two holes. Make a loop to hang off a branch of a tree.
6. Fill the bottle with the sunflower seeds and put the lid on the bottle. You can also fill the bottle with peanuts (*not dry roasted or salted peanuts*)



### Well done, this is your bird feeder.

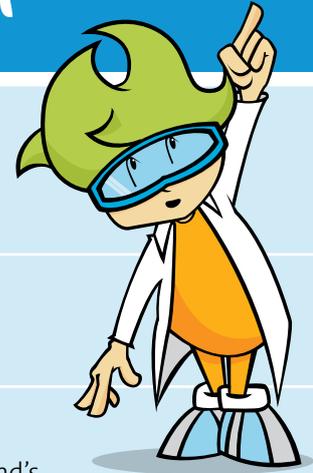
Hang your bird feeder on a tree where you can view the birds from your house. Make sure to hang the bird feeder out of reach of any cats! Be patient, it may take the birds a couple of days to start eating from your feeder. Enjoy watching the birds feed. Expect to see birds like Chaffinches, Bluetits and Sparrows feed from your hanging feeder.

## Facts about birds and water in Winter

Every day we all drink water and use it to wash ourselves with. Like us ,to stay healthy birds need water to drink. Birds also need water to bathe in. Birds must keep their feathers clean in order to keep them warm in winter. During cold weather birds fluff up their feathers. By doing this they trap air which helps to keep them warm. Sometimes during the Winter puddles frozen over, so birds find it hard to get enough water.



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How can we help?

Fill a soup bowl, upturned dustbin cover or flowerpot base with water. This is ideal for birds to drink from and bathe in. Keep the water clean and fresh to avoid disease.

Hygiene

Wear gloves when cleaning water containers. Always wash your hands when you finish.

Challenge

Keep a family diary for a month noting the kind and number of each type of bird observed in your garden. Encourage a friend's family to do the same. Compare your results. Bird Watch Ireland have a photograph of the twenty most common birds found in Irish gardens. Go to [www.birdwatchireland.ie](http://www.birdwatchireland.ie)

Joke

**Why is the sky so high?**  
**So birds won't bump their heads.**

