



# This week's theme is: BIRDS & RESILIENCE



### Bird Watching

We put out every kind of seed  
to watch small birds come flutter-feed.

Blue Jays  
Robins  
Chickadees  
flutter in from nearby trees.

They swiftly snatch a morning snack.  
One flies away.

One flies back.

We sit a while.  
We guess bird names.  
We look them up.  
We watch bird games.

They dip. They soar.  
They dart right by.

We wonder how it feels to fly.

© Amy Ludwig VanDerwater

I came across this lovely poem (left) by Amy Ludwig VanDerwater and thought it was perfect to share with you.

Why don't you write a poem about the birds that you can see out of your window or in the garden? Or in your imagination? Or make up a silly rhyme or write a short story?

We have a wonderful array of birds in this country, but look up some of those in other countries far away. How are they different - what do they eat, where do they live, what funny names have they got?



### BIRD SONG RADIO!

I know, sounds crazy but there really is such a thing...Head over to [rspb.org.uk](http://rspb.org.uk) and search 'Bird Song Radio'. You can listen to live streamed bird song whenever you like. There are a whole load of fun activities, games, audio stories and facts on this site - go explore!

Or go to Radio 4's Tweet of the Day and you can not only learn the bird calls, but also many interesting facts about a multitude of our feathery friends.

The Dove is the symbol of Peace. What Other birds Symbolise something to you?

Ever heard of the Birdy Song? An 80s Classic. Look it up on YouTube and get boogeying - make up your own routine...you'll have the tune stuck in your head for days!!



#CreativeKidsOfChippy

### GIVE IT A GO!

Look at these fabulous birdy creations. Be inspired and make some of your own tweety pals. Let your imaginations fly free!

You could invent your own type of bird and write a fact file for it!  
Or imagine what it would feel like to learn to fly and draw a cartoon of you trying!



WHAT CAN WE LEARN FROM BIRDS?

**Be confident.**

Birds learn to trust themselves before they take off in the sky. So have faith in your abilities and know that you will find a warm current to soar in.

**Let your colours shine.**

Different birds have hundreds of different hues. Be bright and make sure you aren't hiding what makes you one-of-a-kind, what makes you YOU!

**Show up early and often.**

The legendary early bird gets the worm for a reason. SO find something worth showing up for, and then show up every day.

**Go with the seasons.**

Birds thrive despite changes in their environment. Be fluid and go with the flow, trusting your ability to always find a branch to land on.

**Flock together.**

Birds seek strength and sustenance from one another. Keep friends and family close by as you navigate the days.

**Be resilient**

Think about those little birds that fly for miles and miles in migration, or go back and forth finding twigs for a nest. These feathery friends are the perfect example of resilience. Small and vulnerable but persistent and strong.

**Spread your wings.**

Eventually, all birds must leave the safety of the nest and become what and who they are meant to be. So trust - don't fear failing or falling, that is how little birds learn. Go for it!

**Spread your wings and FLY!!**

[www.stmaryscnorton.com](http://www.stmaryscnorton.com)

Staying Connected, Staying Well



#CreativeKidsOfChippy  
@creatingspace.chippy

DID YOU KNOW...?  
Aircraft Engineers,  
Researchers and  
Scientists look to birds  
for  
ideas and inspiration.  
From how they fly in a  
V-formation and their  
ability to hover to their  
beaks and talons these  
fascinating creatures  
have so much to teach  
us..



**Resilience & why it is important:**

- Bouncing back after difficult times (like a bouncy ball - let the one included in this Bag remind you of this when you play with it!!)
- Dealing with challenges & still holding your head up high.
- Giving things a go & trying your best.
- Bending like a tree in the wind - being strong on the inside and coping with what life throws at us!
- None of these things are easy and they are skills we learn as we grow. But each and every one of us humans has the ability to be resilient and this current situation will help us all blossom in this way if we let it.

Talk to your adults about what RESILIENCE means to you & look out for more ideas and tools over the coming weeks here & online.

Find us online!