

## Make your own Bird Feeder

Now that Winter is here why not make your own bird feeder to help the birds find food during these colder months. Available food will encourage birds into your garden so you can enjoy seeing all the wonderful different visitors.

### You will need:-

- An empty egg box
- String
- Sunflower seeds
- String
- **Scissors**

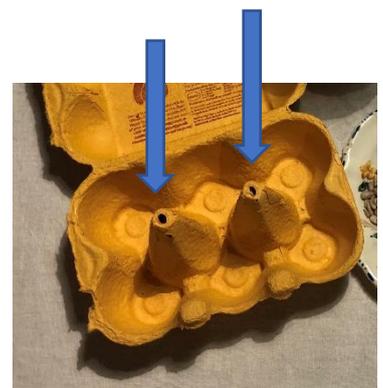
*This version of a bird feeder has been chosen because there's no cutting sharp plastic. As it is cardboard it will not be as durable as plastic alternatives. I have put a picture of a plastic version at the end of this card if you would prefer to try this.*



### To make your bird feeder:-

- Cut off the top of your egg box to leave you with the bottom section. Recycle the discarded top.

- Check to see if your egg box has two tall 'chimneys' in the middle of your box and if they already have holes in them. If not, you will need to make holes carefully using your scissors – please ask a grown up to help you with this.



- Cut a long piece of string and feed one end through one of the chimney holes. N.B. You can always cut off left over string so make the piece long as there needs to be enough room to hang your box so the birds can perch easily.

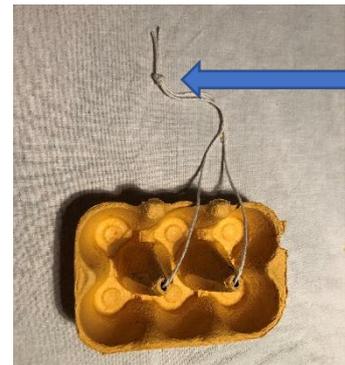


Postivity Empowerment Awareness

- From the bottom of the box feed the other end of the string through the other hole so the bottom of your box looks like this:



- Turn your box over and make sure you have enough string to be able to hang your box so the birds can perch on the box, tie the two ends of the string together in a double knot.



- Fill your box with sunflower seeds.



- Find a suitable branch on a tree or bush strong enough so it wont break and hang your bird feeder.





Postivity Empowerment Awareness

Remember it will take a few days for the birds to feel confident to come and visit so don't worry if no-one comes straight away!  
Hang your feeder near a fence or the house so big birds won't frighten the smaller birds away.

Why not start your bird watching journal, recording all the visitors to your feeder.

How many different birds do you see?

Wellbeing benefit:

This activity encourages our child's interest in the world around them and the enjoyment of engaging with nature and birds, realising how much there is to see from our own window.

Exploring nature and the natural world helps to boost our happiness connecting with what is happening around us, the beauty and wonder of nature. This also helps to widen our focus away from our thoughts and worries whilst improving our observation skills and interests.

You may like to try this alternative (more durable) to make your bird feeder, using a plastic bottle:-

