



15 minute bird watch. A fun and calming activity to help us connect with nature during unusual times.

What you will need:

- A window with some sort of view, garden or open space which you can access without leaving home
- A pen and a piece of paper
- 15 minutes spare time
- Optional: a camera, binoculars or mobile phone to help spotting and capturing images

Why now:

Now is a good time to spot some birds. During Spring a lot of our garden birds are busy, particularly at the moment when many of them are settling down, looking for a territory and finding a mate. Some, such as blackbirds, Wood Pigeons and robins may even already have eggs or young chicks. Also most of us are now at home and might need to find activities to give us purpose or distraction to help our wellbeing.

Setting aside 15 minutes of time to focus on an activity is helpful as it brings us back to the present moment. Being curious and watching the natural world go by are relaxing and mindful activities.

See how many birds you can spot?

It doesn't matter whether you know which species they are although you could use the RSPB bird identifier here to help try [Bird Identifier | British Garden Birds and Many More](#) or do a bit of research to help find out by reading up and looking at pictures [Birds A- Z | Bird Guides](#) , but really its as much about spotting, watching and marvelling at them as identifying them at this stage. Having a guess is absolutely fine and its fun to see if your guess was right. You can take photos or have a go at describing their appearance.

This is also a good activity to do with children, however you might want to adjust the time taken to suit.

Recording what you see

You can use this table on the next page to keep a record of what you see by printing it out, making a copy and saving it to your device or you can replicate this on a piece of paper. You can find out how to make a copy of this document by using the instructions below

Saving a copy of this document to use the table to record what you see

PC:

1. In the menu, click File > Make a copy.
2. Type a name and choose where to save it.
If you want to copy comments from a document, spreadsheet, or presentation, click Copy comments and suggestions. You can choose to include resolved comments and suggestions in your new copy.
3. Click Ok.

Android:

1. On your Android phone or tablet, open the Google [Docs](#), [Sheets](#), or [Slides](#) app.
2. Next to the name of the document you want to copy, tap More  .
3. Tap Make a copy .
4. Enter a title and choose where to save it.
5. Tap Ok.

iOS:

1. On your iPhone or iPad, open the Google [Docs](#), [Sheets](#), or [Slides](#) app.
2. On the file you want to copy, tap More .
3. Tap Make a copy . The copy will open in the app.

You can open a copy of just the record sheet to print or copy by clicking [Blank birdwatching template](#)

Bird watching record sheet

Day :

Time:

Location:

Species (have a guess if unsure)	Number seen	What were they doing? (eg flying, feeding, nesting, sitting)	What did you take notice of? (e.g. how they fly, what they look like, birdsong?)

How can I share what I have observed?

Although classes aren't running at the moment the tutors including myself are still quite active on social media. If you are on Facebook you can check out what we are up to on <https://www.facebook.com/Positivemindsbd/> and share what you observed there or if twitter is more your thing we are there too at <https://twitter.com/positivemindsbd>

Finally, you can always email me at chris.truckle@blackburn.gov.uk I would love to hear what you have observed.

What can i do next?

1. If you have enjoyed the activity then you can always repeat it. I have tried different times of day and noticed different birds around at certain times. You could also extend it in the coming weeks to what insects are around as well
2. There are lots of online things going on. On facebook, Chris Packham has organised a [The Self Isolating Bird Club Public Group](#) which has some great live and recorded content. Our local Lancashire Wildlife trust have also been blogging and coming up with some great ideas [Myplace - Home](#)
3. Look out for nature documentaries online or on tv. Learning more about the world around us can be soothing particularly at the moment.
4. Check out:
 - a. [Wildlife Webcams](#)
 - b. [Bird Song Identification: Songs and Calls](#)
 - c. [19 common British birds in your garden](#)
5. Tell us what else you would like? Email me or message me on facebook or twitter and let me know if you would like us to come up with more things we can do?

Email me at chris.truckle@blackburn.gov.uk or contact me at <https://www.facebook.com/Positivemindsbd/> or <https://twitter.com/positivemindsbd>