

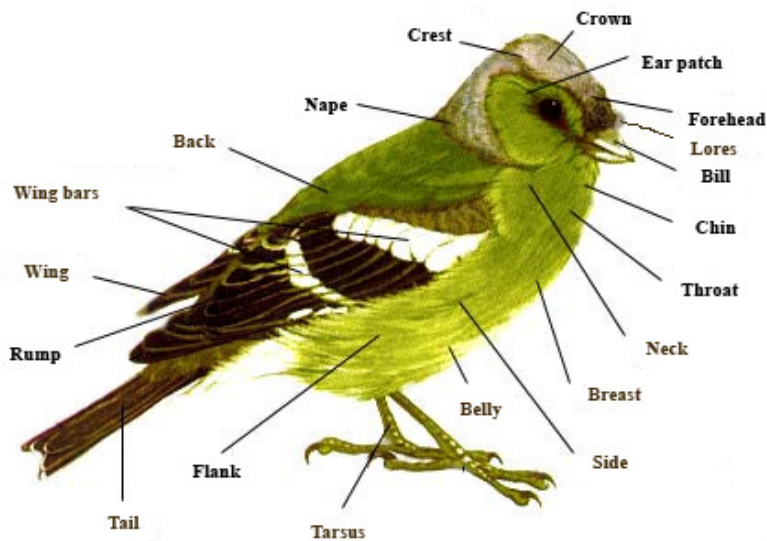


What in the Bird? *Basic Beginner Birding*

Birding is something that anyone can do from anywhere—so why not start in your backyard? With just a few simple tools, you can get started on an activity that increases connections with the outdoors, patience and power of observation.

Start by making a list of the birds you know and see in your yard. Use the internet or a field guide to birds to help you identify males from females, key features, even songs. Birds can be hard to see, but they can often be heard.

Once you know the birds in your backyard, go to a nearby pond and learn some of the birds there. Birds that live on or near the water are often easy to see wading along the shore or swimming in a lake or pond.



Things You Need

- **Binoculars**
- **Field guide to birds**



Ask A Naturalist

Learn to talk to the birds! Birders use a special language to talk to the birds that they are trying to see. This language is called “pishing”. Simply use a voice that is slightly louder than conversation level, and repeat the sound “pish” in a slow, even tempo three to five times. Wait and watch for birds coming in to see what’s making that noise. Try to stay still and move slowly if you need to turn, raise your binoculars, etc.

Have you found any new birds? Try keeping a birding journal!