



Dear Teacher,

Thank you for signing up for “Bountiful Birds” at the Lost Valley Visitor Center in Glacial Park. This new visitor center is located in the heart of Glacial Park. Follow the signs from the Harts Rd. entrance to get to the visitor center. If you need further instructions on how to get here please contact us at 815-678-4532. In the event of inclement weather on the day of your field trip, please call us to discuss the day’s plans.

Please make sure that all teachers and chaperones attending the field trip are aware of the following information:

1. The field trip will begin at the Lost Valley Visitor Center with a 45 minute indoor presentation on bird habitats, bird adaptations and bird songs. The group will then break into two classes for a 2 hour hike to explore the bog, marsh, prairie, and savanna ecosystems and the birds that inhabit these systems. The hike is organized so there is plenty of time for exploration and quiet observation of animals in their habitats. The groups will eat lunch on the trail. **All students are required to carry their own lunches on the trail.** The groups will board the busses after the hike.
2. Teachers, chaperones, and students should dress for the weather including appropriate footwear for hiking over hilly terrain. Spring weather is variable and while it may feel warm at school, Glacial Park tends to be windy and cooler because of the hills.
3. Encourage everyone to bring a waste-free lunch! Pack lunches in insulated containers and include items that can be eaten in their entirety, recycled or composted. Examples are whole fruits and vegetables, drinks in reusable bottles, snacks purchased in bulk and brought in a reusable container, cloth napkins, and reusable ice packs. For additional information on reducing waste visit www.epa.gov/epawaste/wycd/index.htm.
4. Background information as well as pre and post-trip activities are available for this and all McHenry County Conservation District school field trips in your choice of format. Completion of the activities ensures a more successful learning experience for your students.
 - Download information from our website at www.mccdistrct.org; click on the Education tab.
 - Request that information be sent to your email or school address (call Kim Compton or Brian Carroll at 815-678-4532)

Again, we thank you for your interest in the McHenry County Conservation District. We are looking forward to a day of fun and learning with your class. Should you have any questions, please feel free to call us at 815-678-4532.

Sincerely,

Handwritten signatures of Kim Compton and Brian Carroll in black ink.

Kim Compton and Brian Carroll
Lost Valley Visitor Center Education Program Staff



1. Name of your bird. _____
2. Draw a picture of your bird on the back of this sheet.
3. Describe your bird's habitat. _____

4. What does your bird eat? _____

5. What kind of nest does it build or use? _____

6. Draw a picture of the nest. _____
7. Where does your bird usually build its nest? _____

8. What time of year does your bird nest? _____
9. How many eggs does it lay? _____
10. Draw a picture of the eggs. _____

Spring Bird Songs at Glacial Park - Grades 2-5

Male birds sing in the spring because they are trying to defend their territory. They are trying to let all the other males know that they are in charge of a specific area. Female birds are attracted to the males that sing the best and have big territories. Birds also have loud alarm cries and other short calls that are warnings to other birds.

Every kind of bird has their own song and if you know the song then you recognize the bird. Remembering what birds sing is difficult to do, so people have used their own words to represent what birds might be "saying." Look at the examples below. When you come on your field trip, try making up your own words to bird songs to help you remember which bird is singing which song. You can write your words on the line below the bird.

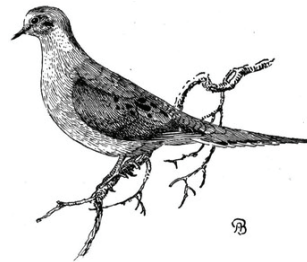
Black-capped Chickadee-
"chick-a-dee-dee-dee" or
"fee bee"



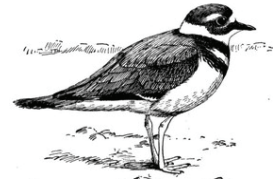
Northern Cardinal-
"Cheer, cheer, cheer!" &
"purty-purty-purty"



Mourning Dove-
"hooo-ah-hoo-hoo-hoo"



Killdeer-
"kill-deeer" & "kee-dee,
kee-dee, kee-dee"



White-breasted Nuthatch-
"yank, yank, yank"



Red-winged Blackbird-
"Konk-la-ree"



American Goldfinch-
"potato chip—potato chip"



American Coot-
"ka-ha,ka-ha" & "kuh-uk,
kuh-uk!"



American Robin-
"Cheerio cheery me cheery
me"



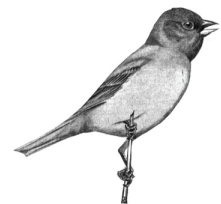
Blue Jay-
"fee-der-de-lurp" &
"queedle, queedle,
queedle" & "jay-jay-jay"



Eastern Meadowlark-
"spring of the year"



Indigo Bunting-
"fire, fire; where? where?;
here, here; see it, see it."



Create Your Own Bird Field Guide For Grades 2-5

People who study birds are called ornithologists. Famous ornithologists like John James Audubon and Roger Tory Peterson have written books called field guides to help others learn more about birds too. Each kind of bird, or bird species, looks different than another so it is important to look closely for what makes each bird stand out.

Pre Trip: Look at some field guides or on the internet to get an idea of the different things that are important to look for such as shape, color, beak size, tail, and feet. These differences are called “field marks.”

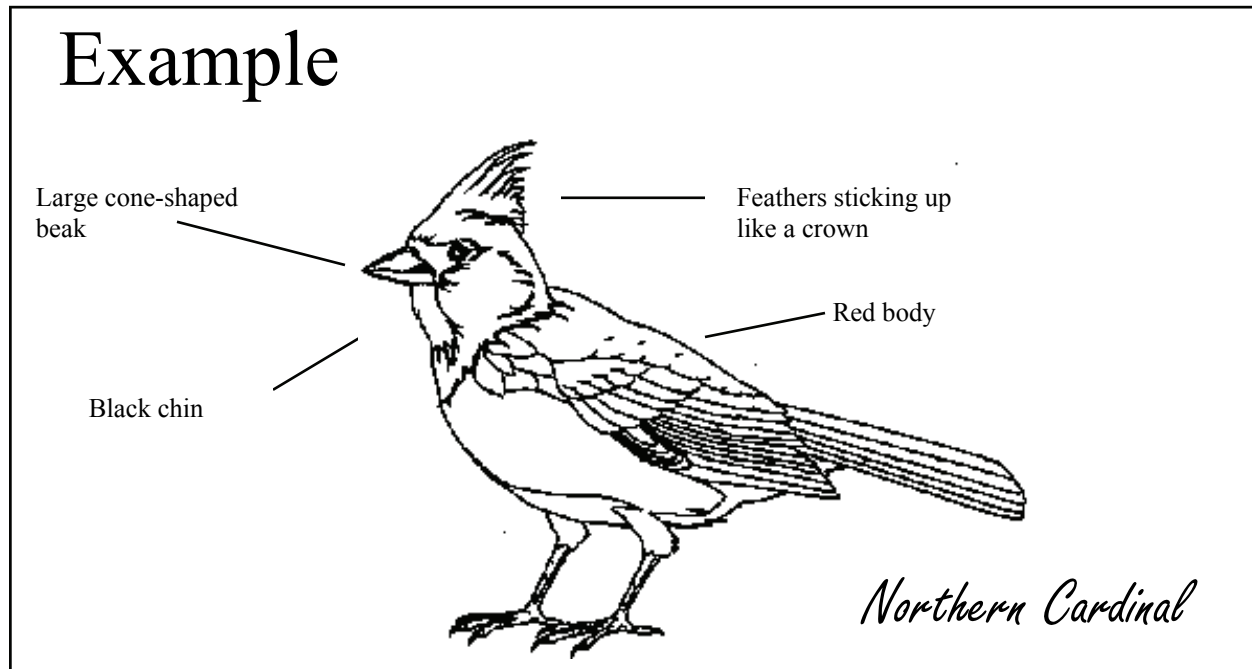
- Make your own field guide by putting at least 5 pieces of white paper together. Fold the paper in half and then poke 2-3 holes through the fold. Use string to go through the holes and tie the paper together.
- When you go out into the field, (Glacial Park) bring your own field guide along and draw what you see, especially look for differences!

Post Trip: Look up the birds you saw in a book or on the internet and then label the bird parts that help you remember what bird it is. At the **BioDiversity** website you can type in your birds’ field marks and it will help you to identify your bird.

- **BioDiversity Institute: Field Guide to Birds** @ <http://www.bdi.org/Birdkey/BirdFrameset.cfm>

To learn more about the birds that migrate in this area visit:

- **A Bird’s Eye View of the Migratory Bird Route, Birds of Chicago** @ http://www.cityofchicago.org/Environment/BirdMigration/sub/birds_of_chicago.html



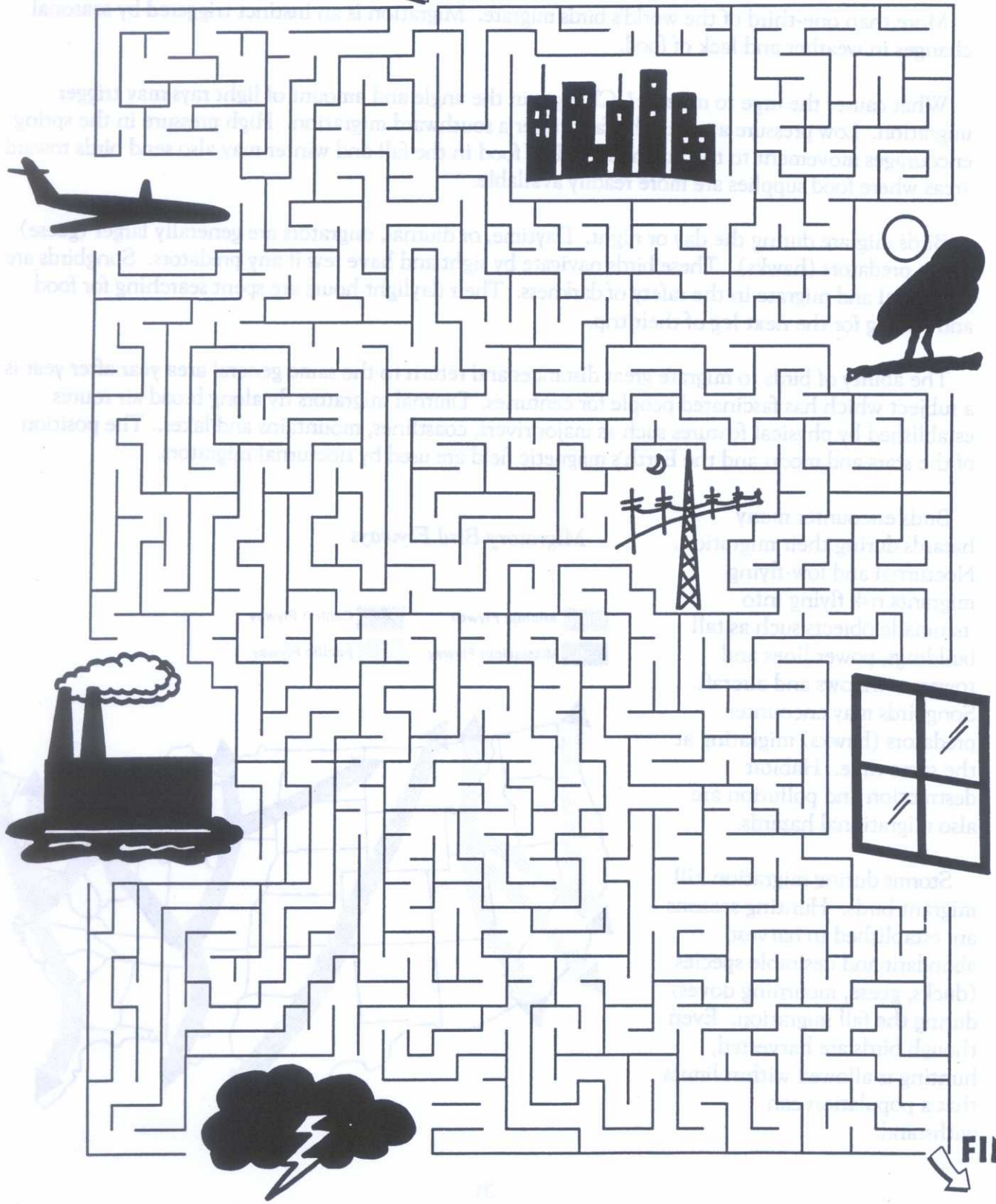
Migration Maze

When birds migrate great distances there are many natural and man-made obstacles in their path. Can you find your way from start to finish and avoid the hazards along the way?



**Illinois Birds
Activity Page**

START



FINISH

Why Do Birds Migrate?

Birds like hawks, hummingbirds, ducks and warblers migrate between places so that they can find food or a good place to raise their young. They travel to warmer wintering grounds in the winter and back to breeding grounds in the spring. Sometimes that distance is over thousands of miles away!

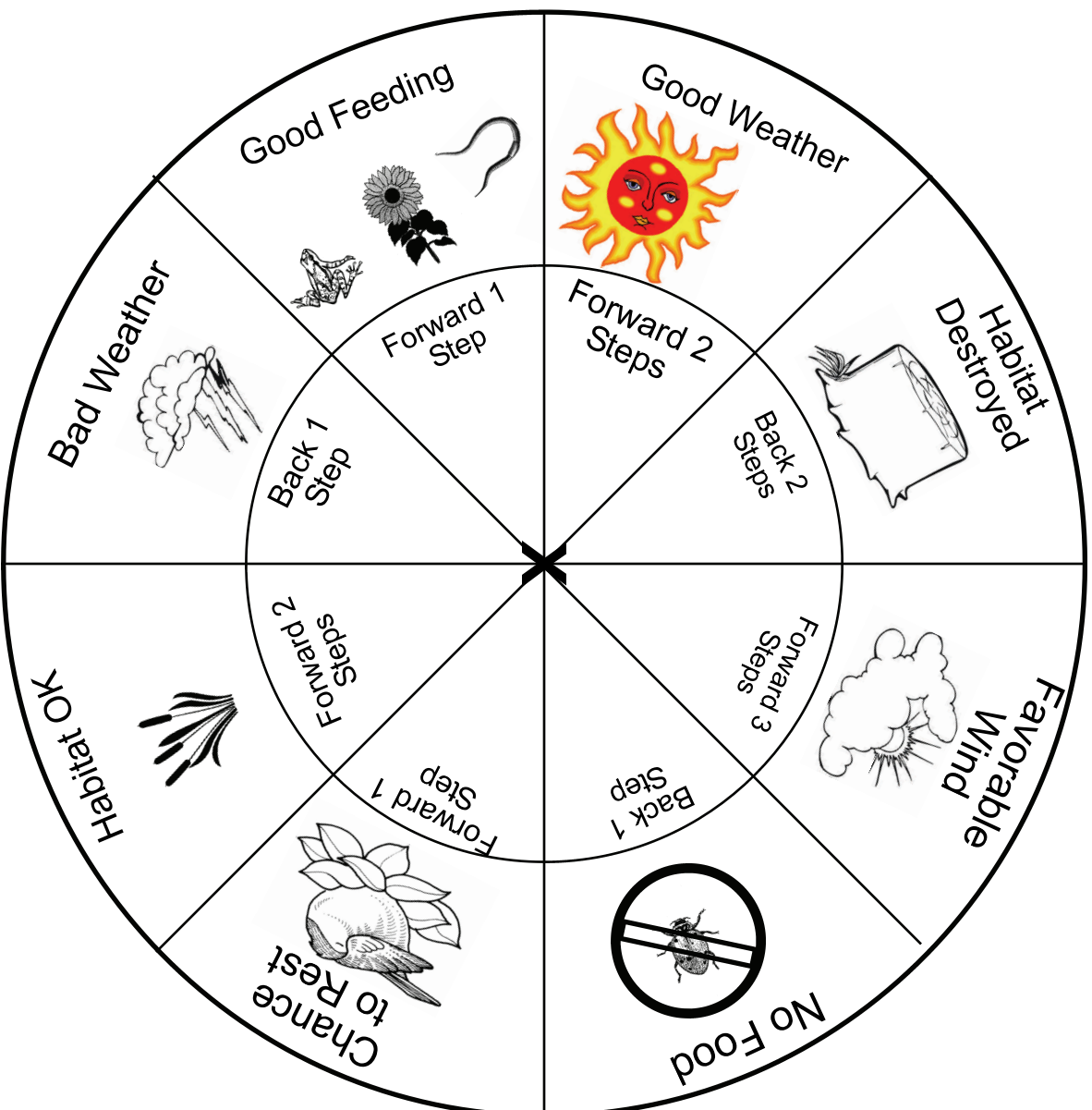
Birds that migrate to their breeding grounds can find space to raise their young. Many birds need special places to raise their babies. For example, yellow-headed blackbirds need deep water marshes so that predators can't get to the nest.

When seasons change, the conditions in the environment change. The weather could become very cold or very dry. These seasonal changes also have an effect on the different kinds of food that birds eat. Dry weather might mean less fruit and seeds to eat and cold weather might mean fewer insects or other animals to eat. Birds are forced to move to a new place where they can find more food.

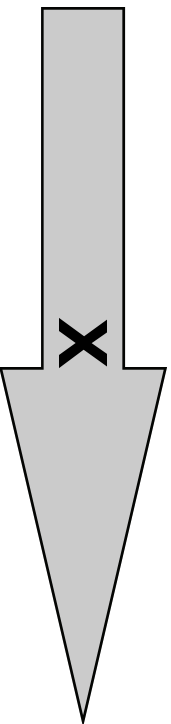
Birds use many different techniques to travel long distances. Many fly at night using the stars as a guide, some follow landmarks such as rivers and mountains, and others might even sense the earth's magnetic field. Scientists still aren't sure which techniques most birds use, but they know that some birds combine ways to fly amazing distances.

As birds migrate to wintering grounds or breeding grounds they face many challenges. Flying long distances takes a lot of energy, so they need to eat a lot of food. There are many obstacles such as bad weather, deforestation, man-made buildings and power lines, and predators.

Follow the directions on page 2 and use the wheel and map to become a migrating bird. See if you can survive the migration north!



Color the dial first then cut it out along with the arrow. Paste both pieces to the same size paperboard such as from a cereal box. Punch a hole through the center of the dial and the arrow. Use a paper clip or brad to secure the two pieces together.

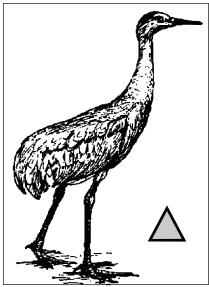


Bird Migration Routes

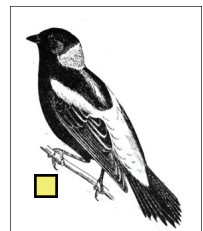
(you may want to enlarge this page to 11x17 prior to playing the game)

In this game, pretend that you are a migrating bird. Place your player (button or dime) on step one. It takes eight steps to complete your migration north to breeding grounds from wintering grounds in the south. Each bird team or person will take turns spinning the dial to see how many steps to take. The first bird that makes it to step 8 wins the game!

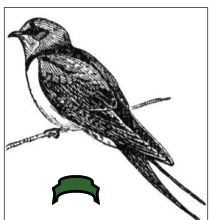
Extension: Research the birds to learn more about what they eat, how they build a nest, and what colors they are. Do a class presentation to share what you find.



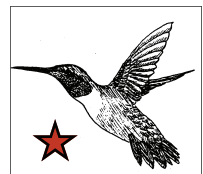
Sandhill Crane



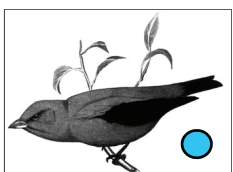
Bobolink



Barn Swallow



Ruby-throated Hummingbird



Scarlet Tanager

