

## Daily tips for Playful Learning at Home

### *Feed the birds*

There are lots of hungry birds about who would love some food. Helping them out is a great way for children to learn about nature, about nutrition, about how to make things, develop planning and motor skills – and lots of words and language too. And who knows what different birds might turn up!

Plus it really good for our wellbeing to care for other creatures – and relaxing to watch the birds

#### What do I need?

- See ingredients in “what do we do”
- A yogurt pot or similar
- Some string and a small stick
- Somewhere to hang your bird feeder

#### What do we do?

You will need to do most of the making work here, but your child will be able to help with some stages – let them watch and chat about what you are doing.

#### What will your child learn from this play?

- Planning skills
- Vocabulary
- Healthcare and nutrition
- Wellbeing and caring for others

#### *Ingredients*

Hard fats like lard or suet at room temperature, handful of bird seed, handful of unsalted peanuts, Grated cheese or raisins, Dry leftovers like oats, bread or mealworms.

#### *Method*

Turn yogurt pot upside down and make a hole in the bottom then thread some string so there is a length left at the top and at the bottom of the pot.

Cut cubes of lard (at room temperature) into a mixing bowl.

Add a handful of bird seed, peanuts, raisins, mealworms, bread into the lard. Using one-third fat to two-thirds mixture or until the fat holds the mixture together.

Tie a knot in the string at both ends of the yogurt pot. Add a small twig to the end of the string (perch for small bird 🐦 bird to sit on). Then add the mixture to the yogurt pot to the brim and place in the fridge for an hour or until the mixture is hard.

Finally cut away the yogurt pot and hang the bird feeder upside down with the perch at the bottom.



#### How can you take it further?

Count how many birds come to your feeder

Look up together what kinds of birds they are

Keep a tally of how many birds – show your child how to do this

**Play & talk together**  
**Be careful with too many questions**

**Pause and wait for your child to respond**  
**Copy what they say and add to it**