

PLAY WITH PURPOSE

Activity Guide



Encourage your kids to nurture the bird life outdoors. Setting up a bird café is a rewarding way for kids to attract and feed birds, putting scraps of leftover food to good use!

For this activity you will need to hunt around the home for:

- Containers from the recycling, such as plastic pots or large bottle caps
- Cookie cutters
- Tin foil
- Baking tray
- Long lengths of string
- Colourful wool or ribbon
- Mixing bowl
- 250g solid fat, such as suet
- Kitchen weighing scales
- Wooden spoon
- 250g food scraps, like stale bread or fruit peelings
- Saucepan
- 250g bird feed (available in supermarkets, pet shops or garden supply shops)
- Notepad and pen



GET READY

Now they're ready to get cooking. First, supervise kids as they carefully melt the fat in the saucepan. As soon as it's melted, remove it from the heat to let it cool (be sure to turn off the stove). When you're sure it's cool enough, kids can mix in the birdseed and scraps!

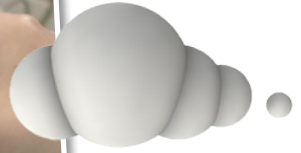
Kids can then lay out moulds flat on a baking tray. Any object that will hold the bird food mixture can be used – try cookie cutters, detergent bottle caps, even crazy shapes made from folded tin foil!

Then, kids can lay a loop or length of string into each mould and spoon the mixture in, before placing the moulds in the fridge to set overnight!

HAVE A GO

The next day, your young chefs are ready take their bird food dishes out of their moulds. Why don't they try pushing twigs or pencils into the dishes to add a perch for the birds to stand on?

Now they can find a good spot to hang them outside - in a garden... or on a balcony! If needed, give them a hand tying their bird café to branches or hanging flowerpots. If you don't have easy access to outdoor space near your home, is there a family member or friend's home where the kids could hang their café?



TRY IT OUT



Remind kids to watch each day to see which birds most enjoy their café. It may take a few days for local birds to discover their new restaurant, so be patient. Kids can observe how the birds behave and make a note of which foods they seem to like best.



They've done it! Now your kids have cooked up a storm in the Bird Cafe, why not try one of our other Play with Purpose activities?

Visit www.facebook.com/OMOAustralia

PLAY WITH PURPOSE

What will your kids learn?



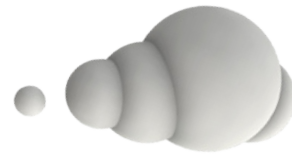
VALUES

CURIOSITY, DISCOVERY AND RESPONSIBILITY

As mums, we want our children to be curious and discover how to care for the natural world around them. Taking an interest in other creatures and having responsibility for looking after them can give children a greater respect for nature.

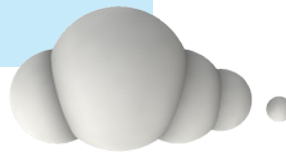
We also want kids to take responsibility for their actions and their world. When we allow kids to be self-reliant and take responsibility for other living things, it builds mutual trust and helps us all to become better stewards of nature. A self-reliant and responsible child will be better prepared to face the future with pride, integrity and self-respect.

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SHOW & SHARE

Kids can invite friends over to introduce their new bird customers, tell them about the different species and compare notes on the birds near each friend's own local area.



WHAT NEXT?

Encourage kids to make up new recipes for bird café dishes, using fun new moulds and experimenting with different food scraps to see what the birds enjoy most.

What kind of birds like which foods? What fruits and vegetables grow in each season that the birds might like to try? Do kids see different bird customers at the café as the seasons change?



CHILD DEVELOPMENT EXPERT DR BARBIE CLARKE SAYS:



"Mum's role in experiential play and nature exploration is to help children find the resources they need and learn enough to be careful stewards of nature, then stand back and let kids engage in their own way. Children learn a great amount from observing nature and animals in their local environment. If kids don't have quite as many bird customers as they'd hoped, encourage them to research and experiment to solve the problem! Most important of all, allow kids to take responsibility for their Bird Cafe themselves."