

[BEST FOR LAST]

# THE BIRDS OF SPRING



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*As spring approaches, so many pleasant images begin to stir—and many of them involve the birds that fly in our path. The chirping of birds perched on a nearby branch. The beautiful colors of their feathers. The new lives forming inside a nest. Spring can be a time to try out various mentally engaging activities with your loved one that involve our feathered friends, an opportunity to use all the season offers to foster conversation, stir up long-term memories and connect over a shared pastime.*

**Here are some activities involving the birds of spring:**

## Let's Talk About...

1. What are the different sounds that birds make?
2. Can you name some types of birds?
3. What is your favorite kind of bird?
4. Did you ever have a pet bird? What kind? What was its name?
5. What does the sound of birds singing in the spring make you think of?
6. Did you ever see a bird's nest? Could you see the eggs or chicks inside?

## Let's Try...

1. Making a bird feeder and hanging it outside the window. (You can get bird feeder kits at a crafts store.)
2. Stringing pretzels or cereal, such as Cheerios, and hanging it outside the window for the birds to eat.
3. Putting a large bowl with water outside the window for the birds to use as a bird bath.
4. Touching feathers and talking about how they feel on our hands and face and under our chins.
5. Taking a walk in the park or neighborhood, and looking and listening for different types of birds.
6. Visiting an aviary.
7. Listening to bird calls on a tape.
8. Looking at pictures in a bird-watching handbook.

*Adapted from "Through the Seasons: An Activity Book for Memory-Challenged Adults and Caregivers," written by Cynthia R. Green, Ph.D., and Joan Beloff, ACC, ALA (The Johns Hopkins University Press, 2008).*

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