

# Outdoor Explorers at Home

## Migration Magic

This week, in our Woodland Explorers session, we have been learning all about bird migration. To help continue your child's learning, and to do some outdoor exploring at home, try these ideas themed around bird migration.

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- **Save the Swifts** - Swifts visit the UK in May, June and July to breed and raise their young before returning to Africa. The number of swifts in the UK has decreased by over 50% since 1995, largely due to the loss of derelict buildings in which they nest. You can help by putting up a nest box designed specifically for swifts, or by logging swift sightings for the RSPB.
- **Migration Watch** - There are many places to see migrating birds. You might like to visit your local Wildfowl and Wetlands Centre, Wildlife Trust Reserve or RSPB Nature Reserve to spot wildfowl and other species arriving here in autumn. Talk to your child about the starting points around the world for these migrations and about why the birds have made such epic journeys.

## This Weeks Outdoor Explorer Tips

- Many birds fly thousands of kilometres during their migration. You can help them build up their reserves by putting some high energy bird food, such as suet balls in your garden.
- Autumn is the time to clean out any nest boxes that you might have in your garden in order to prevent diseases spreading between birds. Check that the nest box is not in use and remove old nesting material, wearing a mask and gloves.