

Watching for Birds

At the East End Lagoon and Nature Preserve



Are you ready to explore the trail at the East End Lagoon Nature Preserve (EEL) and look for birds? You might also see signs of birds like feathers, nests, and the pellets Matt pointed out in the bird video.

Here's what you will need:

- [Directions or a map](#) to the nature preserve
- Walking shoes
- Binoculars, if you have them
- Something to drink
- Sun protection
- Note pad and pencil
- A field guide for birds*

*Note: You can make your own field guide for the birds using the EEL Birds photo pages provided [here](#). The instructions for making a Field Guide or flip book can be found [here](#).

What to do:

- ! Walk along the trail at the **East End Lagoon Nature Preserve** just like Matt did in the bird video.
- To see the greatest variety of birds, try to visit the EEL Trail during times when the birds are most active: within an hour or two after dawn or in the evening before dusk.
- 👁 Find birds with just your eyes. Once you have spotted a bird, you can use binoculars to get a closer look.
- 💡 Listen for bird calls. Often you will hear a bird before you see it, so be patient and quiet while you observe.
- 📝 Draw or write notes about the birds you see. If you know the name of the bird, jot that down. If not, record what you notice about the bird. Size? Color? Behavior?

When you return to your home or classroom, take some time to remember your walk at the nature preserve. Draw or paint that memory. Or write a story or poem with words that remind you of your time exploring the East End Lagoon.

You are invited to share your artwork or writing by posting it on the [East End Lagoon Nature Preserve](#) Facebook page.