

Bird Olympics Directions

Each station printable has instructions written on them. There are five stations in total, each represents a different skill/adaptation and highlights a different bird species.

Bald Eagle Station:

- Bald Eagle have a wingspan of 7-9 feet. Why would some birds, like the Bald Eagle, need a large wingspan?
 - The large wingspan aids in flight during long migrations. With the long wingspan, Bald Eagle are able to soar for long periods of time without expending any energy. In comparison, ducks, with a much smaller wingspan, have to flap continuously to stay off the ground.
- Activity: Measure your wingspan and compare it to the list of wingspans provided. Use a tape measure to find the distance from fingertip to fingertip.

Great Blue Heron Station:

- Great Blue Heron can stand on one foot for hours while sleeping. Why do you think Great Blue Heron would do such a bizarre thing?
 - Feathers keep birds warm and insulated. However, the legs of a Great Blue Heron are featherless and lose a lot of heat while standing. By tucking one leg up close to its feathered body, it can keep at least one leg warm.
- Activity: Stand on one foot with your eyes closed like a Great Blue Heron. No jumping or changing feet!

Great-horned Owl Station:

- Great-horned owl can stare for hours without blinking. Why would Great-horned Owl need to stare for so long?
 - Great-horned Owl are nocturnal and hunt for prey during the night. Because of the darkness, Great-horned owl need to stay alert in order to locate prey, which is typically a small mammal. They also need to take advantage of minimal light at night.
- Activity: Take turns being the staring owl and see how long you can go without blinking. Remember, owls keep their eyes open all the way when staring.

Ruby-throated Hummingbird Station:

- In 10 seconds a Ruby-throated Hummingbird can flap its wings 700 times. Why would a hummingbird need to flap its wings so fast?
 - Hummingbirds typically feed on the nectar of flowers. The ability to hover and flap its wings at an astonishing rate allows the hummingbird to enter a flower and feed on its nectar.
- Activity: Let's pretend you're a hummingbird. How many times can you flap your wings in 10 seconds? Remember, a hummingbird's wing is the equivalent of your entire arm, not just elbow or wrist to hand, swing your full "wing."

Peregrine Falcon Station:

- A Peregrine Falcon can fly up to 200 miles per hour in a dive! Why would a Peregrine Falcon need to fly so fast?
 - Peregrine Falcons are large powerful birds and use their amazing speed to pursue, attack, and seize quick moving prey, such as jackrabbits and other small mammals.
- Activity: Compare your sprint speed to the flight speed of a Peregrine Falcon. Sprint as fast as you can 20 yards and time how long it takes. Then use the conversion chart to miles per hour.

Bird Olympics Supplies

- Station directions
- Bird photos for each station
- Data sheets for participants & something to write with
- Stopwatches (4-6)
- Tape measure
- Cones or something to mark running distance