

BIRD



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Activities:

Wake the Little Birds (Warm-Up & Regulation)

Song: Tweet, Tweet, Little Bird

Swimmer's:

- Small arm flaps on the water
- Gentle body sway
- Pauses to "listen" for the birds

Flying Through the Sky (Movement & Balance)

Song: Fly, Fly, Fly So High

Swimmer's:

- Arms out wide like wings
- Travel forwards with support
- Short glides between pauses

Decorate the Bird (Targeting & Control)

Play mat: Decorate the Bird

Equipment: Craft foam feather shapes (template provided)

The swimmer:

- Travel to collect one feather
- Return and place it on the bird mat
- Repeat with choice of colour

Build the Nest (Travel & Return)

Play mat: Decorate the Nest

Equipment: Eggs or round floating toys

The swimmer:

- Travel to collect an egg
- Return to the nest
- Place carefully on the mat



Perch, Rest, and Listen (Regulation Reset)

Song: If You're a Bird and You Know It (slow verses)

Swimmer's:

- Hold onto pool edge or mat
- Small controlled movements
- Blowing bubbles on cue

Owl at Night (Sensory & Observation)

Play mat: Decorate the Owl

Equipment: Darker feather shapes

Swimmer's:

- Choose darker feathers
- Slow travel
- Place feathers carefully



Tweet, Tweet, Little Bird

TUNE: "TWINKLE, TWINKLE"

Tweet, tweet, little bird,
Singing songs that I have heard.
In the trees and skies so blue,
Sharing melodies with you.
Tweet, tweet, little bird,
Your sweet chirps are just preferred.

Perched upon the tallest tree,
Singing soft and wild and free.
Morning sun or twilight glow,
Your bright tunes just steal the show.
Tweet, tweet, little bird,
Nature's notes, so finely stirred.

In the spring, your songs are new,
Welcoming the morning dew.
From the meadow to the nest,
Every tune is sung with zest.
Tweet, tweet, little bird,
All your tunes are overheard.





In the Forest, Birds Sing Loud

TUNE: OLD MACDONALD

In the forest, the birds sing loud,
Oh, what joy we have found!
With a chirp-chirp here,
And a chirp-chirp there,
Here a chirp, there a chirp,
Everywhere a chirp-chirp!
In the forest, the birds sing loud,
Oh, what joy we have found!

From the meadow to the hill,
Birds are singing still!
With a flap-flap here,
And a flap-flap there,
Here a flap, there a flap,
Everywhere a flap-flap!
From the meadow to the hill,
Birds are singing still!



See the robin in the tree,
Oh, what joy to see!
With a hop-hop here,
And a hop-hop there,
Here a hop, there a hop,
Everywhere a hop-hop!
See the robin in the tree,
Oh, what joy to see!

Listen to the black bird call,
Oh, we hear them all!
With a cheep-cheep here,
And a cheep-cheep there,
Here a cheep, there a cheep,
Everywhere a cheep-cheep!
Listen to the black bird call,
Oh, we hear them all!





Fly , Fly , Fly So High

TUNE: ROW, ROW, ROW YOUR BOAT

Fly, fly, fly so high,
Soaring through the air,
Flapping wings and joyful songs,
Singing everywhere.

Perch, perch, perch up high,
Resting in the trees,
Building nests and feeding chicks,
Living life with ease.

Sing, sing, sing your song,
Melodies so sweet,
Calling out to all around,
Nature's finest treat.

Soar, soar, soar away,
Through the sky you glide,
Carried by the gentle breeze,
With the world so wide.





If You're a Bird and You Know It

TUNE: IF YOU'RE HAPPY

If you're a bird and you know it, flap your wings!

(Splash hands)

If you're a bird and you know it, flap your wings!

If you're a bird and you know it,

And you really want to show it,

If you're a bird and you know it, flap your wings!

If you're a bird and you know it, chirp a song!

(Blow bubbles!)

If you're a bird and you know it, chirp a song!

If you're a bird and you know it,

And you really want to show it,

If you're a bird and you know it, chirp a song!

If you're a bird and you know it, build a nest!

(Kick feet)

If you're a bird and you know it, build a nest!

If you're a bird and you know it,

And you really want to show it,

If you're a bird and you know it, build a nest!



If you're a bird and you know it, spread your wings!

(Swim in around)

If you're a bird and you know it, spread your wings!

If you're a bird and you know it,

And you really want to show it,

If you're a bird and you know it, spread your wings!



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The Birds in the Sky

TUNE: THE WHEELS ON THE BUS

The birds in the sky go flap, flap, flap,
Flap, flap, flap, flap, flap, flap,
The birds in the sky go flap, flap, flap,
All day long.

The owls at night go hoot, hoot, hoot,
Hoot, hoot, hoot, hoot, hoot, hoot,
The owls at night go hoot, hoot, hoot,
All night long.

The robins in the trees go tweet, tweet, tweet,
Tweet, tweet, tweet, tweet, tweet, tweet,
The robins in the trees go tweet, tweet, tweet,
All day long.

The birds on the ground go hop, hop, hop,
Hop, hop, hop, hop, hop, hop,
The birds on the ground go hop, hop, hop,
All day long.



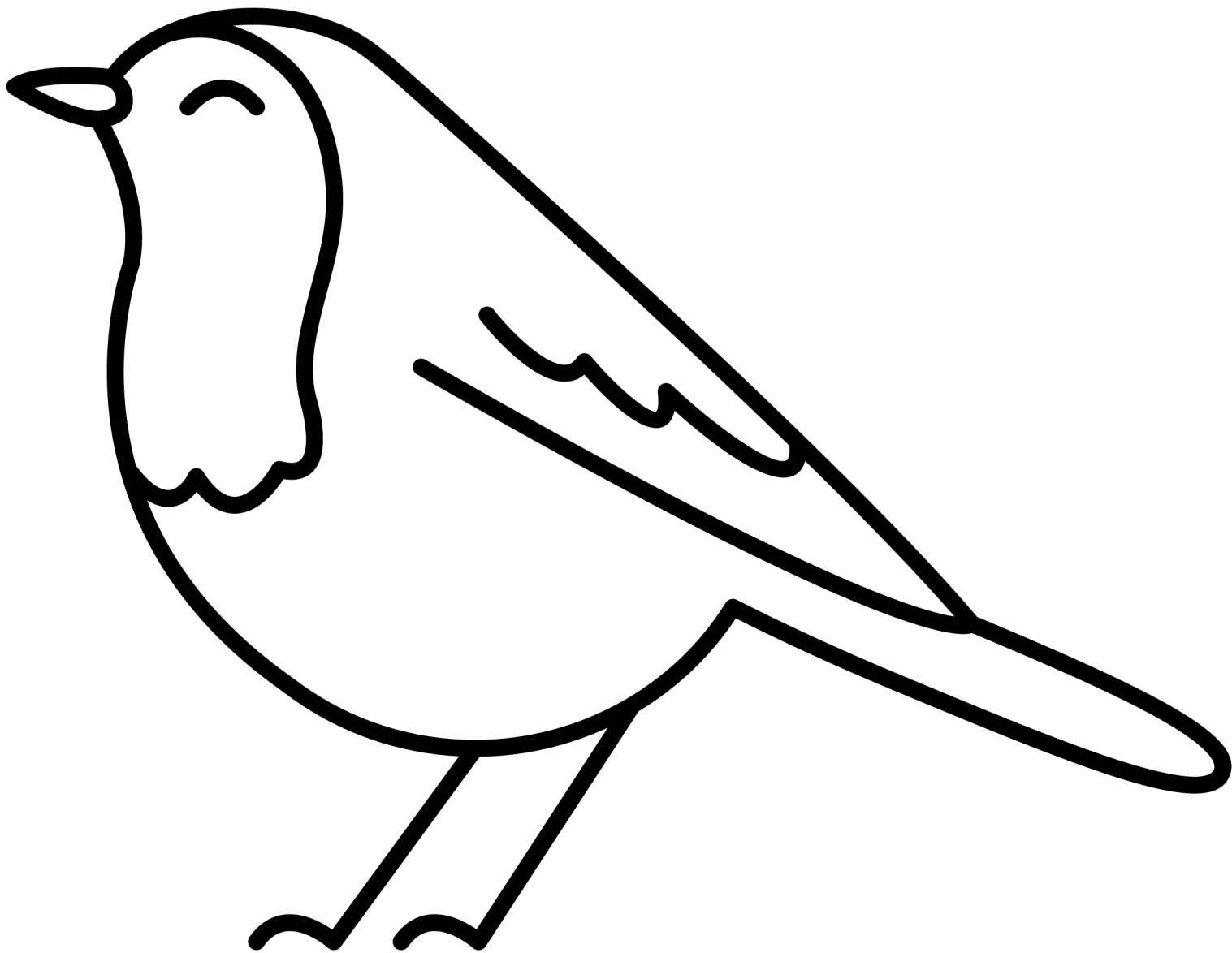
Decorate the Nest

Collect the eggs to fill the nest



Decorate the Bird

Add the colourful craft foam feather shapes



Decorate the Owl

Add the different shades of brown and black craft foam feather shapes



Template

**Print on card & cut out to use as a
template for different coloured craft
foam**

