

Birdwatching

Look outside and let the vibrant world of birds invigorate your spirit.

Description:

If you're seeking a brief respite from the pressures weighing on your mind, explore the powers of birdwatching. This tranquil activity entails observing birds in their natural habitats—a soothing experience readily available from your window or just a step outdoors. It's an excellent way to reconnect with nature, awakening feelings of curiosity, and exploration, even within the confines of your own backyard. Beyond the immediate joy that you will experience, improving your mood, it also helps cultivate a love for the environment, insights into diverse ecosystems, and who knows, an introduction to a community of fellow enthusiasts.

Depending on your location, you can indulge in moments or hours of spotting these feathered friends.

Goals:

Physical (mobility); Cognitive (focus, new skills & vocabulary); Sensory stimulation (sight, hearing); Emotional (enhances spiritual connection & observation); entertaining; promotes social interactions; and relaxation.

Step-by-Step Process:

1. **Indoors:** Find a quiet spot near a window, preferably overlooking a garden or tree. **Outdoors:** Choose a serene location like a backyard or local park.
2. Gather your binoculars. (optional)
3. Use a bird guidebook or a bird identification app to help you identify and learn about the birds you spot.
4. Take a few deep breathes. This will calm your mind and set a peaceful tone for the activity.
5. Close your eyes and focus on what you hear—birdsong is often the first sensory stimulant.
6. Open your eyes and look for movement among trees, on the ground, or in the sky.
7. Jot down or sketch any bird you see, noting its colors, size, and any distinctive markings.
8. If you're outdoors and want to explore further, move slowly and quietly to avoid startling the birds.
9. Walk a short distance, then pause, listen, observe, and repeat.

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15 minutes activity



Passer domesticus

Daytime

Ideal Materials*

- Binoculars
- Field Guide or app
- Notebook & Pen
- Camera or your phone
- If outdoors, suitable clothing
- Water & Snacks, depending how long is the break
- Bird feeders & Seeds
- Chair or mat, if sitting
- Sunscreen & Bug repellent

*Birdwatching can be done at no costs. Some materials are optional and you will need them depending where you are and how invested are you in this activity.

Reference & Resources:

(Book)
[100 Plants to Feed the Birds: Turn Your Home Garden into a Healthy Bird Habitat](#) by Laura Erickson.



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can be a
wonderful
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10. After about 15-30 minutes, take a moment to reflect on what you observed. Become aware of your mental state.
11. Use your guidebook or app to identify and learn more about the birds you saw. The more you know, the richer your future birdwatching and garden break experiences will be!

Embracing birdwatching can be a wonderful pathway to mental clarity and gentle physical exercise. Make it a regular activity, gradually increasing your time as you become more engaged.



All Photos: Unsplash.com

Tips:

1. Early morning and late afternoon are typically the best times to observe birds as they are most active during these periods.
2. Attract more birds to your vicinity by setting up bird feeders or bird baths, especially if watching from a window.
3. Birdwatching is as much about enjoying the wait as it is about the sightings. Some days you'll see many birds, and some days you might see few.
4. Adjust this activity according to your workplace.

Other Resources:

1. [National Audubon Society](#)
2. [Birds Caribbean](#)
3. [The Cornell Lab- All About Birds](#)

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