



BIRDING

what is birding?

Birding or bird watching is the observation of birds in their natural habitat as a hobby. Birding can be done anywhere: a park or beach, in your neighborhood, your yard, and more! There are many different ways to bird. Some people like to count and identify all the birds they see or hear. Others prefer to spend time observing the behavior of a particular bird. Some like to photograph birds, and others like to draw or write about them.



how to bird

All you need is your eyes or ears to start noticing and appreciating birds! To enhance your experience, you can use binoculars or a spotting scope to get better looks at birds. Other useful materials are field guides (books that help identify birds), or mobile apps such as Merlin Bird ID which can also help with identifying and learning more about birds. Just be sure to avoid disturbing the wildlife, destroying their habitat, or trespassing!

benefits of birding

Studies have shown that being in nature, seeing birds, and listening to birdsong reduces stress and anxiety and improves mood. Even when you're birding alone, it's an activity that allows for opportunities to connect with other like-minded people in the community. Being active is great for physical health as well, but even birding from the comfort of your home can have mental health benefits!

As people come to appreciate birds and nature, they also become more motivated to help protect the natural environment. Sharing the wonder of birds, contributing to community science projects to study birds, and helping with habitat restoration can directly help birds and increase public support for conserving them and the natural spaces that we all depend on!

