



Natural sounds OF BIRDS IN THE GREAT OUTDOORS



INTRODUCTION



We are in the middle of challenging times, but current Government guidelines mean that we can still get outside. This is great for our physical and mental wellbeing and if we observe the guidelines and social distancing measures, it means we can do it safely and without putting ourselves or other people at risk.

With this in mind, we've come up with a series of activities for individuals, groups and families to take part in to make your time outside more enjoyable and fun. We want people to appreciate the wonder of the natural outdoors and getting outside a bit more interesting.

The sounds of nature can have an incredibly positive effect on mood and relaxation levels, they can also help you restore concentration. There is nothing more uplifting than hearing the sound of nature, especially birdsong, but have you ever wondered what bird is singing.

Listen to Brecklands Dawn Chorus:
<https://youtu.be/rYQAoyL3sCE?t=9>

AIM

To help identify the bird from the sound read the information over leaf.

WHAT YOU'LL NEED

A still day, and clothes to suit the British weather.

WHERE TO GO

Go to one or your favourite woodland parks or open spaces and listen to the birds singing.

Get up and Grow NW promotes and supports the health and wellbeing of the local community through social and horticultural therapy regardless of age or ability.

Email: getupandgrow@outlook.com | **Website:** www.getupandgrowonline.org
Twitter: @getupandgrowNW | **Facebook:** getupandgrowNW

WHAT TO LISTEN OUT FOR



Thrushes

Blackbird: leisurely, cool and black suited. Varied phrases with a pause between. Flute like deeper, mellow and relaxed. Phrases often begin with a pure whistle and end with a harsher rattle.

Song thrush: repeats words three to five times in a loud, clear insistent way. Some sounds are musical.

Mistle thrush: repeats songs, not just words clear, loud song with pauses. Song post is high up on a tree top, often late evening

Robin: Thin rippling short phrases, each one different as a jazz player, sweet in autumn there is a different song that is plaintive and particularly melancholy to our ears.

Wren: a single song sung with a tremendous energy and speed with trills. No variation usually. A rattle in the middle and a more musical trill at the end. Usually sung low down in bushes; 103 notes in 8.25 seconds.

Dunnock: flat sounding scratchy warble, short fast but not as high pitched as a wren. Lacks the wild enthusiasm as a wren.

Collard Dove: three notes with the rhythm of 'will ow tree'.

Wood pigeon: cooling, buffing the silver rhythm.

Starling: whistles and clacking metal sounds can mimic human sounds like phone dialling tones.

Tits

Great tit: two notes, 'tee-cha' Forceful, strident, less stressed, cheerful. Lots of variations even with one bird. Foot pump imitation.

Coal tit: Two notes 'weechoo', peechi', sweeter, softer, faster higher pitch bike pump imitation, squeaky.

Blue tits: complex long notes in trills. A high-pitched song sometimes described as a 'tsee-tsee-tsee-chuu-chuu-chuu'.

Goldcrest: song is thin, high pitched, sisey, sisely, sisely', spluttered flourish Associated with conifers. Call is high pitched, intense, short series see-see sse-see.

Chaffinch: A single song repeated between breaks and made up of an accelerating rattle of 'chip-chip' ending with a fast, more musical flourish. Sung up in a tree.

Greenfinch: wheezy, trailing song, twittering with harsher 'zzzz' in the middle.

Goldfinch: Can sound like distant tinkling bells. Trills and rippling notes beautifully upbeat. Sung from a tree.



DID YOU KNOW...

All of the above activities require very little resources and should be able to be accessed by the majority of people. However, if for some reason it is difficult for you to visit your local park or woodland you can still listen to the sounds of birds on the following links.

www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/

www.garden-birds.co.uk/information/tutorials

www.british-dragonflies.org.uk/

www.bbc.co.uk/radio4/science/birdsong.shtml

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