

Introduction to the World of Birding

The is no one right way to bird. Birding is for every body and everybody.

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Mindful or Slow Birding: Birding quietly, intentionally and gently with the aim of deeply engaging with and enjoying the birds and nature around you.

- Find a sit spot.
- Be curious.
- Stay in a beginner's mind.
- Use all your senses.
- Classic prompts:
 - I notice...
 - I wonder...
 - It reminds me of...
- Keep a nature journal.
- Engage in reciprocity.

Four Keys to Bird ID

1. Size and shape
2. Color pattern
3. Behavior
4. Habitat



*Nature itself is
the greatest physician.*

~ Hippocrates

Resources:

All About Birds (Cornell Lab): www.allaboutbirds.org

Birdability: www.birdability.org

Birders of Warren County Facebook group: www.facebook.com/groups/272407128305223

Birds and Birding (OSU Extension, Warren County): www.go.osu.edu/nature-matures-birds

Black Swamp Bird Observatory (BSBO): www.bsbo.org

Biggest Week in American Birding Festival: www.biggestweekinamericanbirding.com

Cornell Lab of Ornithology: www.birds.cornell.edu

National Audubon Society: www.audubon.org

