

# The Birds

## Dance like a Bird



Kruckeberg  
Botanic Garden

What, you've never heard of a bird dancing before?

We'll put on your favorite dance tunes because you're about to learn to dance, twirl, and shake your tail feathers like some of these local birds.

This activity was inspired by Cornell Lab's eBird Explorers: Building Literacy Through Nature curriculum

### 1. The Pigeon Bob

Bob your head forward and back to the beat of the music. Hold your hands behind your back as you walk in circles.

### 2. The Robin Step-step-stop

This move is all in the name! Take two quick steps forward in time to the music and then stop to look for worms.

### 3. The Heron Stalk

Hunt for fish like a heron- take a few long steps forward then stop, stretching your neck all around to look for prey.

### 4. The Soaring Hawk

Spread your arms out wide, taking graceful dips to either side.

### 5. The Hummingbird Twirl

Tuck your arms up to your armpits and quickly flap your wings to the beat. Zoom around the dance floor with plenty of twirls, turns, and dives.

### 6. Make Your own!

Think of a familiar bird. Using your body, try to act out the birds movements in time to the music. Get silly!