

The Bird Brain Break

A 5–10 minute classroom reset for teachers • Grades K–3 • Zero prep

Use this between subjects, after recess, or any time the room needs a reset. One bird per day — the book has enough for weeks. Science vocabulary is built in.

Minute 0–2 — Read the Nature Note

Choose one bird from *Welcome to the Bird Party!* and read only its **Nature Notes** box aloud. Frame it: “Scientists figured this out. Today you get to know it too.”

Minute 2–4 — Desk-side movement

Everyone stands behind their chair and does that bird's Kip's Challenge: super-hop like a sparrow, tap twenty times like a woodpecker, stand statue-still like a heron. Herons are the secret weapon — end on a stillness bird and the room settles itself.

Minute 4–6 — Turn and talk

Give partners one science word from the chapter and one question:

- **frugivore** — “What would you eat if you only ate fruit?”
- **camouflage** — “Where would brown feathers hide best?”
- **countershading** — “Why dark on top and light underneath?”
- **migration** — “What would you pack for a very long trip?”

Minute 6–7 — Exit question

One hand goes up, one sentence: “Tell me something true about today's bird.” Accept everything offered; correct nothing yet. Curiosity first, precision later.

Extension (optional, +3 minutes)

“Bird of the Week”: same bird all week, one new question a day. By Friday, students write or draw one fact from memory — that's your informal assessment.

Never stop wondering. Never stop learning. • From *Welcome to the Bird Party!* by Janet M. Fry