

# *Sisters of Notre Dame* NATURE TRAIL

1601 Dixie Highway  
Covington, KY 41011  
[www.sndky.org](http://www.sndky.org)

---

*The Sisters of Notre Dame Provincial Center, known as St. Joseph Heights, is home to a beautiful nature trail that includes a bird blind, walking trails, wildflower meadow, outdoor classrooms, and educational signage. Schools and community groups are welcome to conduct field trips at the trail, complete with lesson plans created by the Sisters of Notre Dame. For more information or to schedule your field trip, please contact Sr. Ann Marie Pflum, SND, at [annpflum@yahoo.com](mailto:annpflum@yahoo.com) or (859)291-2040.*

## LESSON PLAN #4: OUR FEATHERED FRIENDS

**CONCEPT:** The children will learn that there are some basic differences in birds.

**PROCEDURE:** The children will observe that birds have different types of bills. They will discover that birds eat different food depending on their type of bill.

**ACTIVITIES:** Children will...

- Learn basic information about birds using charts.
- Discover what foods birds eat by simulating the different types of bills.
- Have several follow-up activities using their knowledge from the above activity.
- Be given a page with a bird outline and information about that bird. They will match their bird to the one on the chart and color it accordingly. The colored bird pictures will be made into a classroom bird book. This book may be expanded as children do research on birds that were not included.