



## Saving Birds and Improving Lives



NPS / EVANS

Are you ready to enter a new world? A world of travel, adventure, and danger? A world existing all around us? Welcome to the world of birds.

Birds are amazing travelers, expert hunters, skilled artists, and dedicated parents. Yet, birds are also in crisis. In the last 50 years...

**3 BILLION DEAD**

**13 SPECIES GONE FOREVER**

**1 IN 8 SPECIES GLOBALLY THREATENED**

By learning more about birds, observing them, and contributing in a project to protect them, you may discover a new sense of wonder and joy.

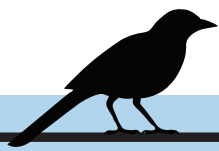


### The Journey

*Healing Wings* is a journey into the amazing world of birds. Along the way, you'll learn about birds, observe them outdoors, and lend a hand to help protect them.

Throughout the journey you can be a part of an effort to restore bird species and we invite you to share it with others.





## Learn

about the world of birds

Before flying off to the world of birds, take time to learn about bird species and how you can successfully observe their world.

- Complete *Birds and Observing Them*
- Create your birding kit
- Decide when to go birding

**Learn More** Want to learn more about birds after completing *Birds and Observing Them*? Here are some great resources to help you discover even more about the wonderful world of birds:

- [NPS Birds & Birding](#)
- [USFWS Migratory Bird Program](#)
- [The Cornell Lab of Ornithology](#)
- [National Audubon Society](#)



## Experience

the world of birds

Now it's time to get outside and observe the amazing world of birds. Take the time to look for birds, listen to their calls, and watch their activities. Grab your birding kit and head on out on your birding trip.

- Participate in a birding experience
- Write down your observations
  - # of birds seen
  - Location of each bird
  - Activity of each bird
  - Description or sketch of each bird
  - Identification of each bird
- Share your biggest surprise
- Share how birding made you feel
- Select a service project to complete

**Places to Bird** You can observe birds just about anywhere. However, as part of the *Healing Wings* experience, we invite you to visit your nearest national park:

- [Find a National Park](#)

Once you've observed birds in a national park, continue your observations:

- At home
- Around town
- At a local park
- At a state park
- In a national forest or wildlife refuge



## Lend

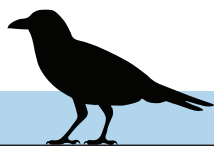
a helping hand

By lending a hand in your community, you can help save many birds from dying and even give some species a chance to return from the brink of extinction.

- Participate in a bird-related project
  - What is the goal of the project?
  - How did you assist?
  - What other helping opportunities exist?

**Find a Project** Now that you are ready to help some birds out, it is time to find a project. Here are some options to explore:

- Ask at your nearby
  - [National Park](#)
  - [National Wildlife Refuge](#)
  - [Audubon chapter](#)
- Check for bird projects on
  - [Birds.cornell.edu](#)
  - [SciStarter.org](#)
  - [NestWatch.org](#)
  - [Zooniverse.org](#)
  - [CelebrateUrbanBirds.org](#)



## Share

your experience

Every good experience needs to be shared. Take a moment to share your *Healing Wings* experience with a friend, neighbor, family member, or colleague.

- Share your project experience
  - Where did you go?
  - Who did you do the project with?
  - How did you help birds?
  - How did it make you feel?
- Share a picture of your experience
- Invite someone to participate in *Healing Wings*

**Record Your Experience** Help make your journey more memorable by recording each step.

- Start a *Healing Wings* journal
- Take photographs of each step
- Record voice memos when birding
- Sketch or paint birds you observe
- Make a *Healing Wings* video

### Bonus

- Go on another birding experience
- Help with another service project
- Take a friend with you

