

# Zoom! Hummingbirds and Their Favorite Flowers!

## Materials Needed:

- Pictures or short video clips of hummingbirds
- Construction paper (various colors, especially red, orange, pink, green, brown)
- Scissors (child-safe)
- Glue stick
- Crayons or markers
- Pipe cleaners (optional)
- Small paper cup
- Sugar and water (optional, for demonstration only)
- Storybook about hummingbirds (optional)

## Introduction: What's That Buzz? (5-7 minutes)

Start by asking the student: "Have you ever seen a very, very tiny bird that moves super fast? It almost sounds like a bee buzzing!" Show pictures or a short video clip of hummingbirds. Talk about their small size, long beaks, and fast wings. Ask: "What colors do you see? What is the hummingbird doing?"

## Activity 1: Nectar Snack Time! (10 minutes)

Explain that hummingbirds have tiny bodies and need lots of energy because they flap their wings so fast. "What do you think they eat to get energy?" Explain that they drink sweet juice called nectar from flowers, using their long beaks like straws. Optional Demonstration: Mix a little sugar and water in a small cup to show 'pretend nectar'. Emphasize this is just for showing, not for feeding birds without proper feeders and recipes. Discuss why flowers have nectar (to attract pollinators like hummingbirds). Talk about favorite flower colors for hummingbirds (often red, orange, pink).

## Activity 2: Hummingbird Flight School (5 minutes)

"Let's pretend to be hummingbirds!" Stand up and flap arms very fast but keep them close to the body. Practice hovering in one spot. Try flying backward a little bit and sideways. Emphasize how unique this way of flying is for birds. Ask: "Was that hard work? Hummingbirds do this all day!"

## Activity 3: Hummingbird Helper Craft (15-20 minutes)

Let's make a hummingbird or a flower it likes!

**Option 1: Paper Hummingbird:** Draw or trace a simple hummingbird shape on construction paper. Cut it out. Decorate with crayons or markers. Add a long thin strip for a beak.

**Option 2: Flower Feeder:** Cut out large flower petal shapes from bright-colored paper (red, pink, orange). Glue them around the edge of the small paper cup opening to make it look like a flower. Draw leaves on green paper, cut them out, and glue them to the bottom/side of the cup.

While crafting, talk about how when the hummingbird drinks nectar, pollen from the flower sticks to its feathers. When it visits another flower, some pollen rubs off, helping the flower make seeds. "The hummingbird is a flower helper!"

## **Wrap-up & Review (5 minutes)**

Look at the craft created. Review the key points: "What special bird did we learn about today? (Hummingbird!) What do they drink? (Nectar!) How do they fly? (Hover, fast wings!) How do they help flowers? (Move pollen!)" Read a simple storybook about hummingbirds if available.

## **Assessment (Ongoing Observation)**

Observe the student's participation and listen to their answers during discussion. Check if they can recall one or two facts about hummingbirds (e.g., drinks nectar, flies fast, small size) by the end of the lesson. Look at their craft as a representation of their engagement.

## **Differentiation/Extension:**

If the student is very engaged, you can: Look up different types of hummingbirds online together. Discuss where hummingbirds live (North and South America). If seasonally appropriate and safe, look for hummingbirds or bright flowers outside. Make a simple bird feeder (using safe, researched recipes and methods if choosing to do so).