

MINDFUL Birding®

- 1. Birds Know When You're Around!**
- 2. Migrants are exhausted. Let them rest and eat.**
- 3. Repeated audio playback distresses birds. Please refrain.**
- 4. Park lawfully to view birds.**
- 5. Lasers disorient birds, try pointing at their tree instead.**
- 6. Outdoor cats kill over two billion birds every year.**
- 7. How aware are you of the "bird" in birding?**
A sequence to consider: (1) The bird is behaving normally. (2) The bird notices you. (3) The bird tries to get more info about whether you're a threat. (4) The bird gets ready to depart. (5) The bird departs.
- 8. Disturbance can keep birds from their nests, leaving chicks hungry or enabling predators to take eggs or young.**
- 9. Untreated windows kill a billion birds every year.**
- 10. Birds stretch and so should you!**
- 11. 47 million birdwatchers can donate more for habitat protection.**
- 12. Have fun out there!**