

# BIG SCHOOL'S BIRDWATCH WITH JIGSAW OUTDOORS



**Join the RSPB  
Big School's Birdwatch**  
- for schools and families  
to connect with nature.

**Save the date:**  
6th January - 13th February.



## Wellbeing and Nature Connection

The Big School's Birdwatch invites schools to observe and count different bird species. But it's much more than a bird survey - it offers a natural opportunity to explore PSHE themes, helping to nurture children's wellbeing, strengthen relationships, and build a sense of responsibility.

- It invites children to pause, be still, and practise mindfulness.
- Moments of awe and curiosity support positive mental health.
- Caring for bird's nurtures empathy and responsibility.
- Taking part builds a sense of belonging to a wider community.
- Talking and recording together strengthens communication and teamwork.

This is perfectly aligned with Jigsaw Outdoors by supporting wellbeing, encouraging mindfulness, and making space for awe and appreciation during the school day.



## RSPB Resources

Explore the RSPB Big School's Birdwatch resources and register online! Download free spotting sheets from the RSPB website to help children identify and record the birds they see.

### 1. Register

Sign up on the RSPB website for free at: [rspb.org.uk/schoolswatch](https://rspb.org.uk/schoolswatch) and download all the resources you need to run your Big Schools' Birdwatch.

### 2. Get Counting

Count the birds in your school grounds anytime between 6th January and 13th February 2026. You could also use your Birdwatch finding towards the free RSPB Wild Challenge Award.

### 3. Submit Results

Send in your results online, using the form provided by 23 February 2026. Every class receives a certificate, and you can compare your sightings with national results.

**Share and celebrate:** Send us photos or quotes from your class experience - we'd love to showcase your Jigsaw Outdoors in action. Tag us on social media or get in touch with us at: [amy.jones@jigsaweducationgroup.com](mailto:amy.jones@jigsaweducationgroup.com)  
**#JigsawOutdoors**  
**#BigSchoolsBirdwatch #JigsawPSHE**



### 4. Extend Learning

Jigsaw has created some additional ideas to complement the RSPB Big School's Birdwatch, helping you weave in mindfulness and additional PSHE opportunities for your class.



## Jigsaw Outdoors: Extra ideas for your birdwatch!

To enrich the RSPB Big Schools' Birdwatch, Jigsaw Outdoors has created additional ideas that enhances opportunities for mindfulness, wellbeing, and creativity. These simple ideas complement the RSPB resources and help children pause, notice, and connect more deeply with nature.

### Additional ideas to try with your class:

#### Mindful Movement

Invite the children to imagine and create gentle, mindful movements inspired by birds.

- How might a bird stretch its wings before taking flight?
- What movements could show a bird gliding, fluttering, or swooping?
- How would a bird look when resting, preening, or opening its beak to sing?

#### Bird's-Eye View

Give children binoculars and teach them how to use them safely. Talk about how looking closely helps us notice details we might otherwise miss.

Enjoy stories and books about birds

Share picture books, poems, or myths about birds.

Discuss what the birds represent (freedom, song, migration) and how these stories connect to our own feelings and experiences.

#### Bird Eggs

Look for or show children pictures of different bird eggs. Notice together how the colours, sizes, and patterns vary. Talk about how each egg belongs to a different bird and is perfectly designed for its nest and environment. Link to PSHE by discussing how, like eggs, we are all unique.

#### Birdsong Pause

Take the class outside for a 'listening minute.' Encourage children to close their eyes, tune into bird calls, and share what they notice.

#### Food for Birds

Help children understand how they can care for nature by providing food for birds in winter, when natural food sources may be scarce. Discuss why birds need extra food in the colder months. Take a look at our 'How to Make a Bird Feeder' video and follow along with your class.

**WATCH  
HERE!**