

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.



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 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
#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 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.



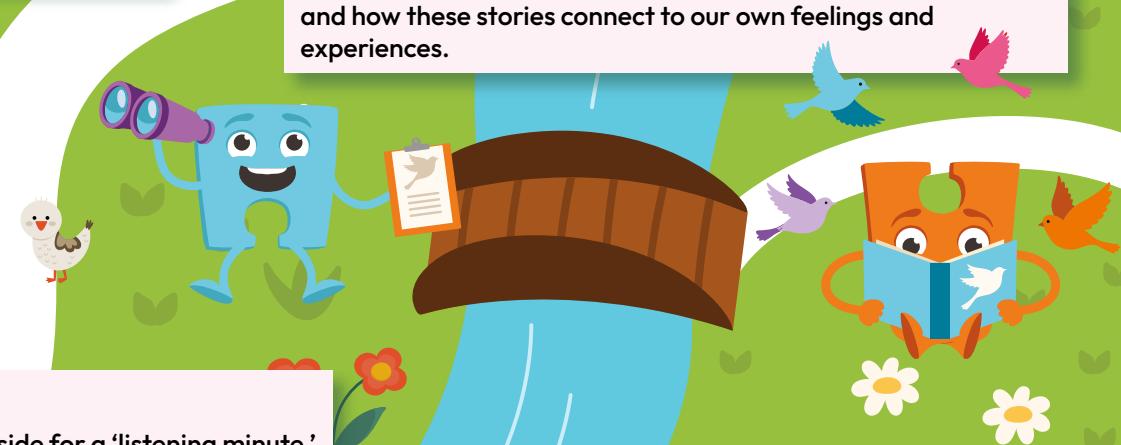
Bird's-Eye View

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.



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!**