

Name: _____

Date: _____

Student Journal: Bird Olympics

✓Nestlings
✓Fledglings

How do you compare with the Bird Olympic Champions? Move through the stations and find out!



Station 1: Bald Eagle

A Bald Eagle has a wingspan of 8 feet.

I have a wingspan of _____ feet and _____ inches.



Station 2: Great Blue Heron

A Great Blue Heron can stand on one leg for hours while sleeping.

I can stand on one leg for _____ minutes and _____ seconds.



Station 3: Great Horned Owl

A Great Horned Owl can stare for hours while hunting.

I can stare for _____ minutes and _____ seconds without blinking.



Station 4: Rufous Hummingbird

In 10 seconds, an Rufous Hummingbird can beat its wings 700 times,

In 10 seconds, I can flap my “wings” _____ times.



Station 5: Prairie Falcon

A Prairie Falcon can fly up to 45 miles per hour while cruising for prey.

I can run 20 yards in _____ seconds.

This is equal to _____ miles per hour.

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Fill out the following information about bird adaptations.

1. What is an adaptation?
2. What are two examples of a physical adaptation?
3. What are two examples of a behavioral adaptation?
4. What is an adaptation of a bird that feeds on flowers?
5. What is an adaptation of a bird that hunts at night?
6. If you were a bird, what is an adaptation you would want?