

JOURNEYS

This week whilst out for my daily walks I heard my first Cuckoo of the year and saw my first Swallow. These birds have travelled all the way from Africa to be here.

That's THOUSANDS of miles!

Birds migrate to find food and to raise young.

It gives a species the best chance to survive.

But how do they do it?



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

The British Trust for Ornithology have been tracking cuckoos with GPS. You can follow their journey all the way to Africa and back. One cuckoo, called Valentine, left Norfolk last June and flew to Africa for the winter. Last weekend he flew the last 390 miles from France and arrived back in Thetford, Norfolk! You can find out all about his journey here:

<https://www.bto.org/our-science/projects/cuckoo-tracking-project>

You can find out how birds such as cuckoos and swallows find their way across the world without getting lost, how they are adapted to be able to fly so far and what challenges they have to overcome on their journeys on the RSPB website.



On the next page are some activities linked to journeys and bird migration for you to try out. Each activity also links to one of the 5 ways of wellbeing, so while you are learning you are looking after your wellbeing too!



Holt Hall