








# BIRDING

## 101

-  **Birding is a great way to engage with nature safely**, relieve anxiety, and otherwise slow down.
-  **Do not disturb the birds' habitats** - you are an observer.
-  **Use appropriate gear!** Binoculars, a field guide, and a notebook should suffice for beginners.
-  **For those with mobile devices**, try the Audubon Bird Guide App for iPhones and Androids!
-  **Find a quiet spot to sit and observe.** Your backyard can offer quite a selection!
-  **Try different times** of day.
-  **Find other birders** in the community!

## CHECKOUT THESE LIBRARY MATERIALS FOR YOUR BIRDING ADVENTURES:

**Books on Birding** are available on Overdrive/Libby.

**Books in our nonfiction collection** with the number 598.07234

**Check out Colorado State Parks Pass.**

Learn more at [ppld.org/check-out-state-parks](http://ppld.org/check-out-state-parks).

**Try one of our databases or suggested websites.**

Learn more at [research.ppld.org/animalresources](http://research.ppld.org/animalresources).

