

Eagle-eyed

What:

There is a lot of truth in the old saying, eagle-eyed. Did you know a Golden Eagle's eyesight is so sharp it can see its prey moving from 3,000 meters away! You might say its eyesight is a superpower! Why don't you find out what your own eyes are capable of? All you need is a window, a pair of binoculars and a spare 15 minutes or however long you've got.

How:

Find a decent view from your house. It might be of your garden, across the street, the rooftops or an open sky but somewhere you can sit and wait comfortably.

Get used to your binoculars; pull them apart or squash them together to fit comfortably over your eyes. You can also move the wheel on the top of the binoculars to adjust the focus to suit your eyesight, making sure everything is sharp and bright.

Once you feel like you've got your binoculars set up, get comfy and scan across your view. What can you see? Where might you spot wildlife?

Try training your binoculars on a tree, hedge or something tall that a bird could land on. What about some shade or a quiet corner where something might hide.

It doesn't have to be a bird. Take a look at the environment around you; the hills and trees, the buildings and roads. Are there things you haven't noticed before? Anything you might not have expected?

What next:

Why not start a nature log, noting down all the different species you see each day? If you don't know what they are called just write down what they look like; the colour, size, shape, pattern. Does it fly in a certain way, does it have a call? You can look it up later.

Try looking at different times of the day, even at night when you might see a badger, fox or hedgehog if you're lucky!

Pretend you're an eagle. You're looking for prey, somewhere to shelter or somewhere to nest. Where might you not want to go? Come up with a story, how are you going to survive?