

Cumbria County Council

*Early Years Team*

**What can I do  
today?**



**This week it is... yoghurt pots**

## Wednesday

### Bird feeder

- Yoghurt pots can help to make great fat balls to help to feed birds over the autumn and winter months.
- Tie an old pencil or a stick to the end of a piece of string. Thread the other end of the string through a hole in the bottom of a yoghurt pot and slide the pot down until it rests on the horizontal pencil or stick and place a peg on the string to secure the pot there (see photo).
- An adult should then tip some bird feed/ seeds into the yoghurt pot and pour in melted lard and leave it to set. Slide or Cut off the yoghurt pot once set.
- Your child could help to choose where to hang the feeder.
- Together with your child watch for birds coming to feed. How many visit while you are watching – can you count them?
- What kinds of birds visit? Can older children help to find out by looking in books or online?
- Perhaps your child could keep a record by drawing a mark for each bird that visits while they are watching?
- Perhaps you could make some binoculars out of kitchen roll tubes to help you keep watch?

Always check for allergies and take care when pouring hot melted lard.