

25-30
Minute
Activity
For
Everyone

Helping Hummingbirds

At an average length of 10cm and weighing less than a pound, hummingbirds may be small, but they play a crucial role in our ecosystem. Globally, hummingbirds help in the pollination and reproduction of approximately 90% of the world's flowering plants and half of the crops that produce the fats and oils we consume. Their small size and active lifestyle requires them to eat half of their body weight in food daily, feeding 5-8 times per hour. Due to increased habitat loss, hummingbirds continue to struggle to find places to eat throughout the day, making populations decrease. This is an activity for you and your family to help create spaces for hummingbirds to eat and energize, supporting the increase of their population.

Activity:

Homemade Hummingbird Nectar

- Start by gathering 1 cup of water and a $\frac{1}{4}$ cup of white sugar.
- Next, mix the water and the sugar together until fully dissolved. Once fully dissolved, the mixture is ready.

Tip: Heat mixture in a small saucepan over low heat to speed up the process.

Homemade Hummingbird Feeder

- Now you need to make the feeder, this can be done with a small mason jar or any other small recycled glass jar you have.
- First, take the lid of the jar and punch 4-5 holes in it, equal distance apart.
- Next, fill up your jar with your homemade hummingbird nectar and screw the lid on tight.
- Using a string tied around the neck of the jar, hang the feeder outside and wait for the hummingbirds to come!



Tip: Hummingbirds are attracted to colours, especially red. Try using a red lid to attract more hummingbirds.

Reflection Questions:

- Were you surprised by how simple creating this hummingbird feeder was?
- Do you notice any other animals that are attracted to the feeder? Why?
- What impacts do you think hummingbirds make in your daily life?

Materials Needed:

- $\frac{1}{4}$ Cup of Refined White Sugar
- 1 Cup of Water
- 250ml or smaller Glass Jar with Metal Lid
- Hole Punch
- String