

# HABITAT TO HABITAT!

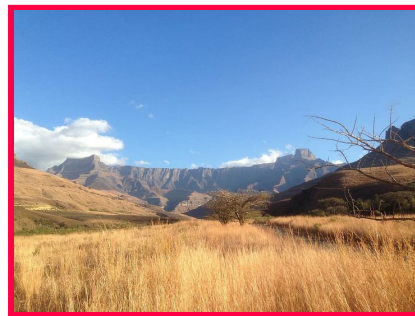
## WHY DO BIRDS MIGRATE?

Not all birds need to migrate, but for those that do make the long journey, it's because each location can give them something different.

Many birds, like swifts or sparrows, start the year in Africa, and come further north to the UK for our warm, wet summer. The longer days and amount of insects make it easier to nest and feed their young, before heading back to their african home.

## HAVING TWO HOMES

Here is the route that a Swallow takes on its journey back to Africa from the UK. Usually, they will arrive here in April to breed, and go back to Africa in September with their young. Britain's Swallows travel down through Europe and Morocco before crossing the Sahara Desert and the Congo Rainforest, only landing for brief reedbed naps, until they arrive in South Africa or Namibia.



Look how different their two homes are!!

## WARM UP

For this exercise you're going to need to warm up your face and body - you need to get really expressive!

- Imagine you're chewing a piece of toffee. It starts off the size of a pea, but slowly gets bigger and bigger, and harder and harder to chew! When the imaginary toffee gets to the size of an orange, bit by bit it gets smaller again, until it disappears all together.
- Wriggle your fingers and toes - imagine each one is a tentacle, reaching out to feel everything around it. Then, your arms and legs become tentacles too! When you're made of tentacles, you can't stand still! Roll all of your joints until you feel warm and ready.

## TRAVEL SNAPS

Today, we're going to use freezeframes to communicate how it must feel along that journey. It'll be just like flicking back through holiday pictures! Act out each setting described and then create a frozen image - a bit like musical statues.

## IMAGINE...

It's September and you're a Swallow in Essex. The days are getting shorter, and your babies are learning to fly... **FREEZE** - what does this look like?

Time to go! You set off, and are soon flying over the channel. The wind is blustery and there's nothing but waves beneath you... **FREEZE** - what does this look like?

You keep flying, down through France and across the Pyrenees. There's places to land; but they're colder than where you've just come from!... **FREEZE** - What does this look like?

Soon you've flown across Spain and down through Morocco - now it's getting warmer! Your wings are getting a bit tired, but now you're flying across the Sahara Desert! You can't just land on sand!... **FREEZE** - What does this look like?

You're getting close! Just a few hundred miles more. You look down and see the Congo rainforest. You definitely like forests, but not ones as wet as this... **FREEZE** - What does this look like?

And finally... Touch down! You've made it! Back in your South African or Namibian home. What a relief!... **FREEZE** - What does this look like?

What's the longest journey you've ever taken? The Swallow's migration usually takes around six weeks!

Send us your best travel snap freezeframes by uploading them to our shared gallery!

