

You can keep spares in the freezer in a plastic bag, until you need them.

Visit the RSPB website to find pictures of birds to help you identify them.

So how did it go?

What birds did you spot?

How it works

Researchers from Exeter University have found that living close to bird life can help improve our wellbeing. Seeing birds in the garden distracts people from worries, gives them a moment of calm and helps to relax a stressed brain.

Create your own happy...

...by feeding the birds and keeping a note of what you spot. Remember just a few minutes a day spent watching the birds can boost your happiness, calm worries and release stress!

