

# Get up for Dawn Chorus



Pick a day this week to get up to listen to the birds singing or making a noise at dawn in your garden or outside your window.

Watch the "Birdsong lessons with Lucy Lapwing" on Youtube to help you recognise what birds you might hear when you get up

Find them on Instagram @Lucy\_Lapwing

Make sure you set your alarm clock just before dawn (check online). Then you will have time to wake up, put some warm clothes on and get outside. Don't forget a pen and paper if you want to write down what you hear.

Stand outside or put your head out the window and just listen to all the noises you can hear. Make a note of them.