



FUN with BIRDIE



FUN with BIRDIE



**Children's Health Queensland Hospital and Health Service
Queensland Centre for Perinatal and Infant Mental Health**
childrens.health.qld.gov.au/natural-disaster-recovery

The Birdie's Tree books and resources have been created on the traditional lands of the Turrbal and Jagera people. Queensland Centre for Perinatal and Infant Mental Health acknowledges the Traditional Custodians of all land and sea countries throughout Australia, and pays respects to Aboriginal and Torres Strait Islander Elders past, present and emerging.



The Explanation of the Artwork

Grounding: Rocks represents our inner strength when we hit rock bottom there is no other direction but up. Everyone experiences or knows someone with mental health. Keeping ourselves grounded makes us realise there is help and we deserve that help.

Relaxing with Birdie
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Designed by Ozan Tortop
tadaabook.com

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A catalogue record for this book is available
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Hi!

I'm Birdie.

I live in a nest in a tall tree near a forest.
My friend Mr Frog lives in a pond
with green lily-pads.

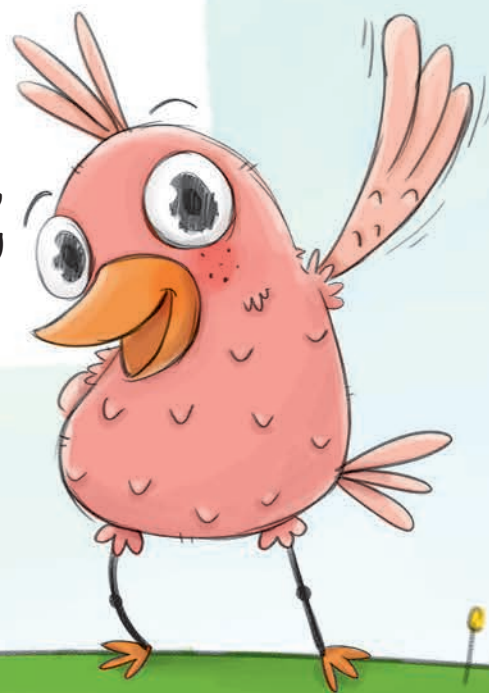
Right now, Mr Frog and I can't do
all the things we usually like to do.
Things are a bit different for us.

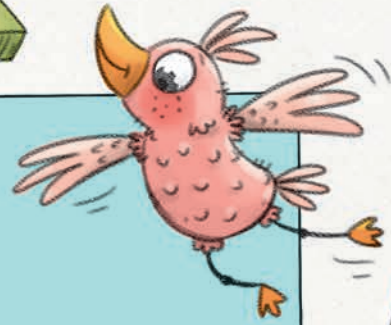
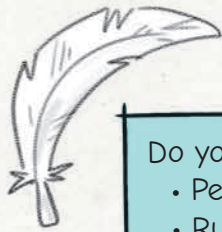
Are things different for you too?

We've made a book of pictures,
puzzles and activities.
Soon, things should go back to normal.
In the meantime, we can have fun
right here where we are.

Would you like to play with us?

Love,
Birdie and Mr Frog





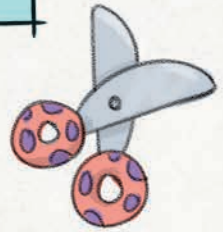
Do you have some of these things?

- Pencil
- Rubber
- Sharpener
- Coloured pencils or felt-tip pens
- Safety scissors
- Glue, sticky tape or blu tack

That's great!

Here are some other things that might be helpful, if you have them:

- Feathers
- Scraps of cloth
- Popsicle sticks or other short sticks, or pieces of stiff cardboard
- Plasticine or play clay
- Flour, salt, water and food colouring (to make play-doh)
- A cardboard box, shelf or step (for puppet plays)
- Pan lids, spoons, kitchen containers (for making music)



Are you sharing this book with someone else?

This is a special book where it's okay to tear out pages, so you can share.

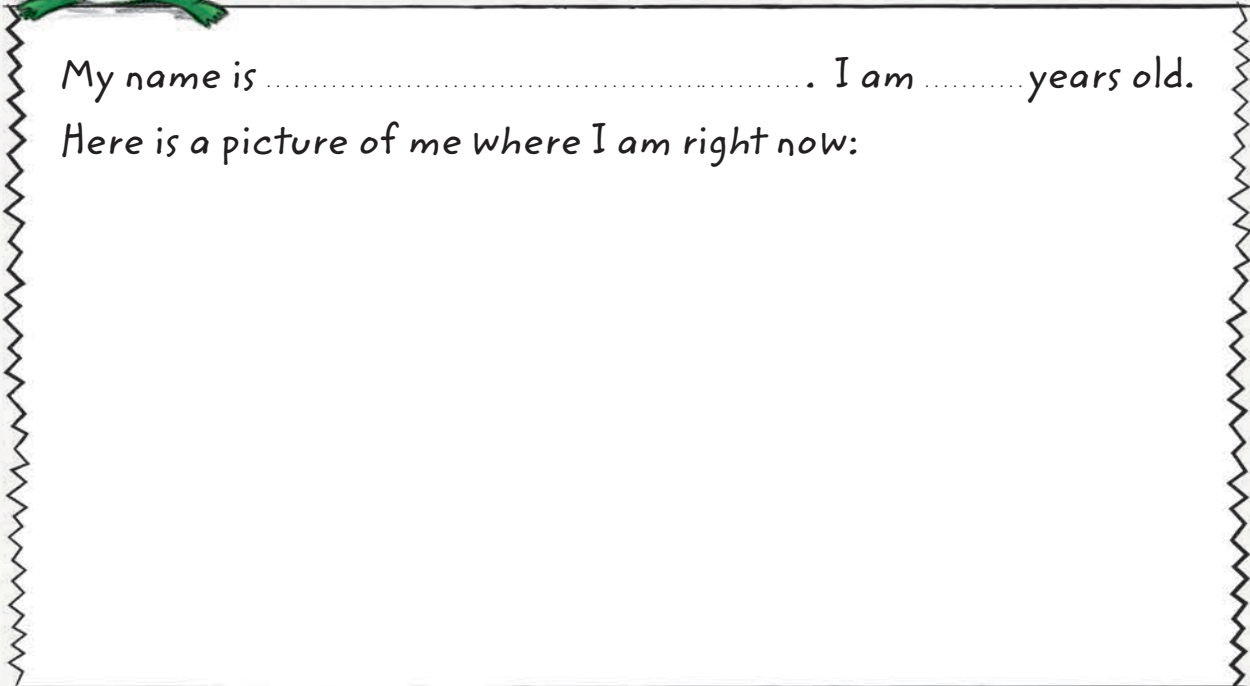
Or maybe a grown-up can copy pages for you, so you can both colour the same picture or play the same game at the same time. That's fine!

If this book is just for you, maybe you would like to write your name in it?

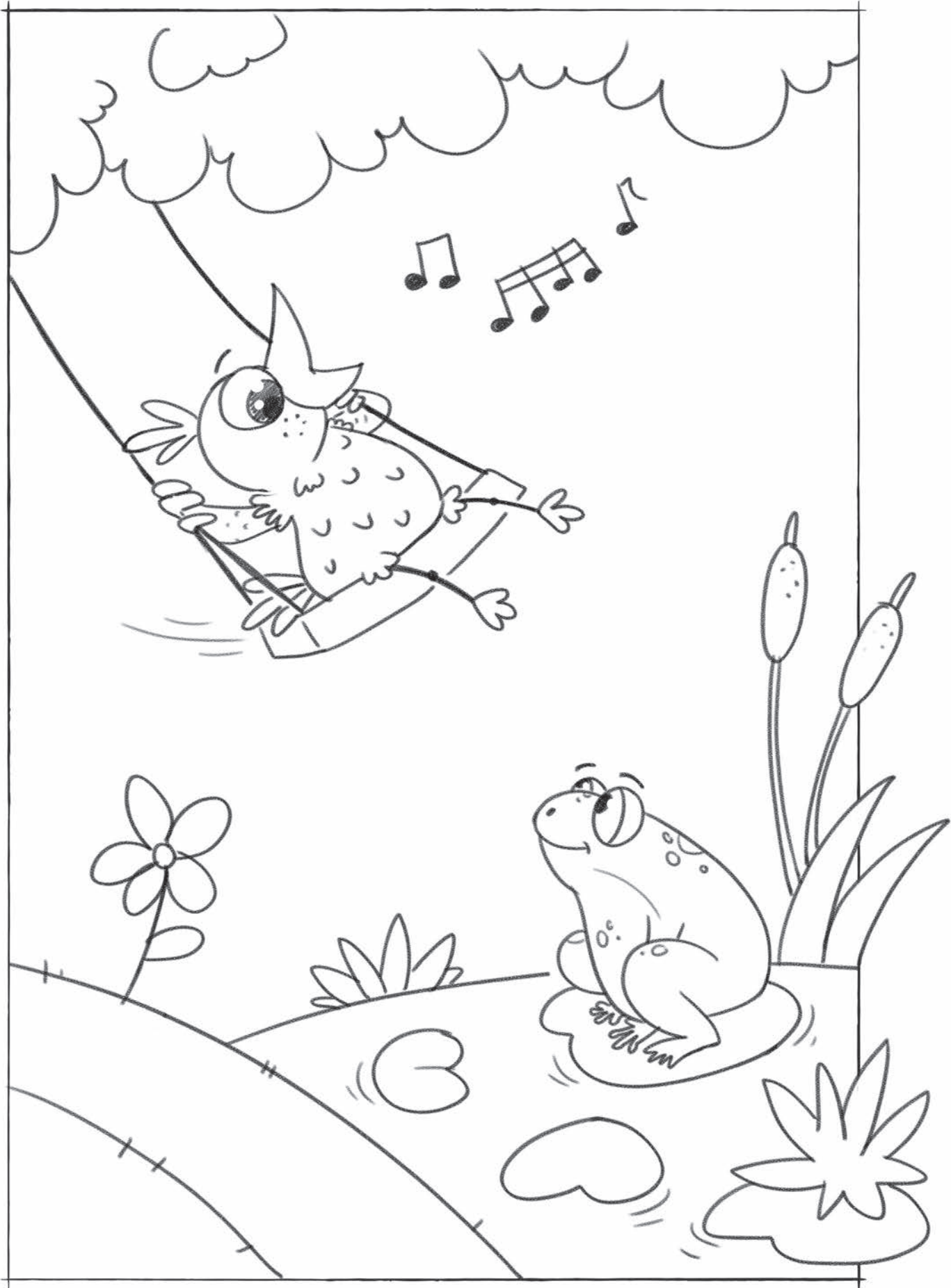


My name is I am years old.

Here is a picture of me where I am right now:

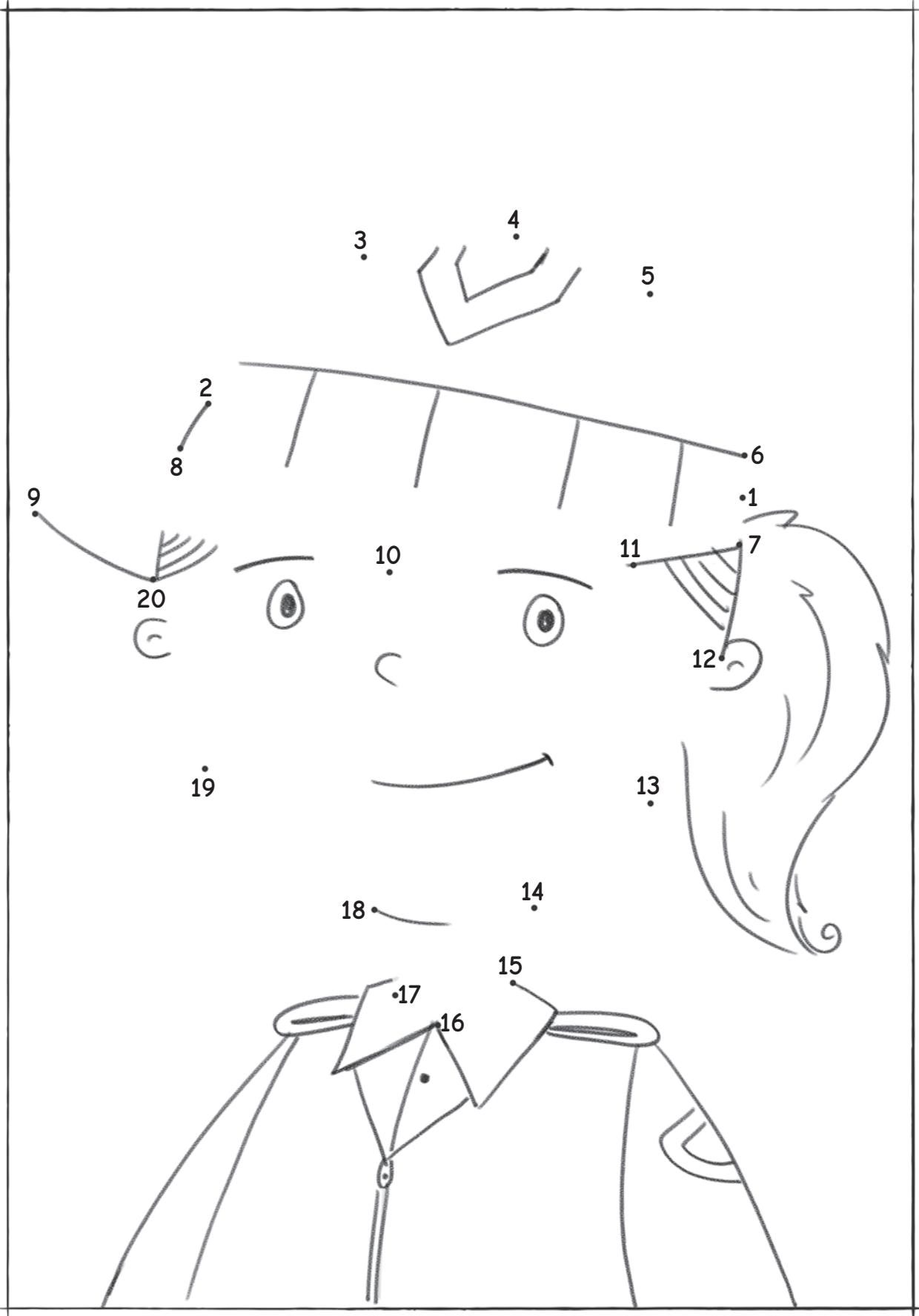


COLOUR IN: Birdie And Mr Frog



JOIN THE DOTS

Who's hiding in this picture? Join the dots to find out.





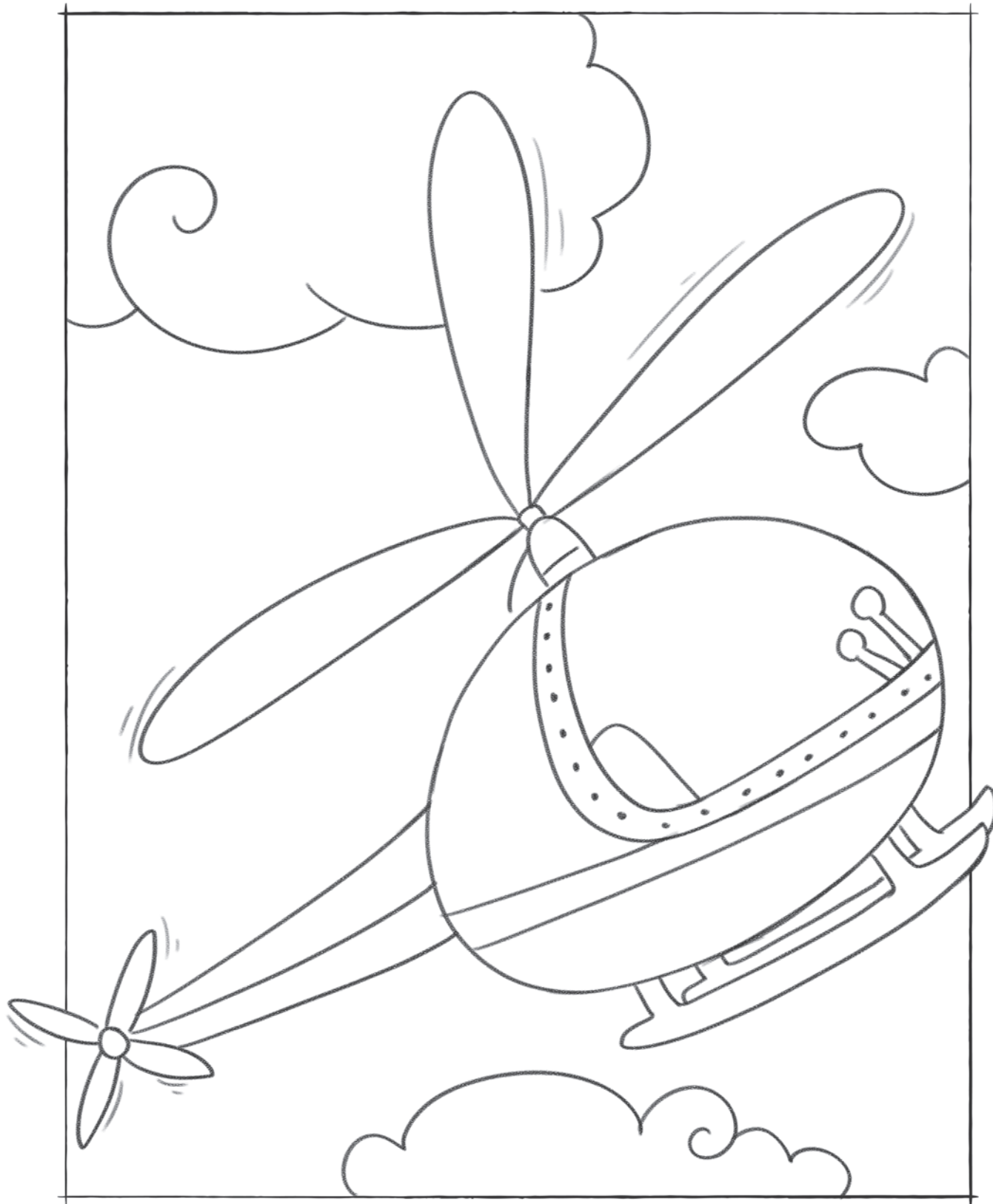
COLOUR IN: Helicopter

What noise does a helicopter make when it's helping people? Can you colour in the helicopter? Maybe you can draw the pilot.

What's the pilot's name?

Where are they going?

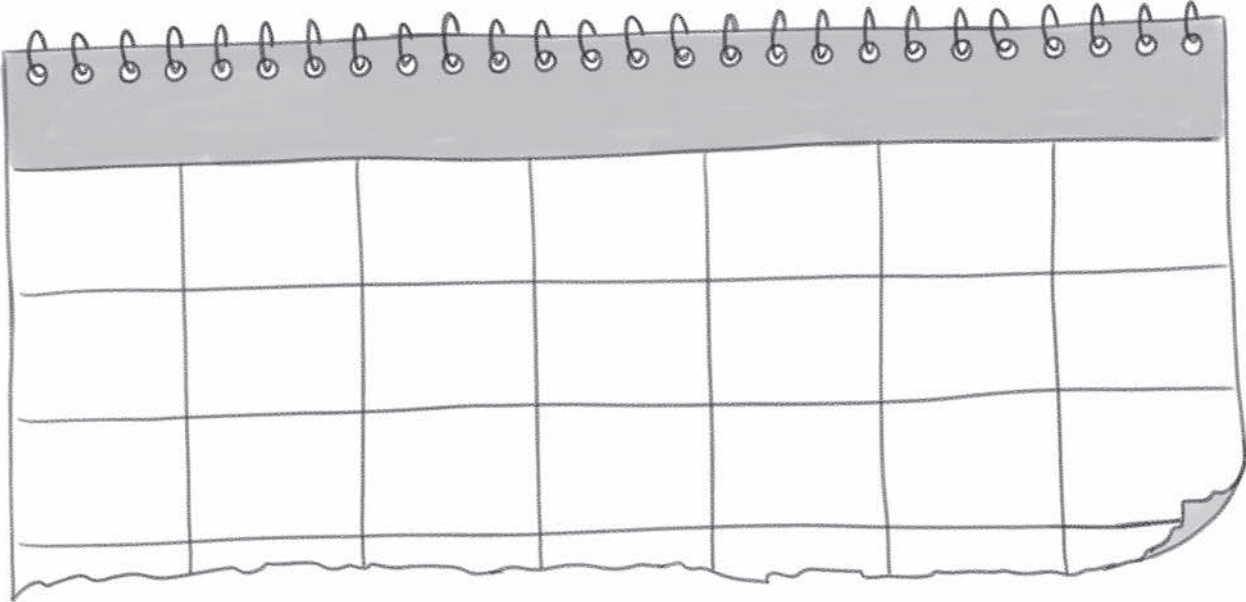
Who are they going to help today?



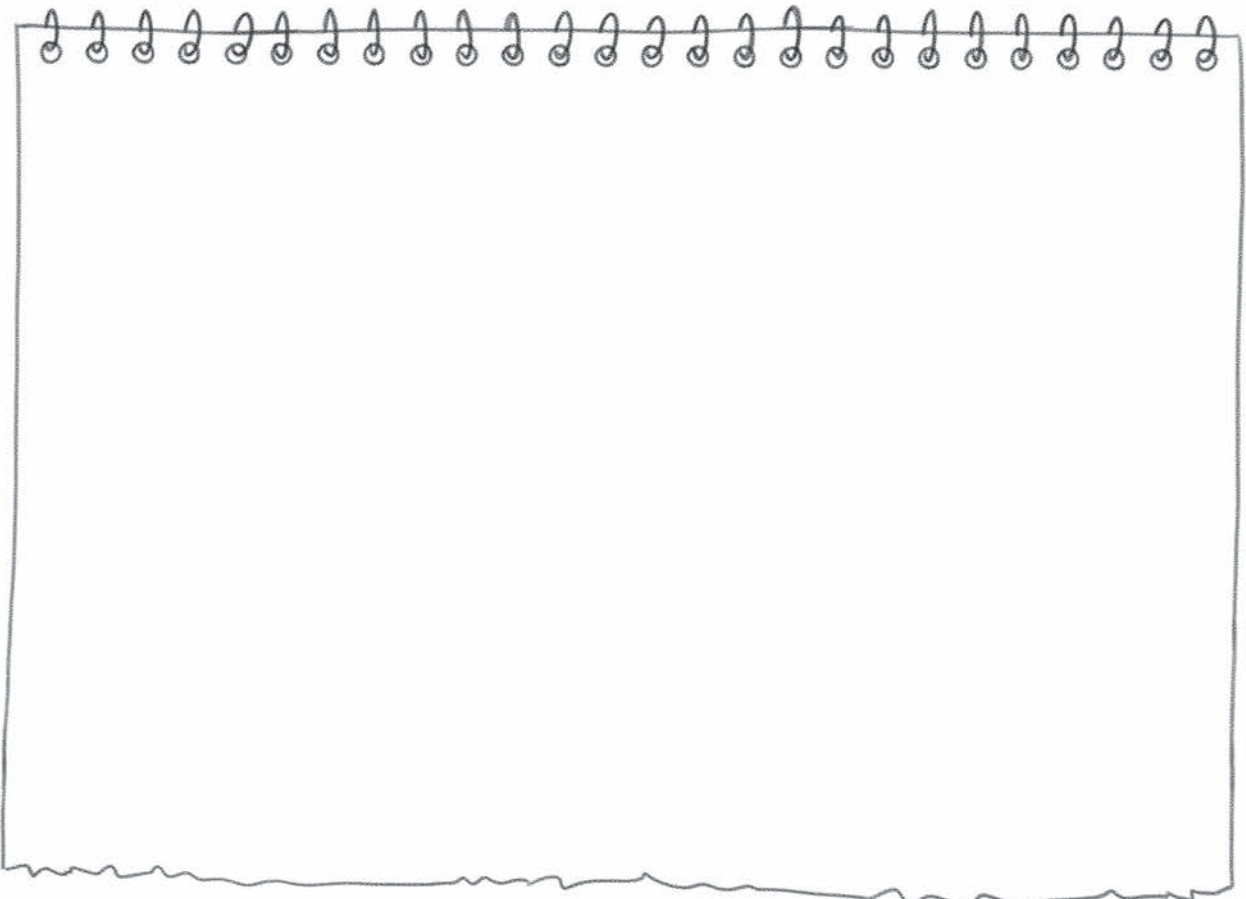
CALENDAR



This calendar shows the next two weeks. What month is it? Can you write the days of the week? (Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday).
What about numbers for the dates of the month?



Is something special happening on a certain date? Draw a picture!
Or you can draw the most fun thing you did today, or the most interesting thing that happened.





CLOCK

Here's a clock just for you. Cut out the hands and place them on the clock. You could stick them on with blu tack. Now you can move them around to different times of day.



What time do you get up
in the morning?

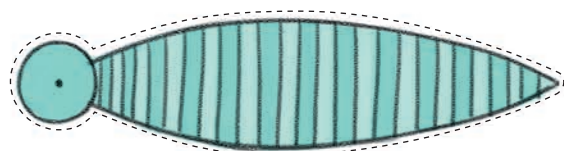
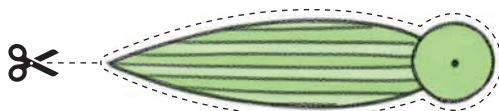
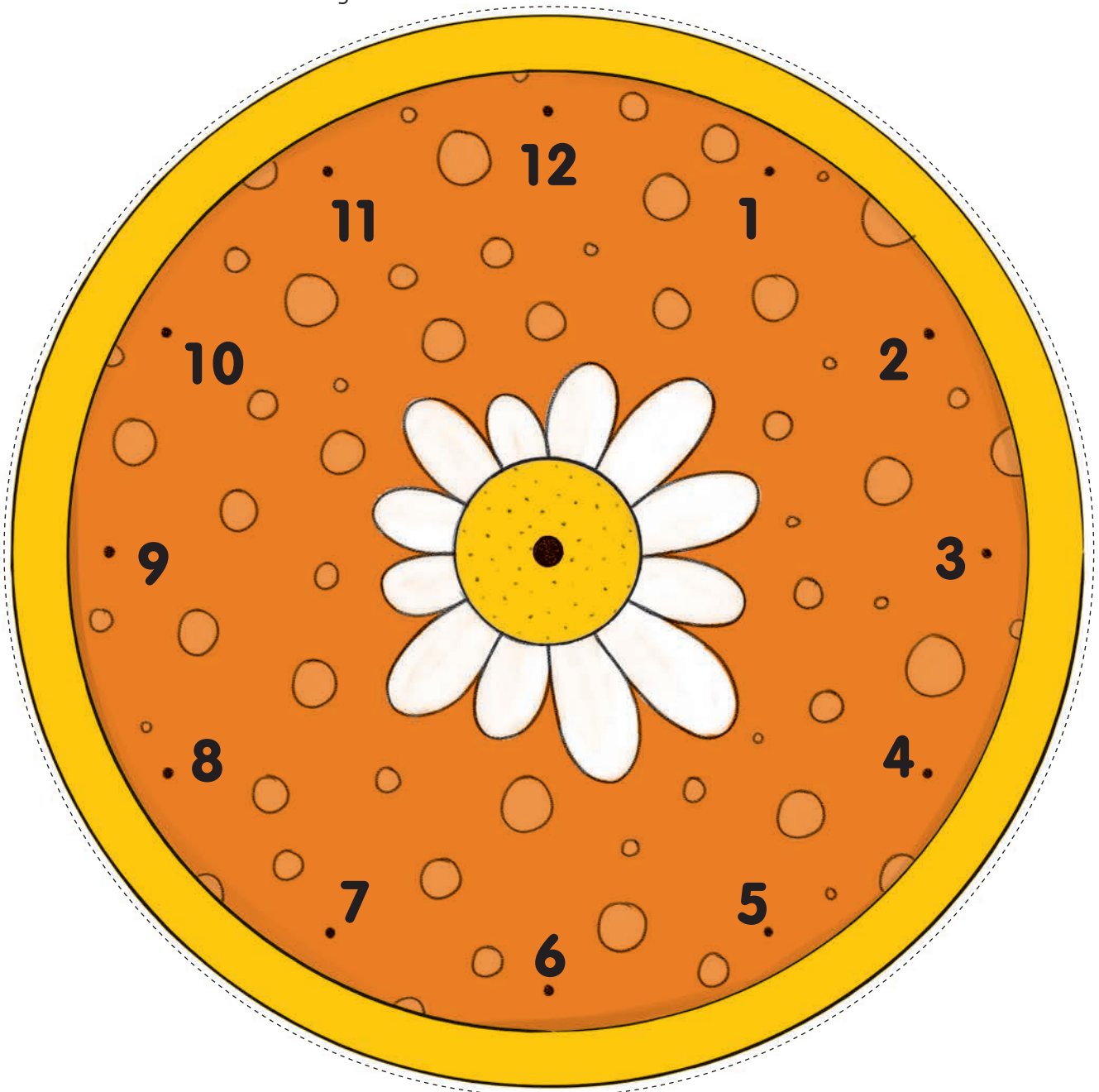


What time do you
go to bed?



When do you
eat lunch?

Maybe you'd like to choose a special time each day to do one activity from this book.
How about after morning tea?

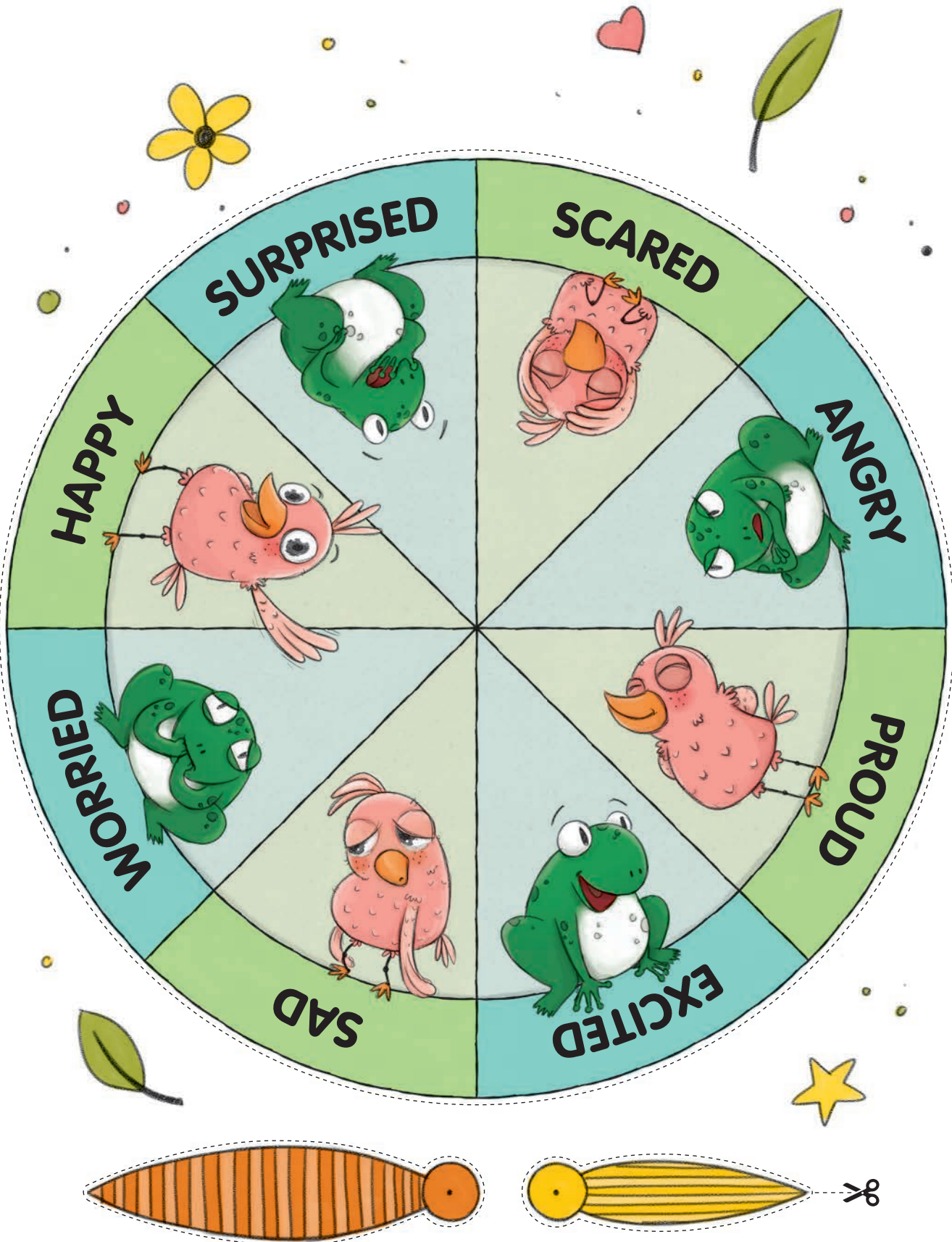


FEELING WHEEL

You can use this Feeling Wheel in different ways.

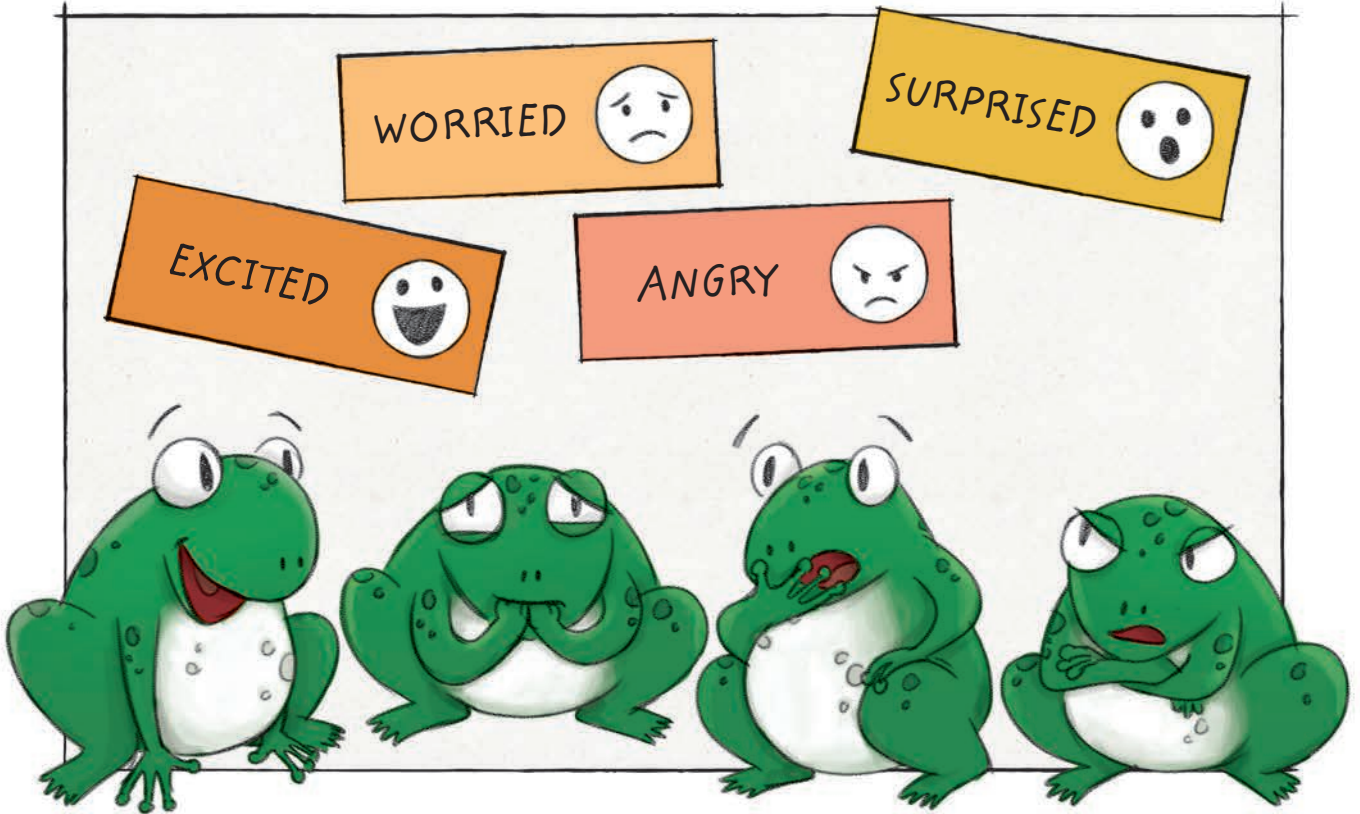
Cut out the hands and place one or both of them on the wheel, to show a grown-up how you're feeling. You could use blu-tack to stick them on.

Or play a game by acting out a feeling, and your friend has to guess which feeling it is. Maybe you can tell a story about a time when you felt that way.

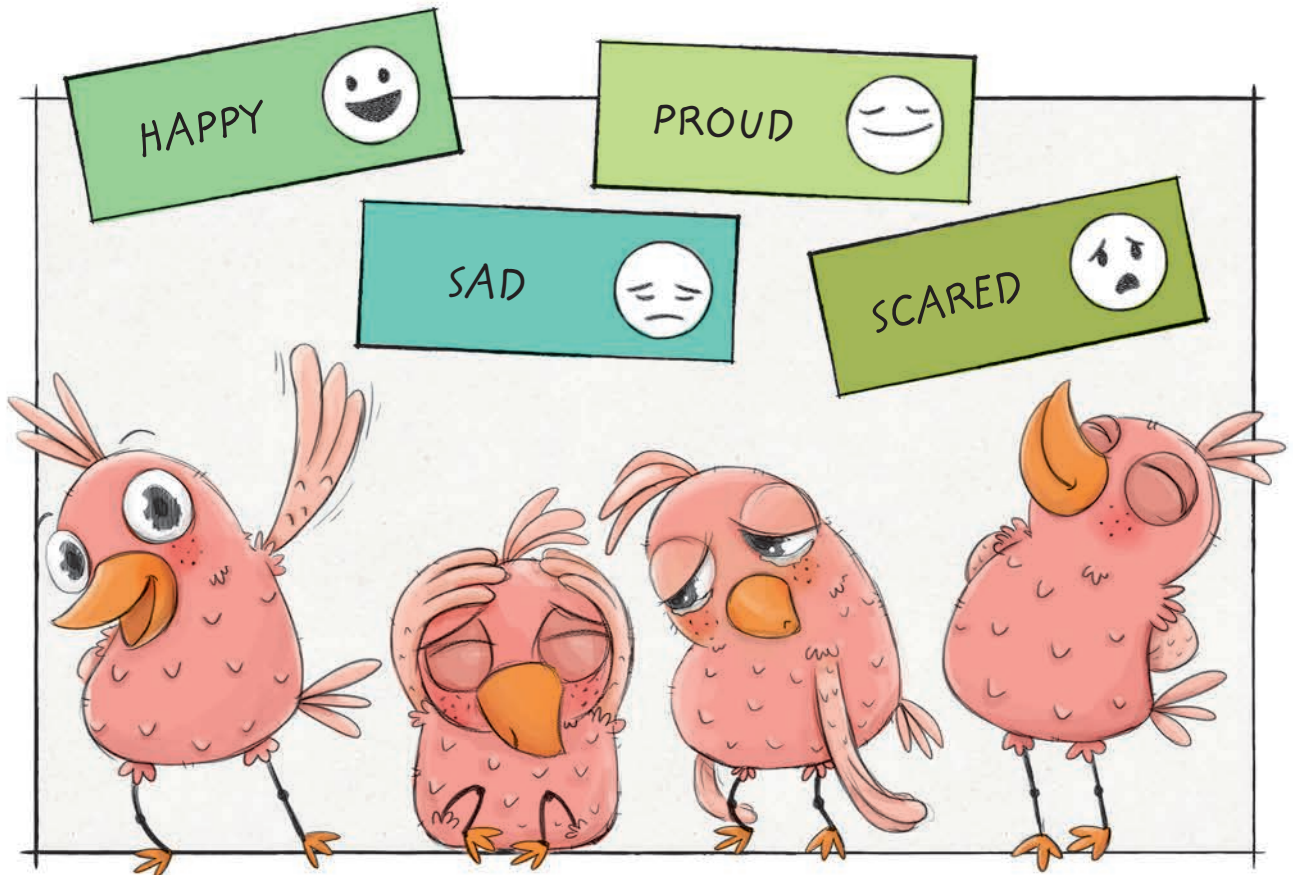


WORD AND PICTURE MATCHING

How does Mr Frog feel? Can you match the pictures with the feeling words?

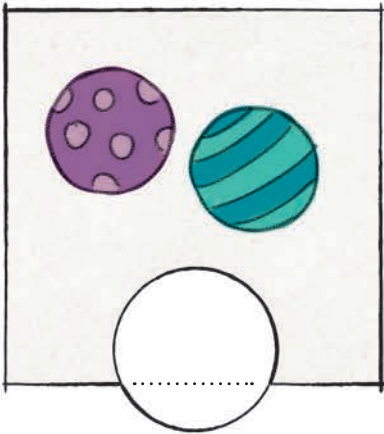


How does Birdie feel? Can you match the pictures with the feeling words?

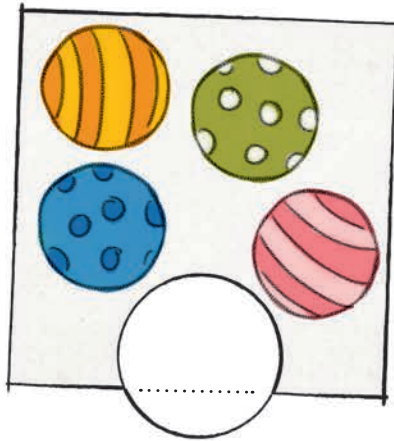


IT ALL ADDS UP! +++

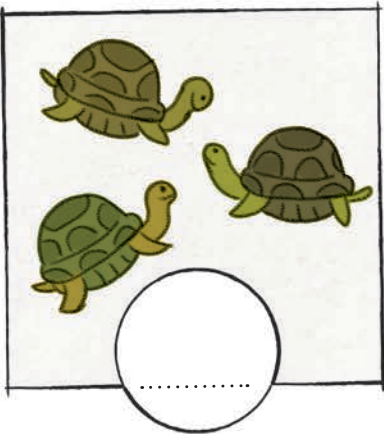
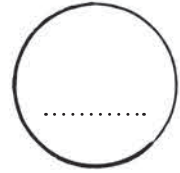
How many are here?



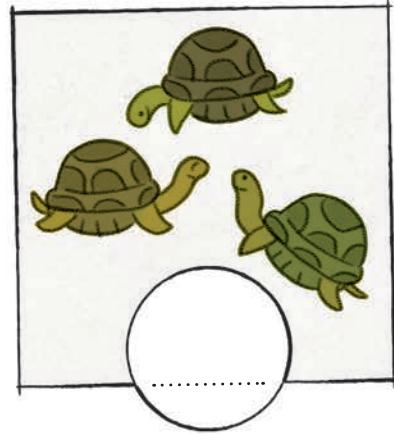
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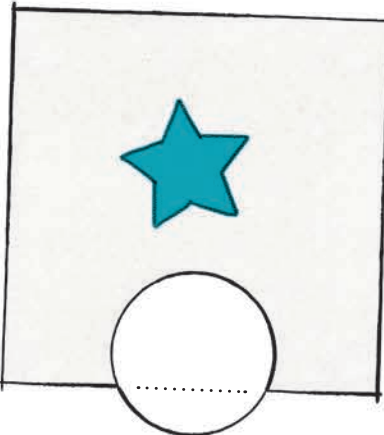
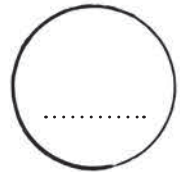
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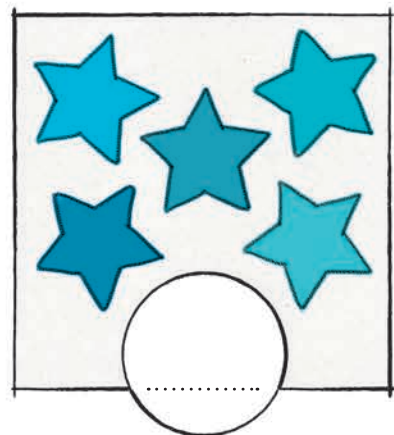
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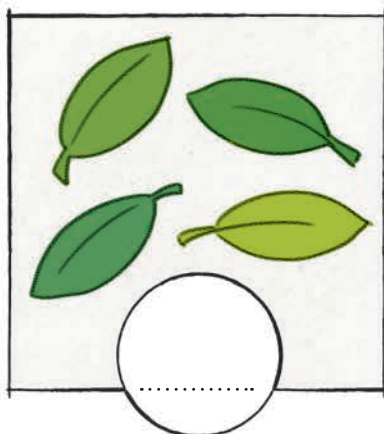
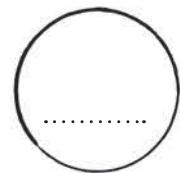
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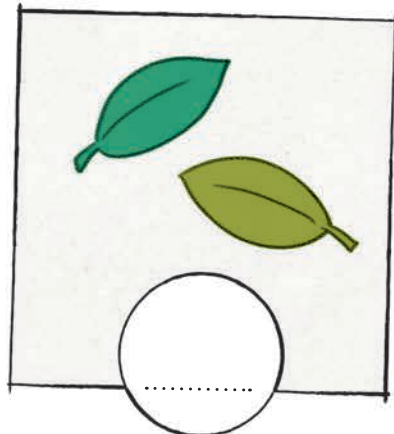
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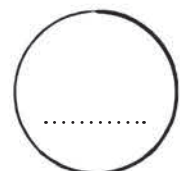
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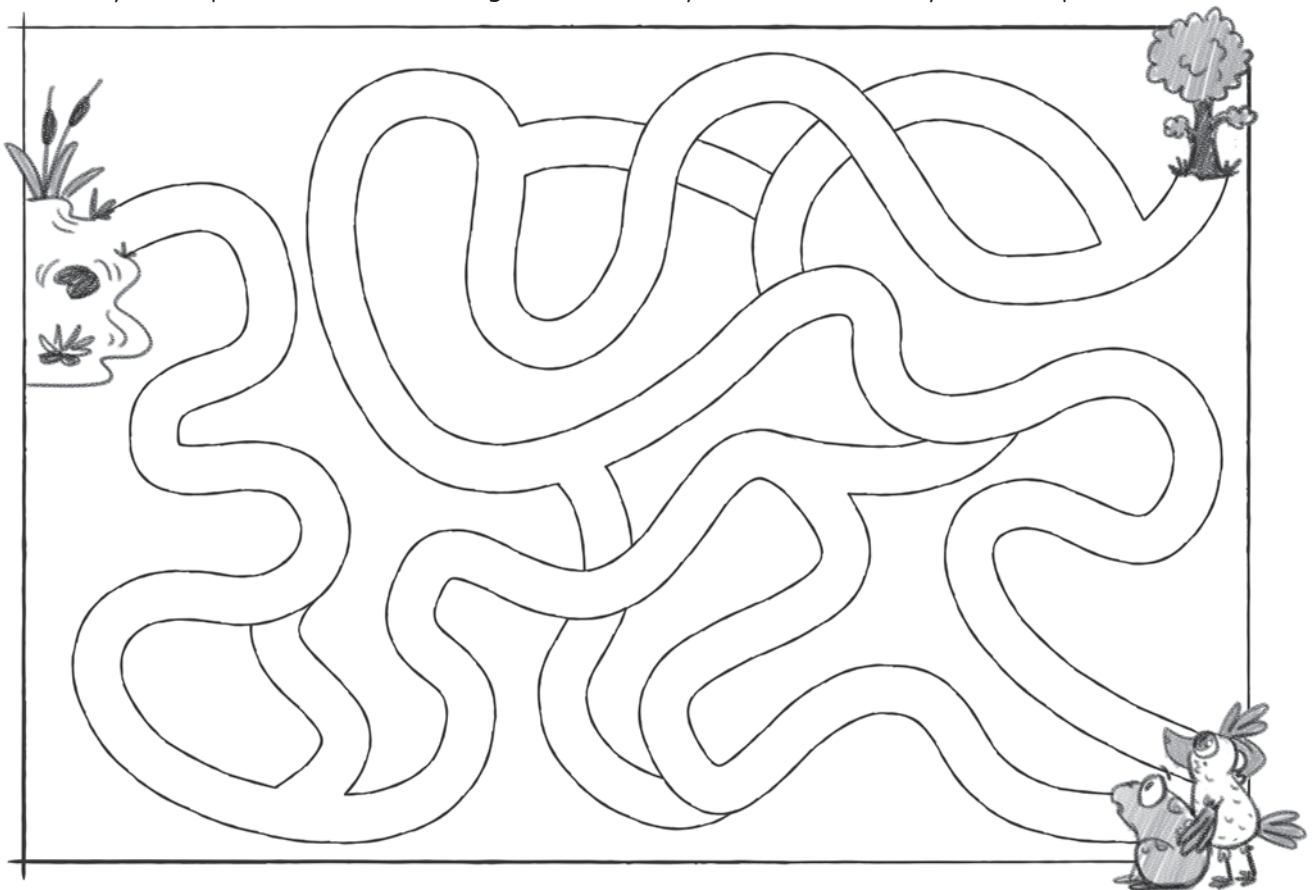


MAZES

Can you help Pellie take the seagull chicks to their mother?



Can you help Birdie and Mr Frog find their way home? (Hint: Try Birdie's path first!)

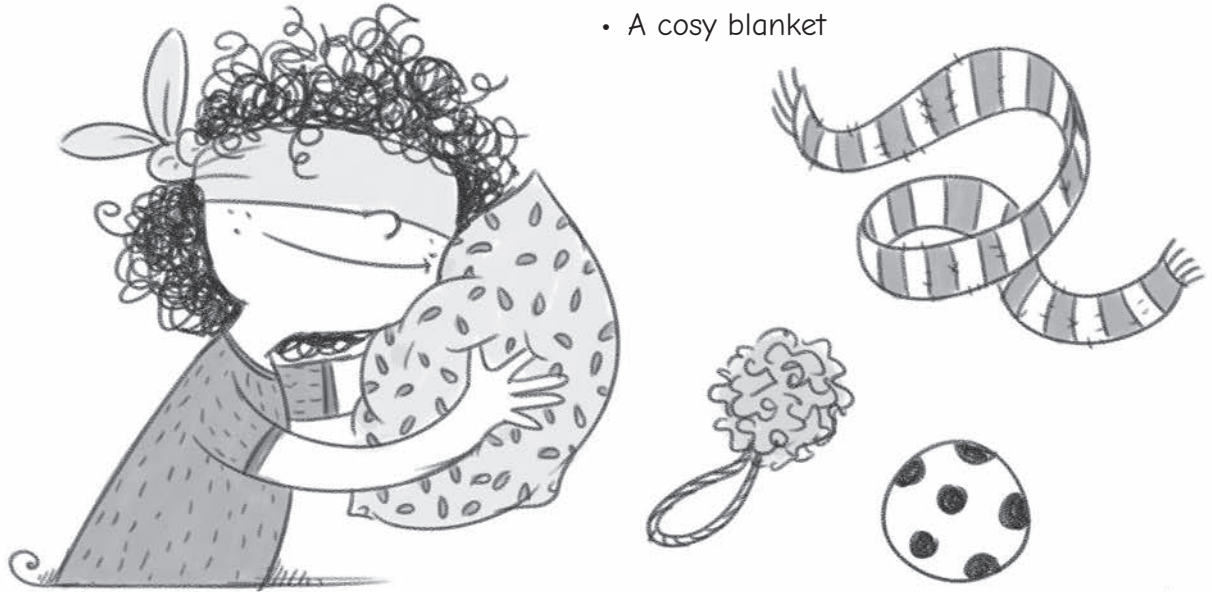


TOUCHING AND FEELING

Do you have some things to play with that you can touch and feel? Maybe you can wear a blind-fold or close your eyes, and a grown-up can hold things for you to touch and guess.

How about:

- A floaty scarf
- A scratchy loofah or kitchen scourer
- A fluffy pillow
- Some soft cotton wool
- A hard rubber ball
- A cosy blanket

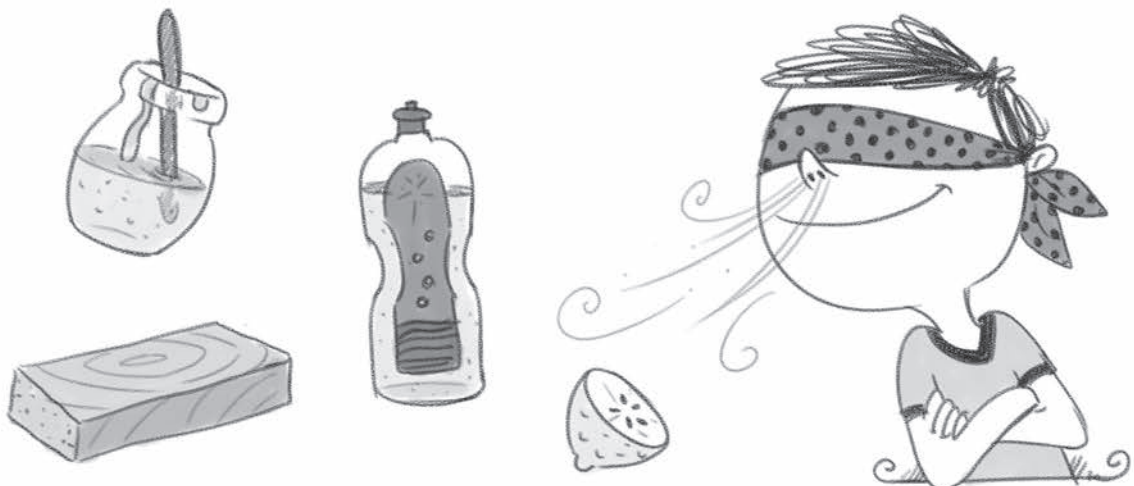


SMELLS

Do you have some things that you can smell? Maybe you can wear a blind-fold or close your eyes, and a grown-up can hold things for you to smell and guess.

How about:

- Something that smells sharp (like dish soap, disinfectant or hand sanitiser)
- Something that smells sweet (like sugar, honey or syrup)
- Something that smells citrusy (like lemon juice, tomato sauce, an orange, or bergamot oil)
- Something that smells flowery (like soap or rose oil)
- Something that smells earthy (like dirt, clay or patchouli oil)
- Something that smells woody (like timber, wood shavings or sandalwood oil)



SHOE SCRAMBLE

Can you match the pairs of shoes together?

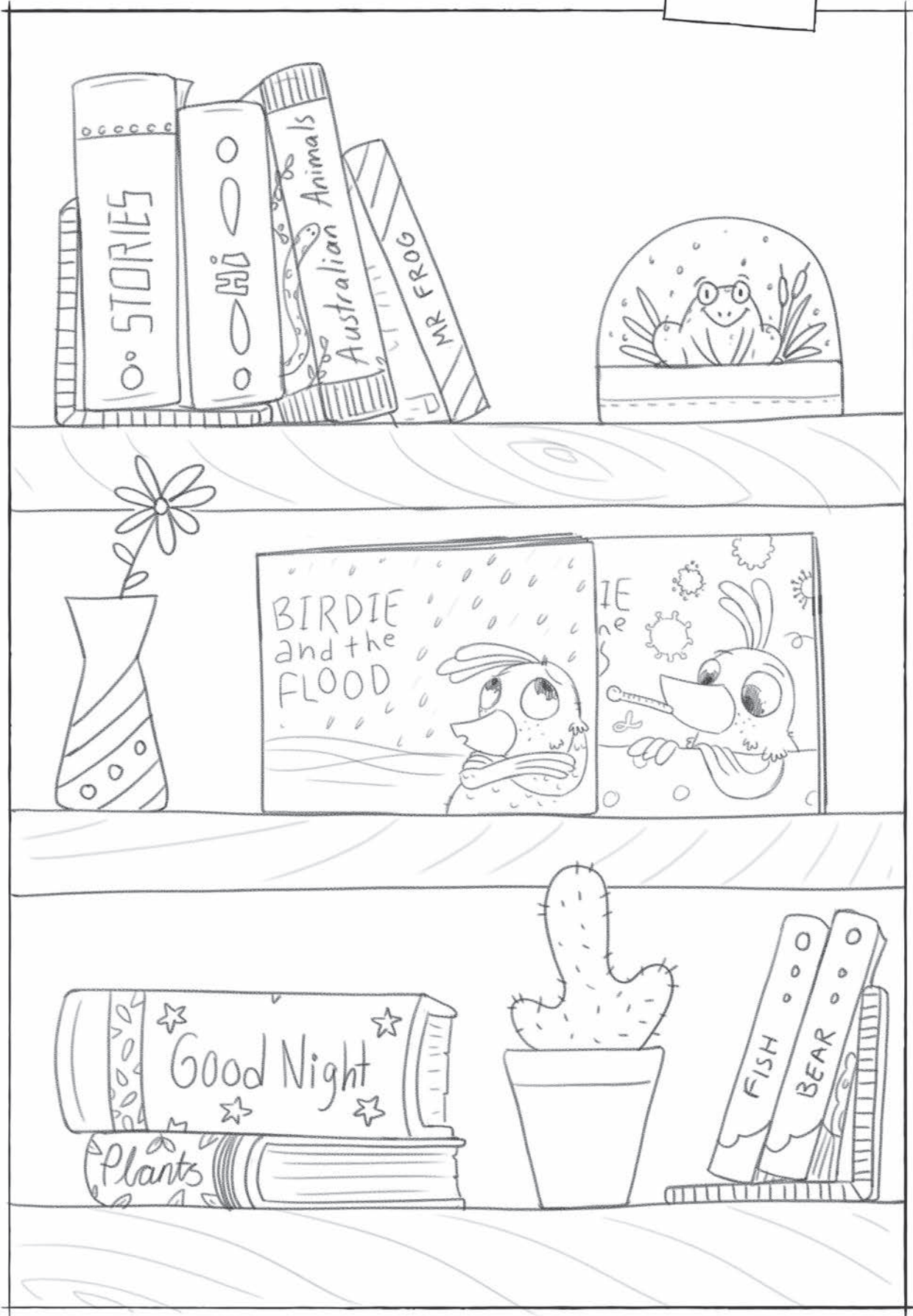


THINGS TO DRAW: My Hand

Can you draw a picture of your hand in this space?

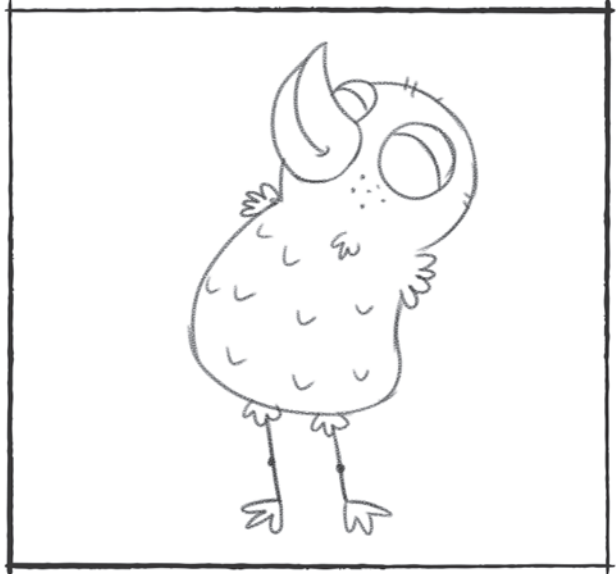
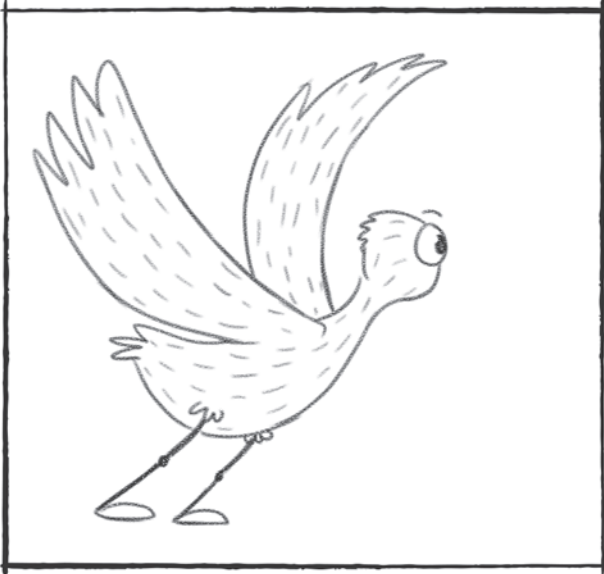
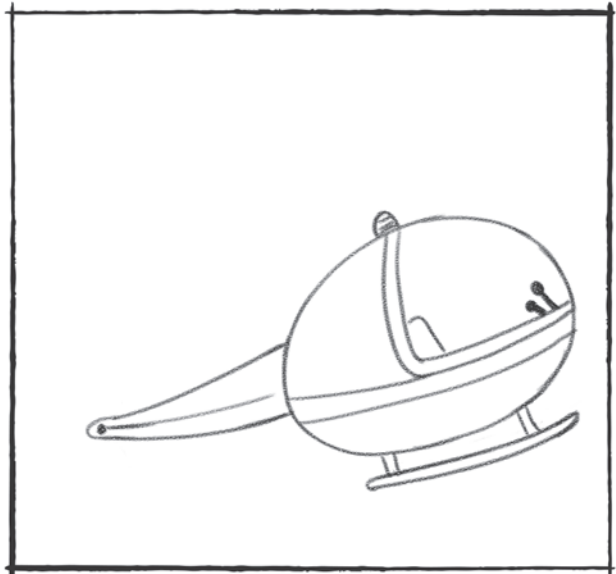
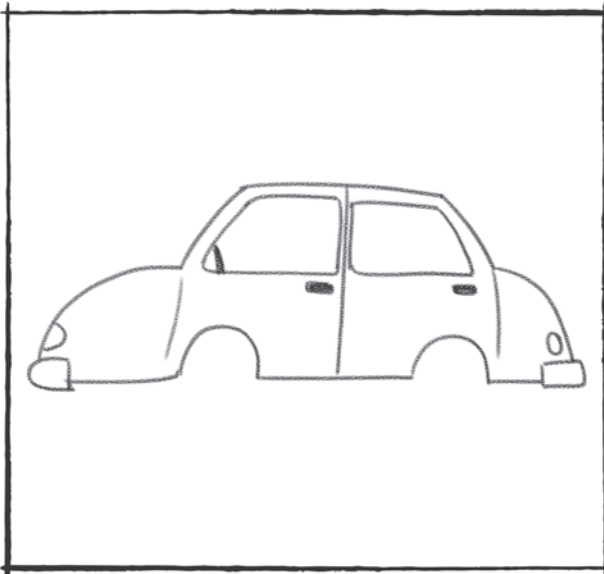
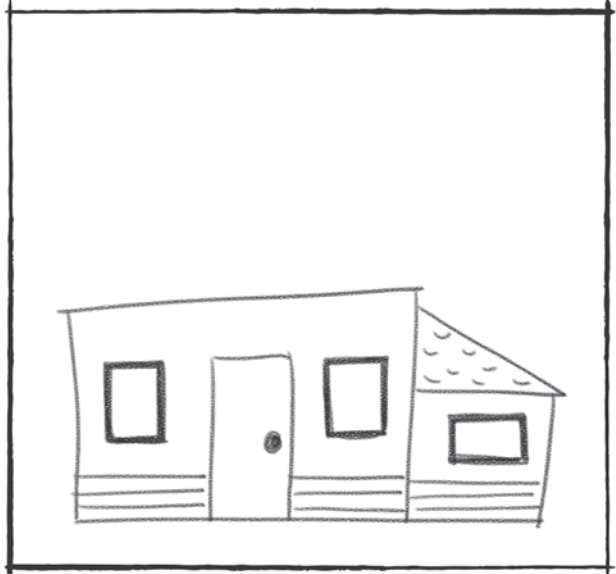
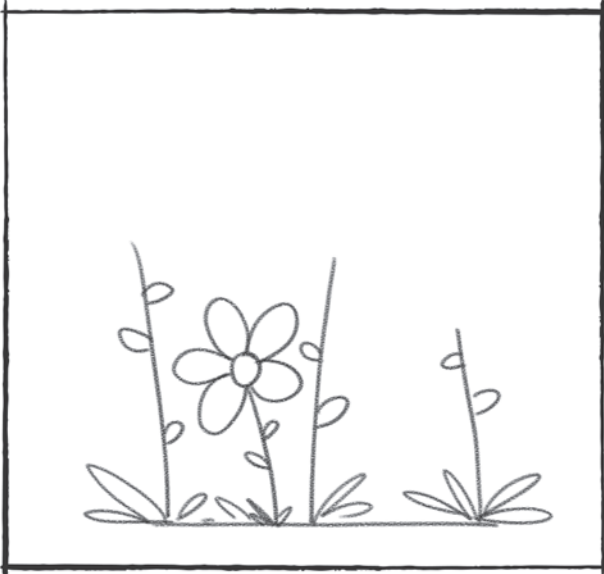
1-2-3----- COUNTING

How many books do you see? Write your answer here.



MISSING BITS

Oh dear – something is missing from each picture! Can you draw in the missing part?

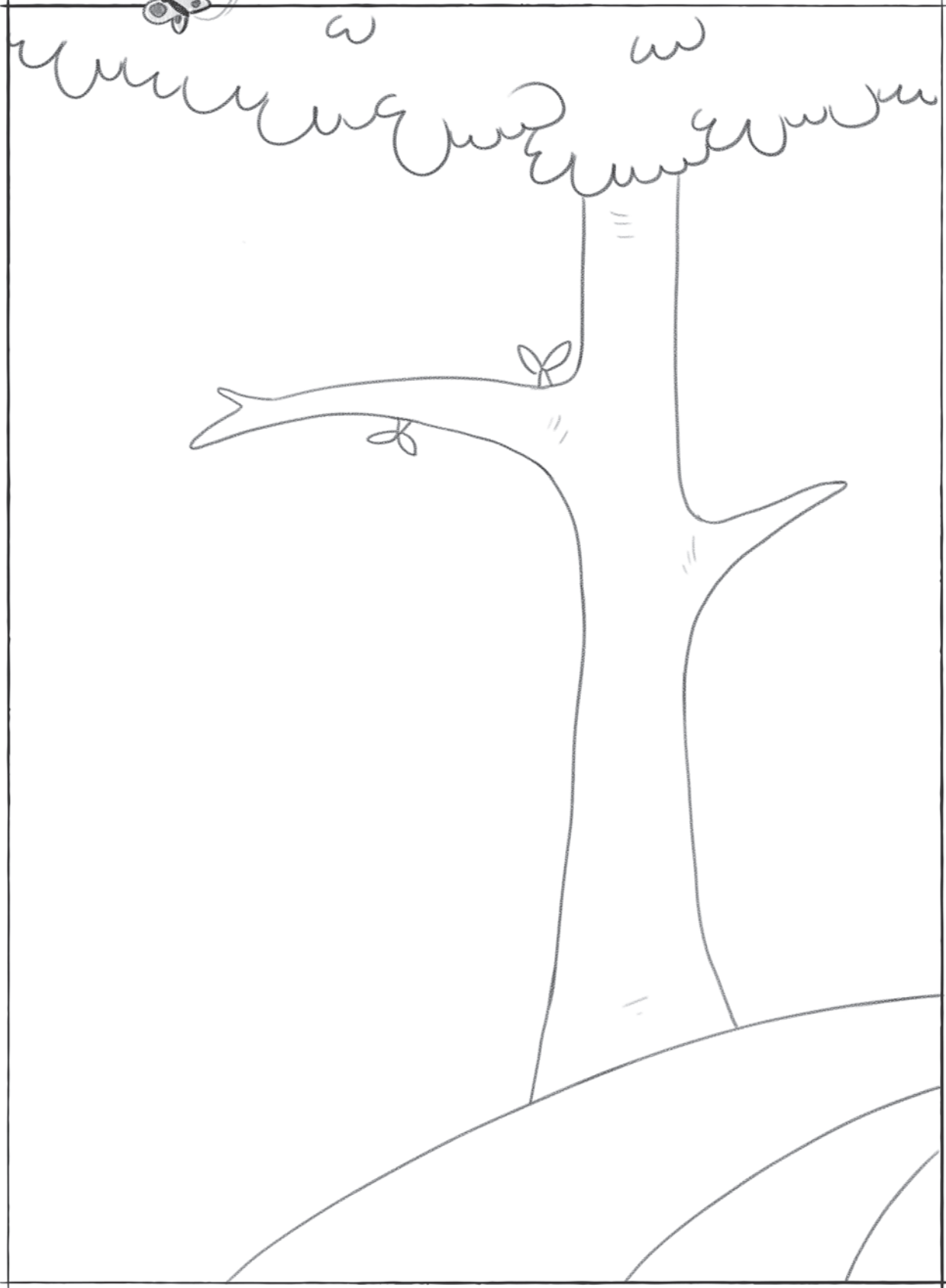


WHAT CAN YOU ADD?

+++

Here's a picture of Birdie's tree. What can you add?

- Birdie's nest
- Butterflies
- Homes for small animals
- Flowers
- Other things?



+++ _____ WHAT CAN YOU ADD? _____

Here's a picture of a beach. What can you add?



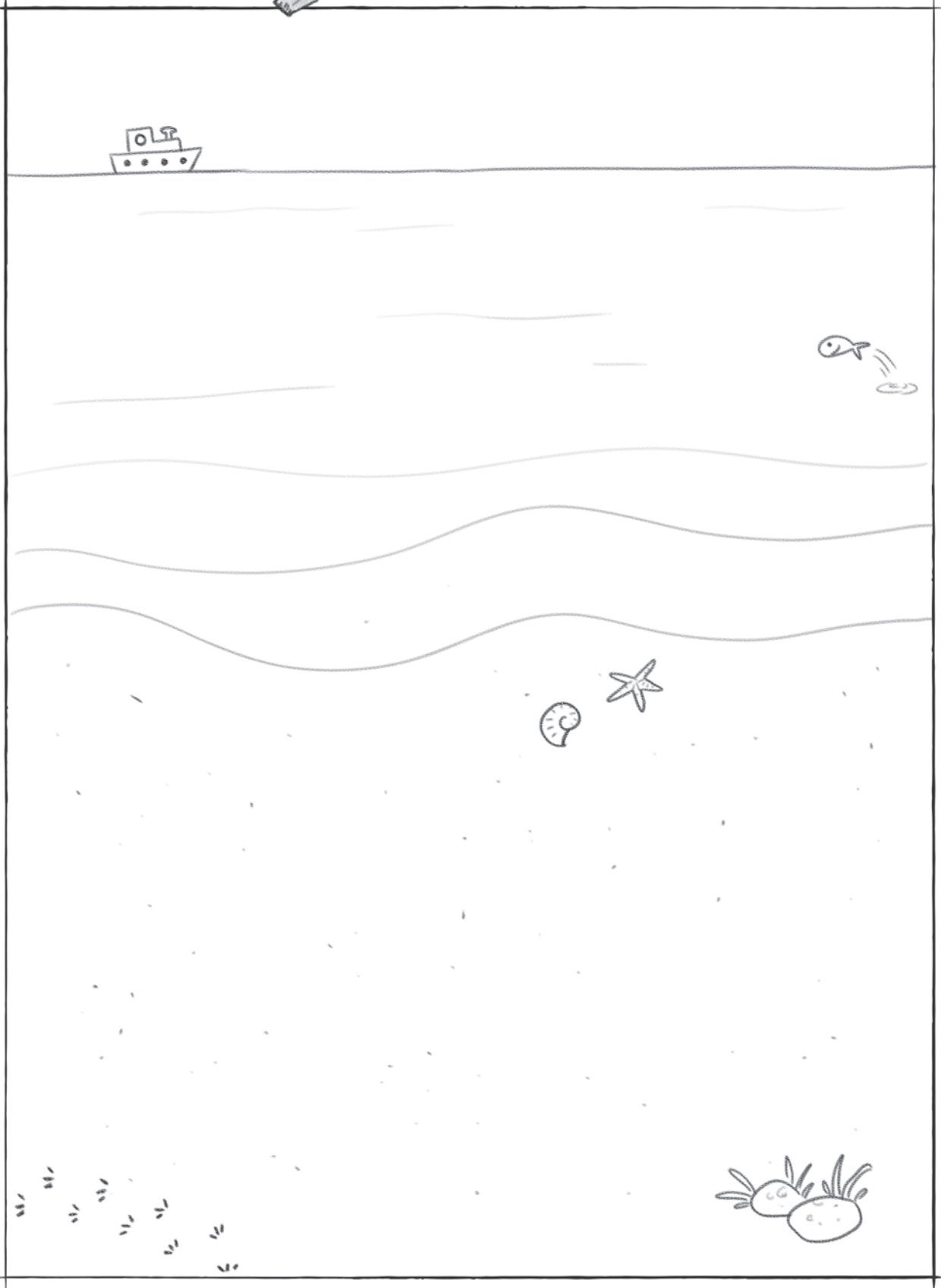
People

Shells

Sea-birds

A beach ball

Other things?



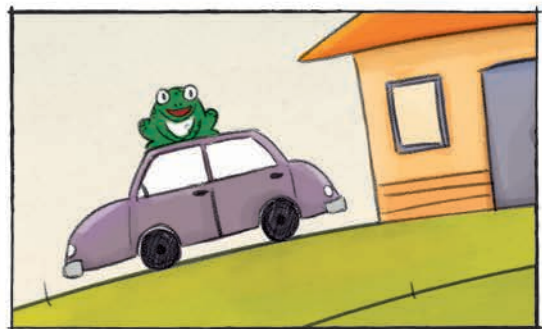
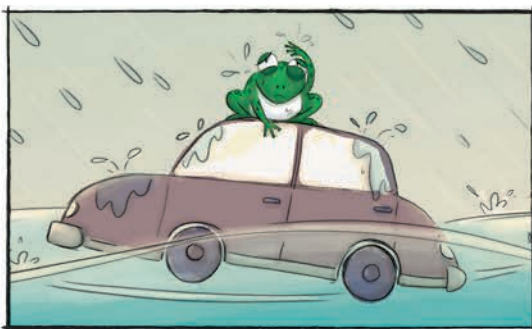
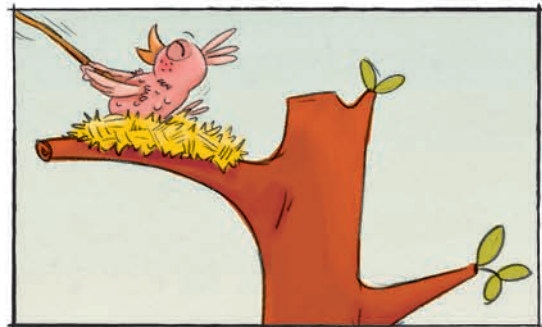
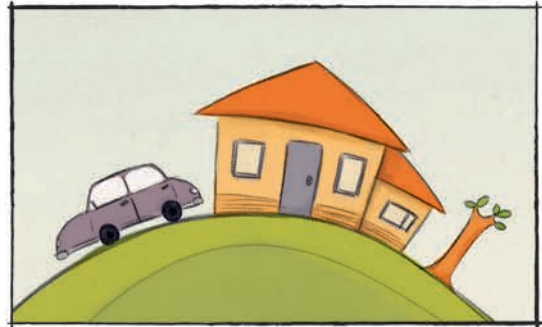
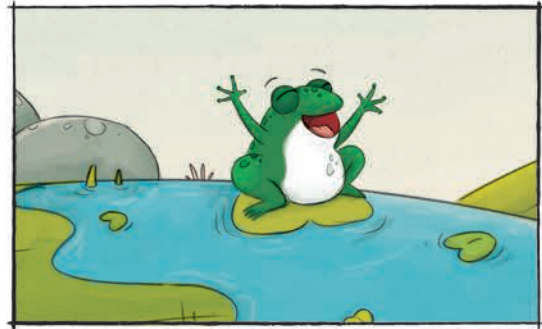
— 3 — 1 — 2 — FIRST, SECOND, THIRD —

Can you put these pictures in the right order?
Write '1, 2, 3' next to what happens first, then second, then third.

The comic consists of three panels, each with a white circle next to it for labeling. The first panel shows a koala, a duck, a turtle, a pink bird, and a green frog on a grassy hill. Three people (two women and one man) are walking away from the animals, carrying first aid kits. The second panel shows the green frog lying on the ground, looking unwell, with a yellow cloth over its eyes. The koala, duck, and turtle are nearby, looking concerned. The third panel shows the three people providing medical care to the animals. One woman is holding a first aid kit, another is covering the frog with a purple blanket, and the man is tending to the koala.

— — ~ — — — — — BROKEN — FIXED! ^ — — — — —

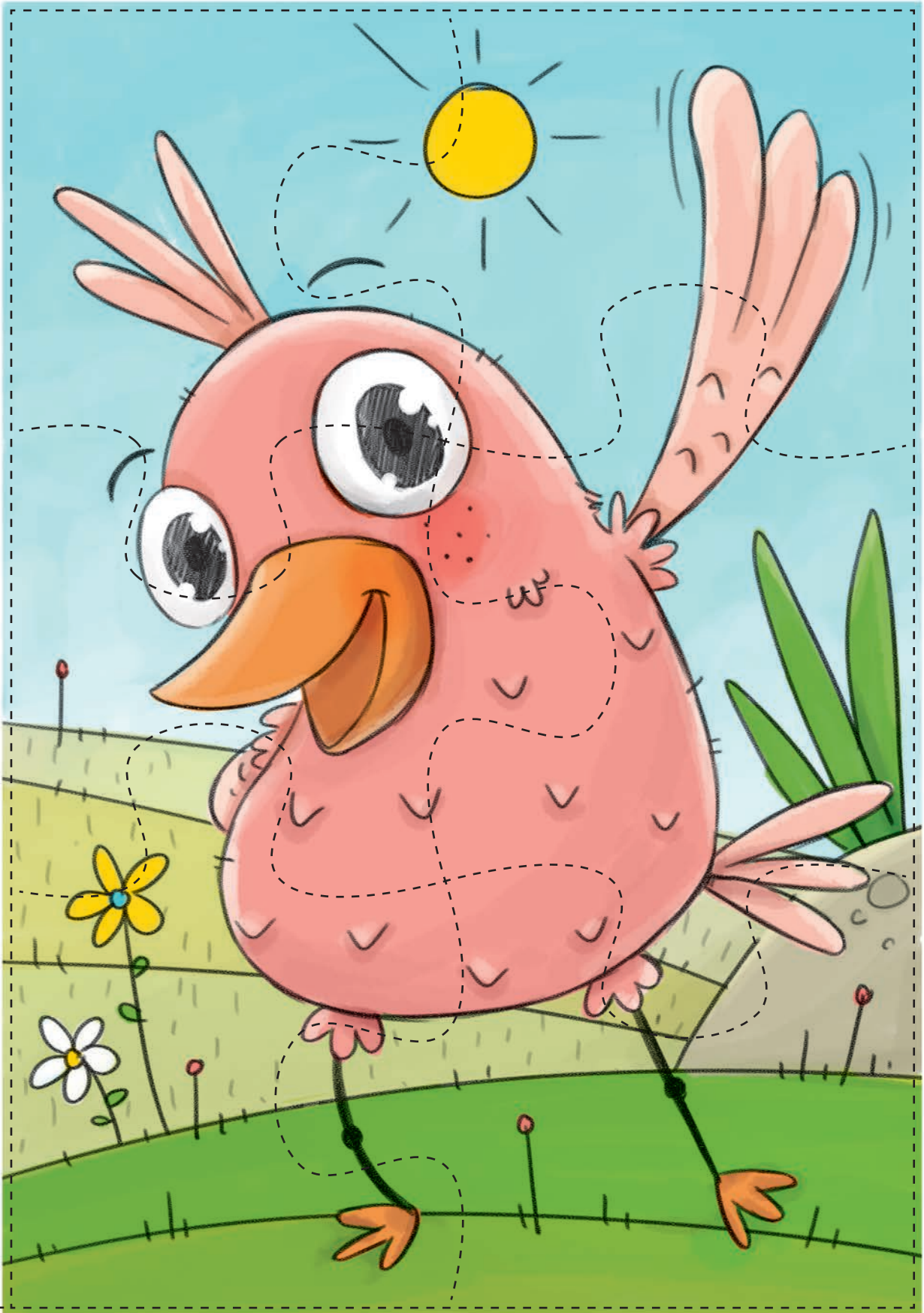
Sometimes things get broken – but they can be fixed. Draw a line between the two pictures that go together – broken, then fixed. Colour in the pictures.



JIGSAW MR FROG

Can you cut Mr Frog out and put him back together?



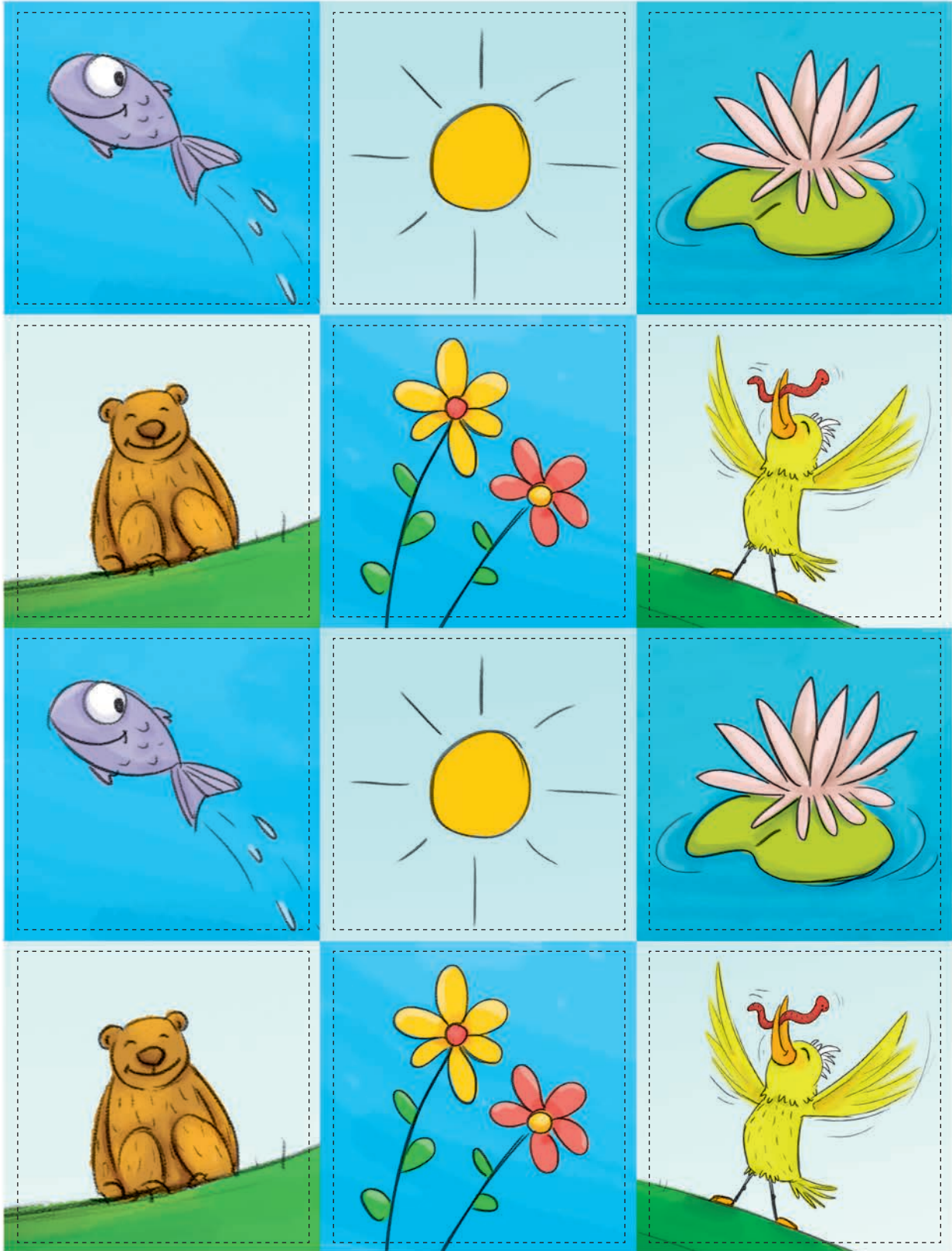


MEMORY CARDS



You can play this game by yourself, or with someone else. It tests your memory!

Cut out the cards, turn them face-down and scatter them around. Then pick up a card. If you have a friend playing with you, they pick up a card too. If you both get the same picture, one of you can choose again.



Find the picture that matches yours, using as few turns as possible. You can only turn over one card at a time. If it's a match, keep your pair and pick a new card. If it's not a match, leave the card face down in place and wait for your next turn. Both of you get to see the card. Remember where it is!

The winner is the person who gets the most pairs. Or if you're playing by yourself, try to remember the cards and get all the pairs in the smallest number of turns you can.



SORTING AND ARRANGING

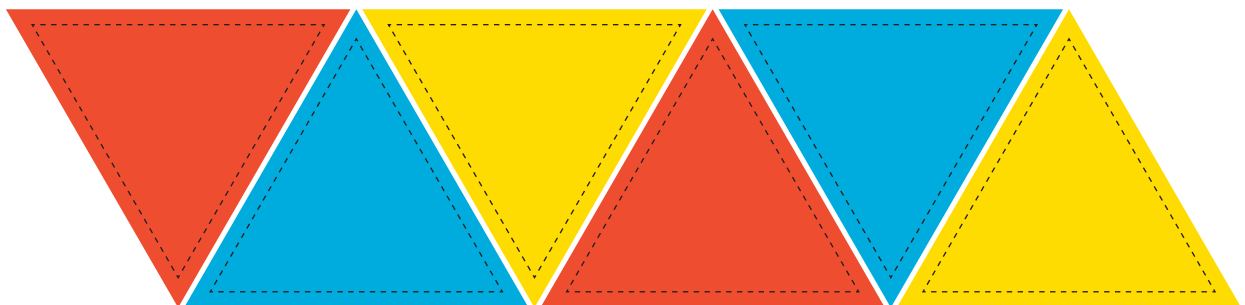
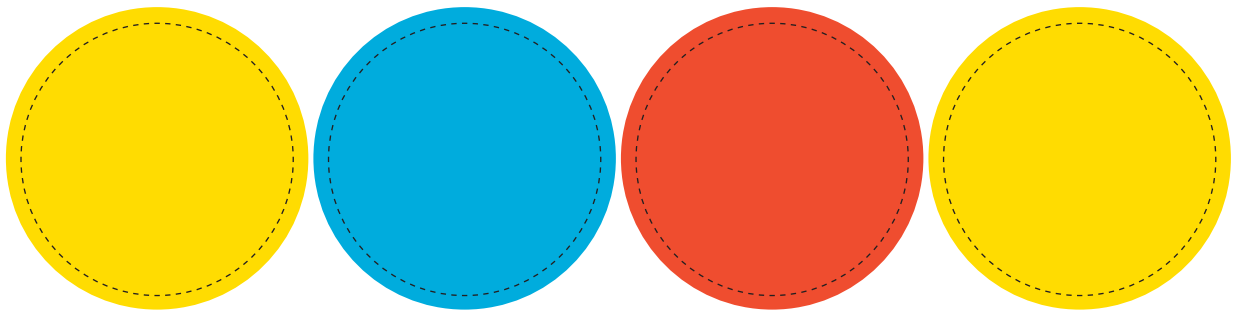
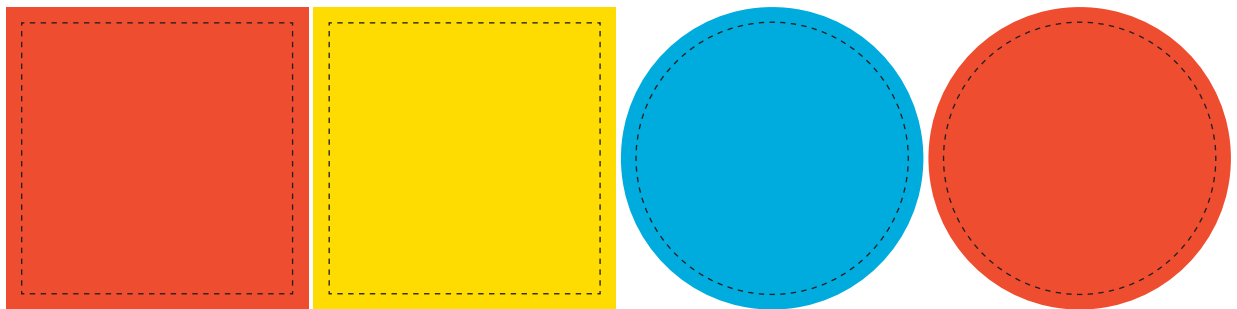
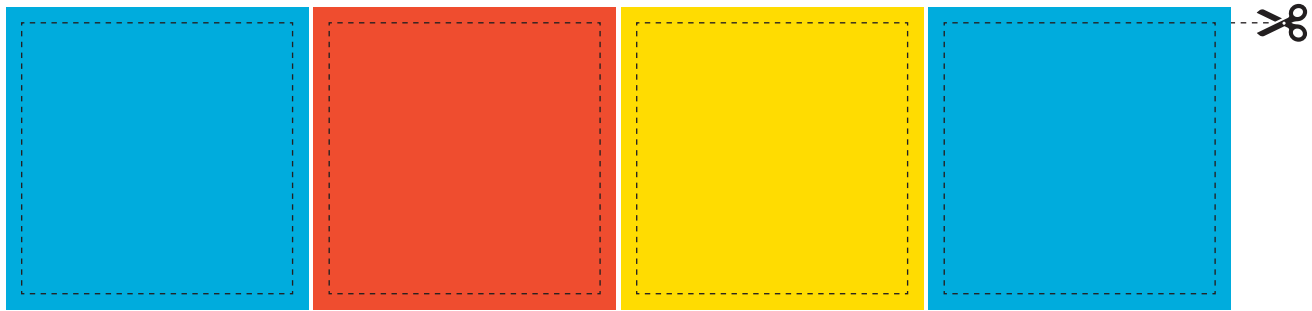


Do you have some things you can sort and arrange? For example:

- Can you mix all the spoons together, and sort them into different sizes?
- Is there a cupboard with tins or containers of different sizes, colours and shapes? Maybe you can use them to make a building, a bridge, or a whole city!
- Maybe you can collect pretty pebbles, or get the pieces from a board game, and sort them into different colours.



Here are some coloured pieces of different shapes that you can cut out and play with.



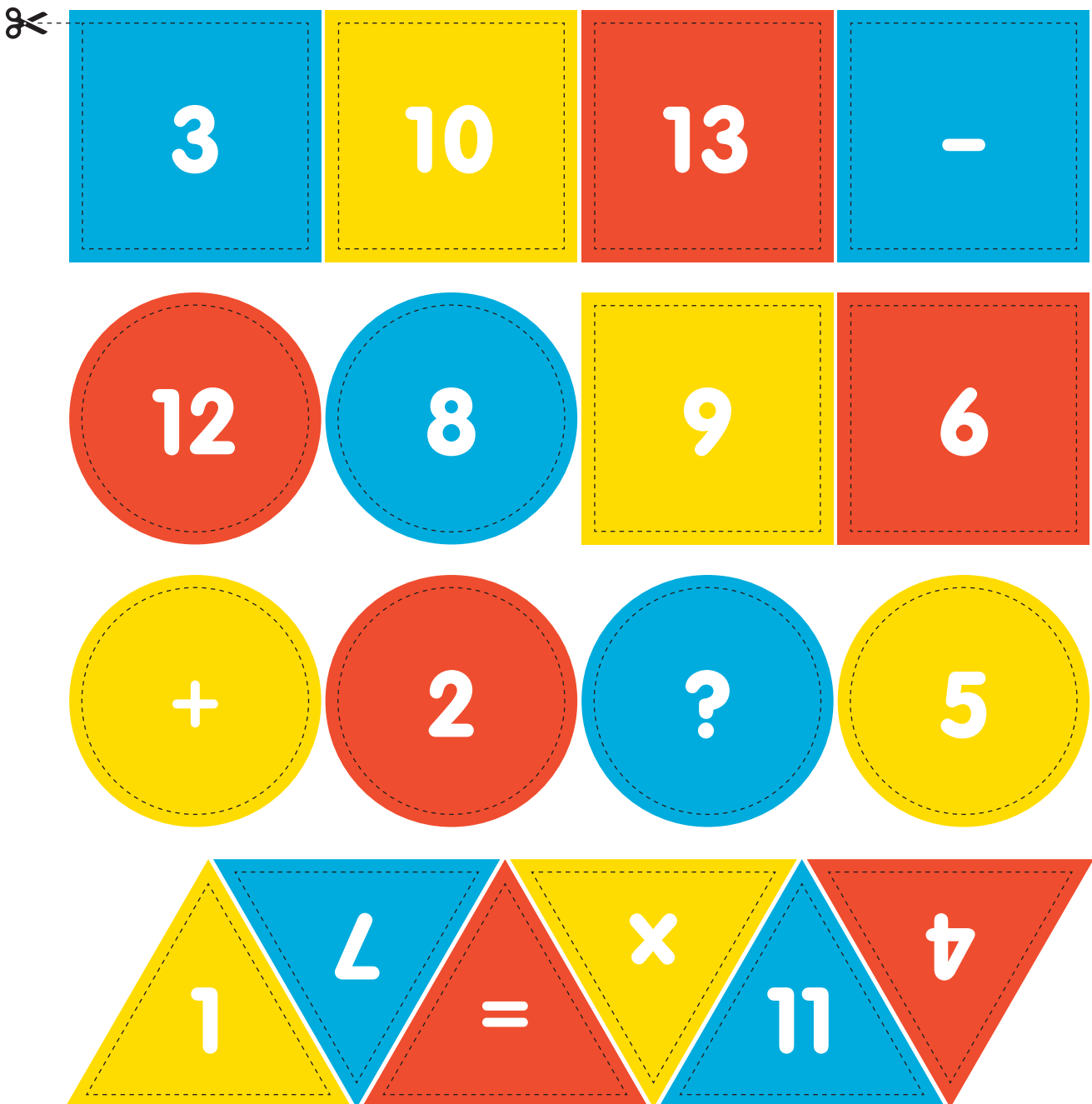
NUMBER GAMES

1-2-3

Use the numbers and symbols on the back of these pieces to play number games. You can count, add, subtract and multiply. Maybe you can make extra pieces with paper or cardboard, to add to your game.

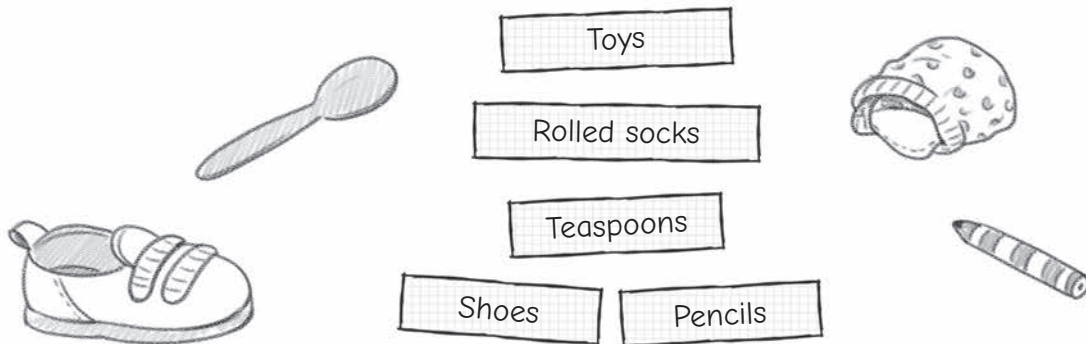
What can you do with your coloured pieces?

- Drop the different colours into different containers
- Make a colourful caterpillar or butterfly
- Make paths and patterns
- Turn them upside down and play a memory game.



TREASURE HUNT

This is a game to play with someone else – maybe your brother or sister, or a friend. Collect 10 small things, like:



One of you closes their eyes and counts slowly to ten. The other person hides the 10 things around the room. Then the person who was counting has to open their eyes and find the hidden things.

When all the things have been found, it's the other person's turn to hide them!

MUSIC-MAKING

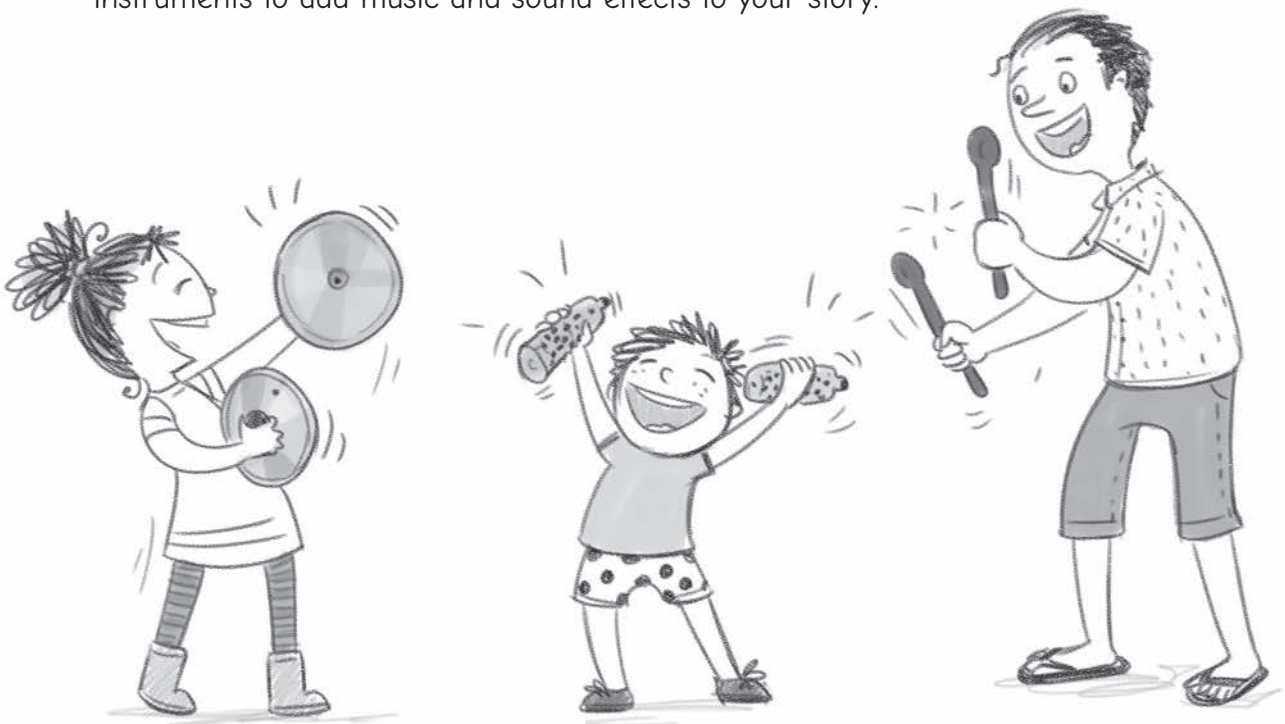


Do you have things you can make noise with? For example:

- Pan lids
- Plastic containers
- Kitchen spoons
- Shakers (rice, sand or pebbles in a water bottle can make a good shaker)

Sing and play along with your favourite songs.

Maybe you can put on a play with your friends or your toys, and use these instruments to add music and sound effects to your story.



PLAY-DOH

Do you have flour, water, salt and food colouring? If you can get these things, you can make play-doh.

If you don't have those things, maybe you have some plasticine or clay? Sometimes even mud will do!

Play-doh recipe for 4 colours
(you can make less, and fewer colours):



Ingredients

- 4 cups flour
- 1 cup warm water
- 2 tablespoons canola or vegetable oil
- 1 ½ cups salt
- 4 colours of food colouring



- ▶ Get four bowls or containers for your four colours.
- ▶ Put ¼ cup of warm water in each bowl, a few drops of food colouring, and ½ tablespoon of vegetable oil.
- ▶ In a separate bowl, mix your 4 cups of flour and 1 ½ cups of salt.
- ▶ Divide the flour mixture evenly between the four bowls of colour mixture. Stir the flour into the colour in each bowl.
- ▶ Then take each lump of coloured play-doh out and knead it on a floured board until it's smooth and ready to use.

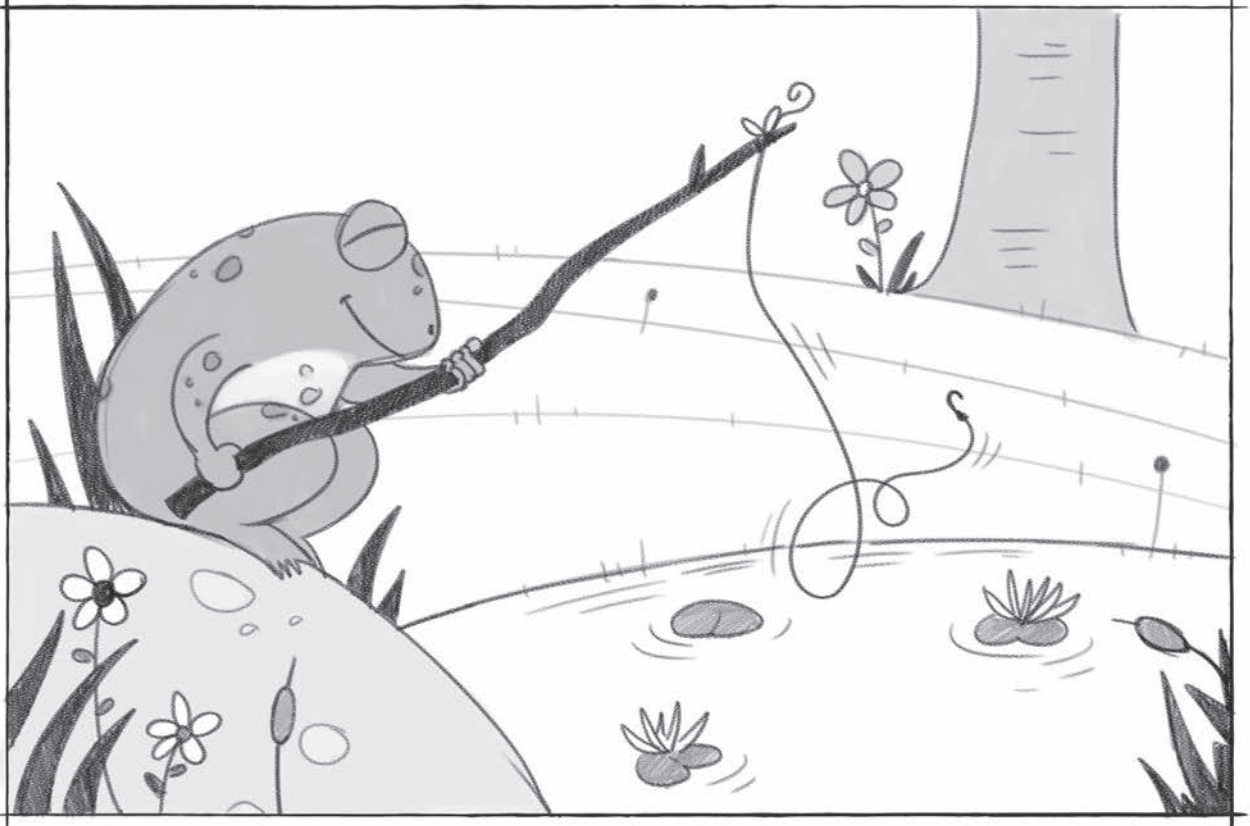
What can I do with play-doh?

- Squish it, squeeze it, squash it, roll it, flatten it, mash it, thump it.
- Make a pink Birdie and give her new feathers.
- Make a green Mr Frog.
- Make dress-up clothes and hats for Birdie and Mr Frog.
- Make other animals and people.
- Use cookie-cutters to cut out shapes.
- If you have a grown-up with the right computer program, maybe you can make a stop-motion animation with your play-doh characters.

SPOT THE DIFFERENCE

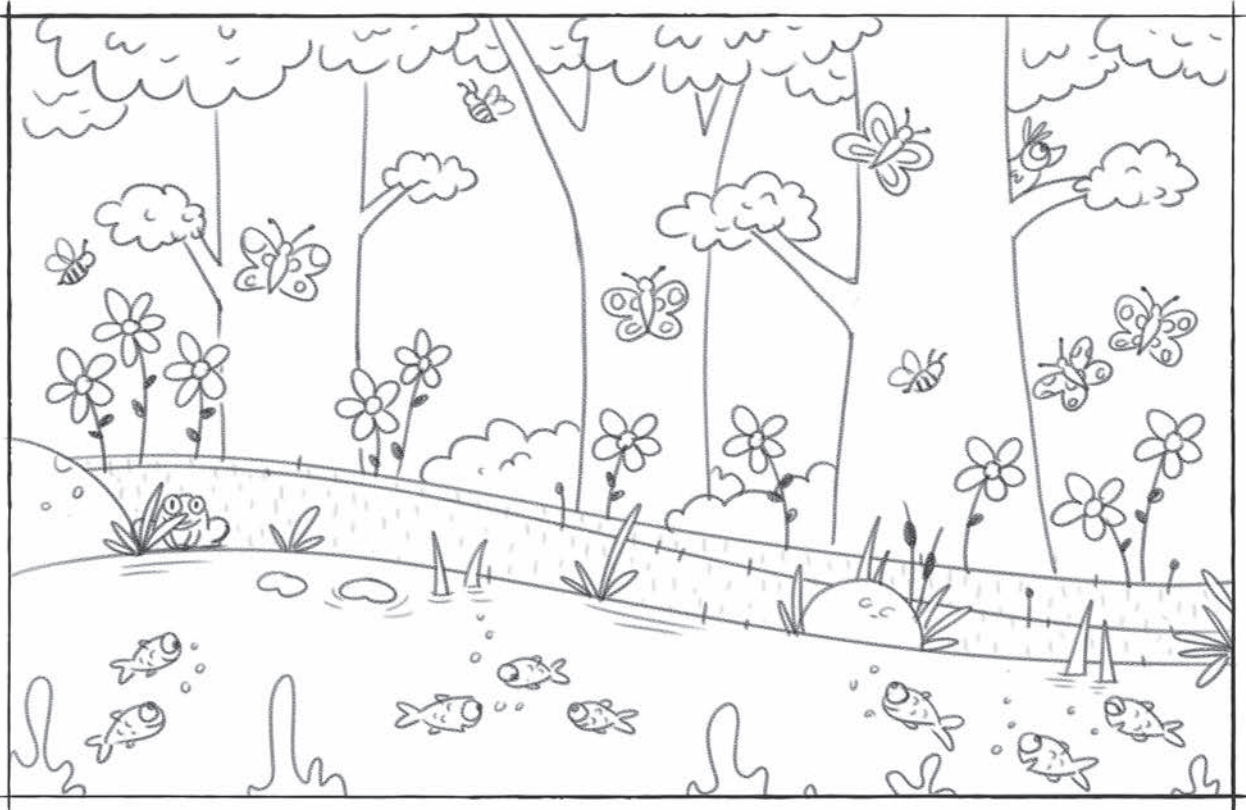
Mr Frog fishing

These two pictures are not quite the same! Can you spot the differences? There are 10.



WHERE'S BIRDIE?

Birdie and Mr Frog are in the forest. Can you find them? Count and colour in other things you find.



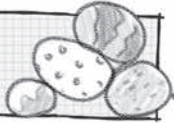
Birdie and Mr Frog are in the town. Can you find them? How many babies, hats, wheels, hair-ribbons and trumpets can you find?



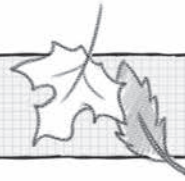
NATURAL WORLD WONDER WALK

Can you go outside for a walk in the garden or a park, or around your neighbourhood? Here are some things to look and listen for:

Interesting stones



Coloured leaves



A bird calling



The sound of water



An aeroplane going over



Yellow cars

An insect making a noise



A spider's web



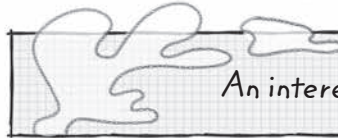
A red flower



The nest or home of an animal

The wind making something move

An interesting smell



Something soft



Something growing in an unusual place

Something warm



Something cool



Something big

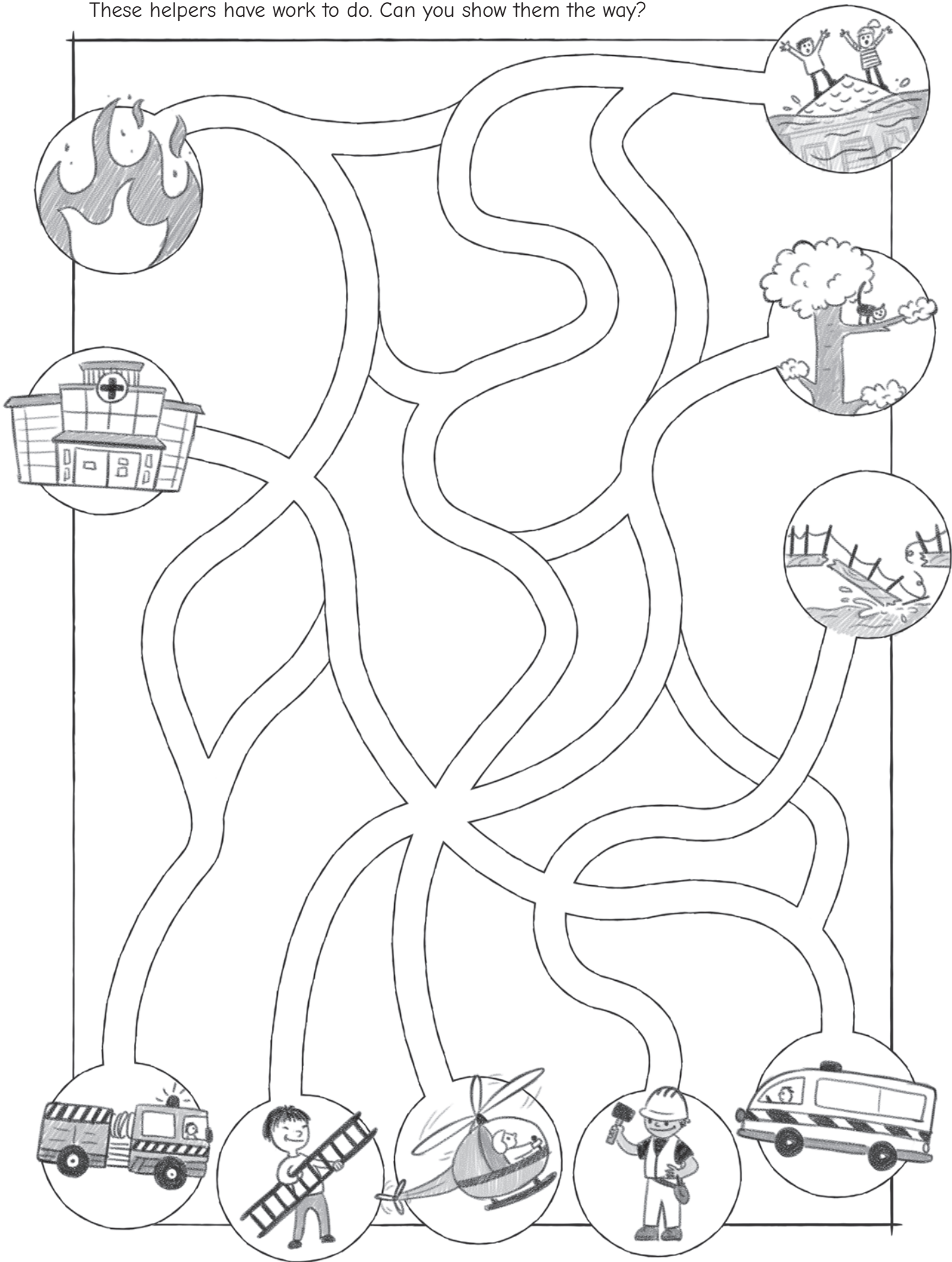
Something small

Something you've never seen before



TANGLED TRACKS

These helpers have work to do. Can you show them the way?



RECIPE: Fruity Choc Slice

Ingredients

- 250g packet of sweet plain biscuits
- 400g chocolate
- ½ cup (125ml) thickened cream
- 170g dried fruits (e.g. apricots and dried cranberries)



Method

- Line a 20cm x 30cm slab pan with non-stick baking paper. Place biscuits into a large sealable plastic bag and close. Wrap in a tea towel and use a rolling pin to roughly crush biscuits.
- Using children's scissors, cut up the dried fruits into small pieces.
- Melt the chocolate and cream in a heatproof bowl over a saucepan of simmering water (or melt in the microwave on medium, stirring every minute.)
- Add the crushed biscuits and dried fruits to the melted chocolate mixture and stir until well combined. Spoon into the pan and use the back of the spoon to smooth the surface. Place in the fridge for 3-4 hours or until set. Cut into squares to serve.

RECIPE: Animal Face Toast

Ingredients

- Bread for toast
- 'Background' spread (e.g. peanut butter, choc-nut spread, vegemite, cream cheese)
- Fruit for features (e.g. sliced banana, strawberries, kiwi fruit, blueberries)

Method

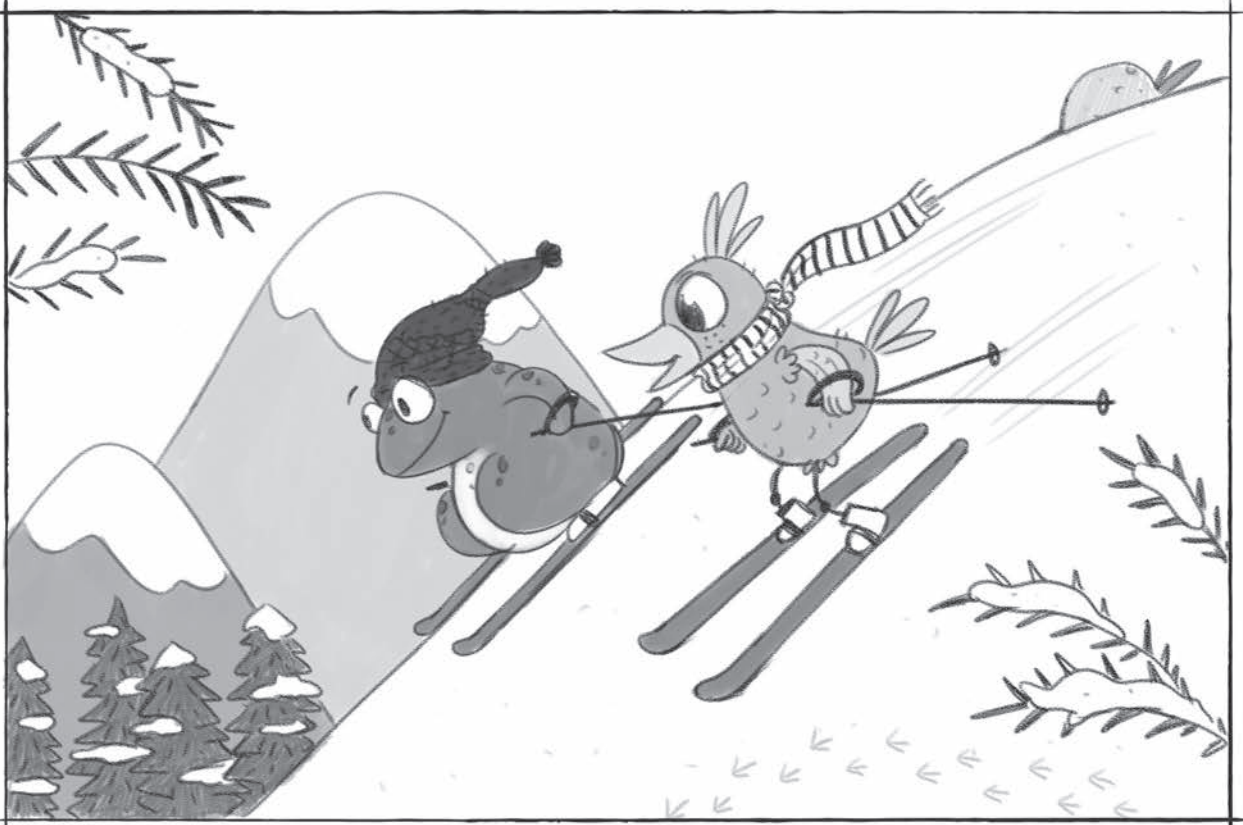
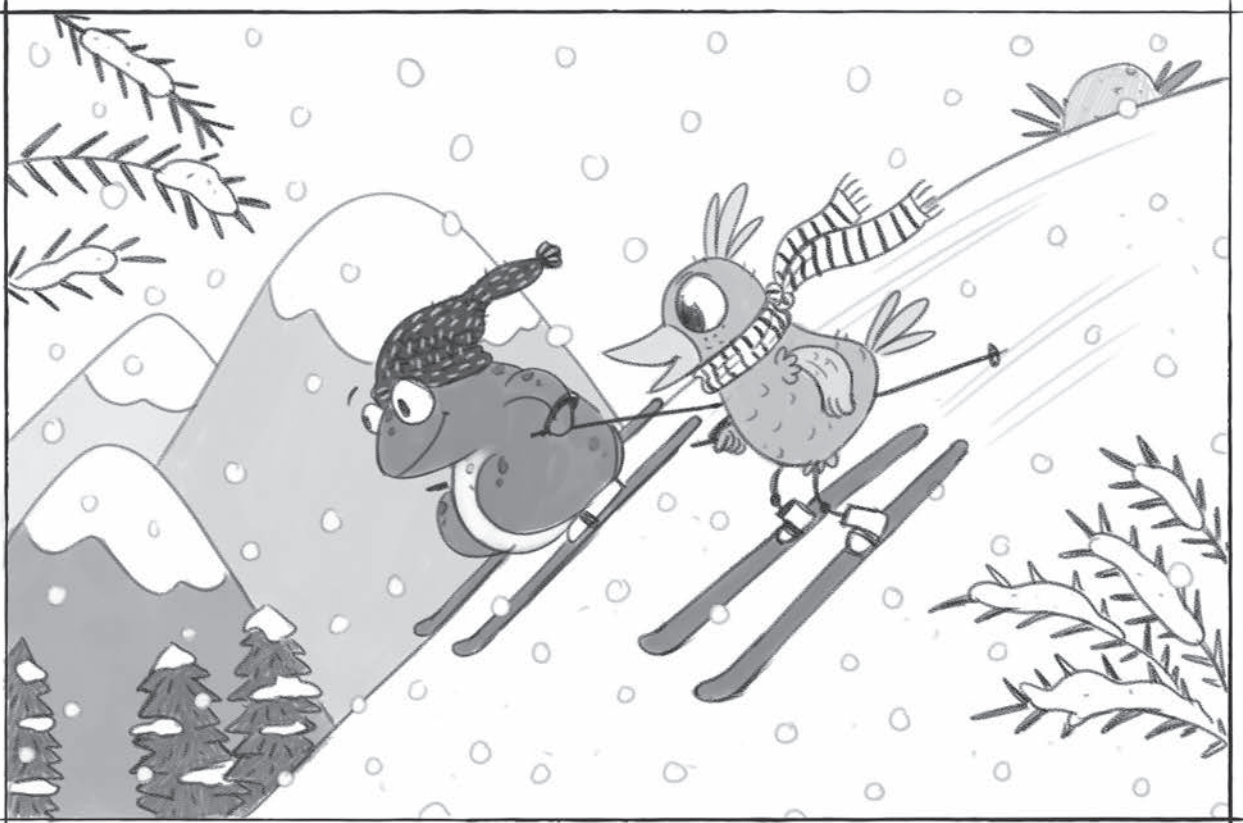
- Toast the bread
- Use the spread to make the shape of the face or animal e.g. round for a monkey face, oval for a bird, triangular for a frog face, diamond for a fish
- Use the sliced fruit to create eyes, eyebrows, mouth, ears, scales or wings



SPOT THE DIFFERENCE

Birdie and Mr Frog skiing

These two pictures are not quite the same! Can you spot the differences? There are 10.

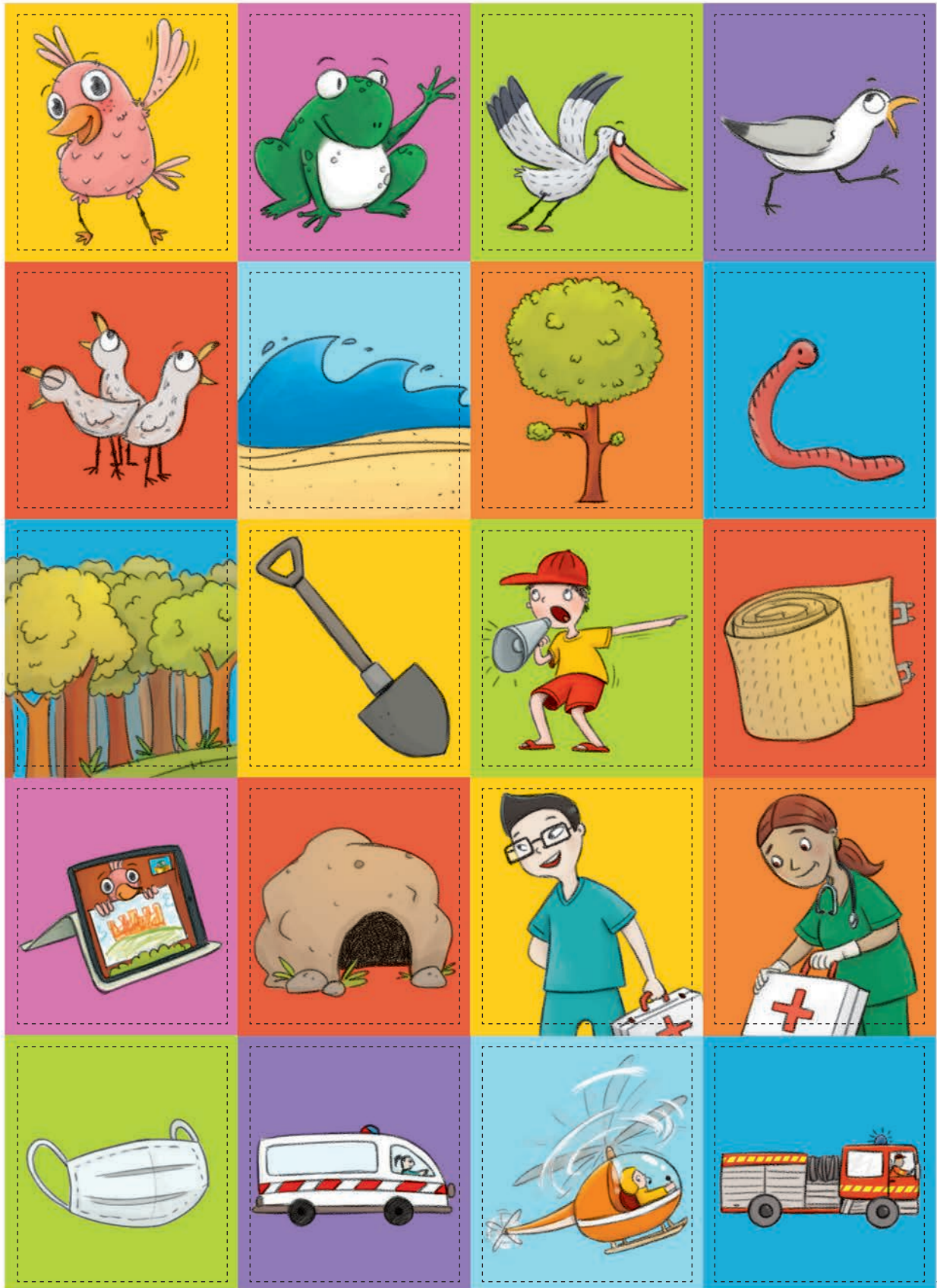


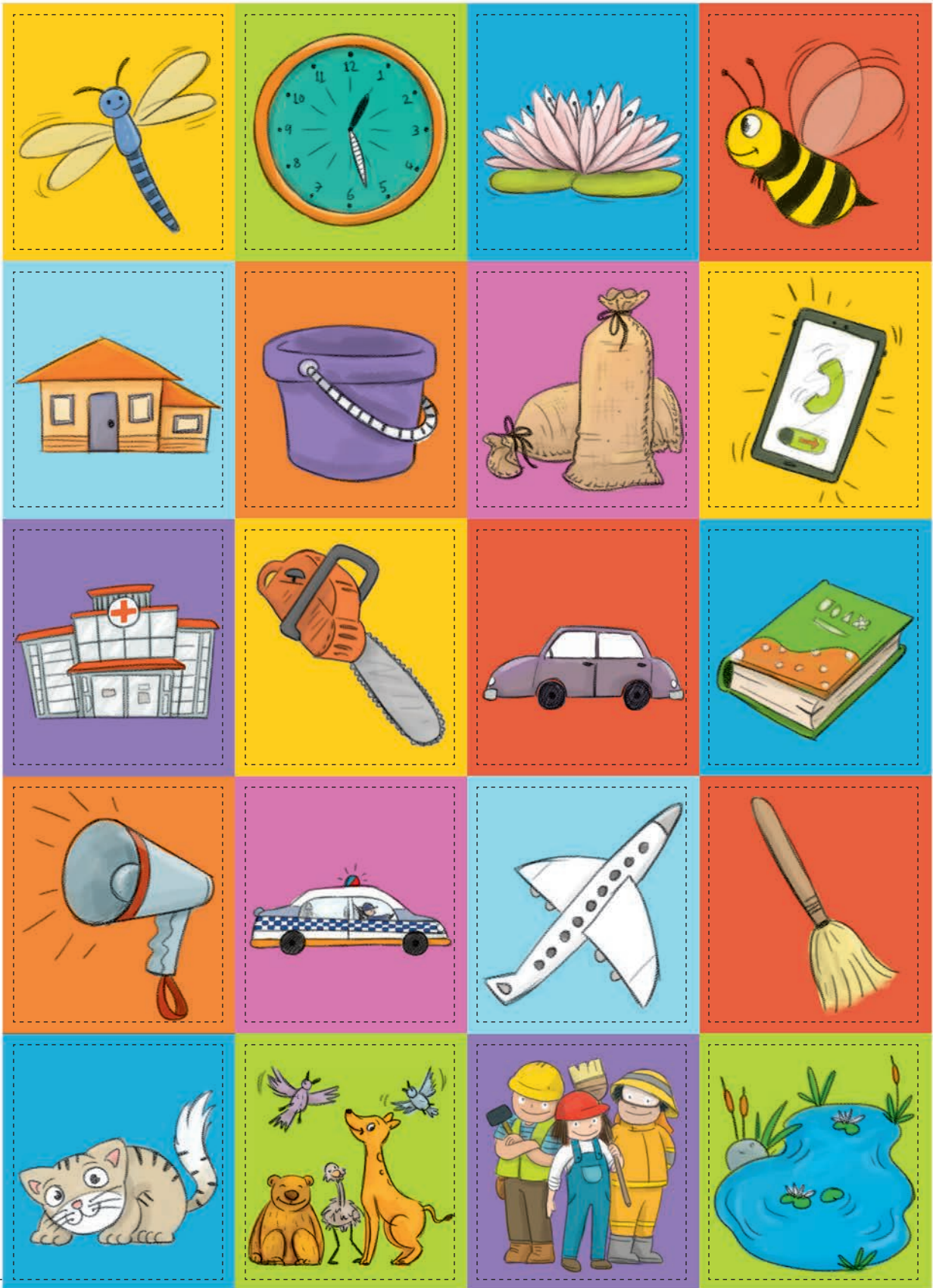
STORY TILES



Cut out the characters, objects and places.

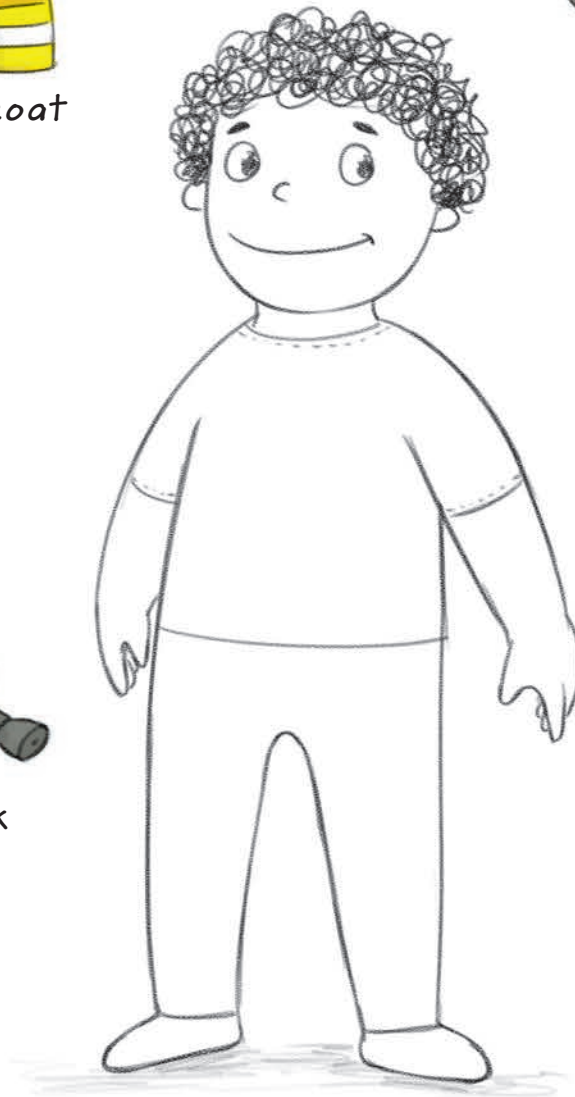
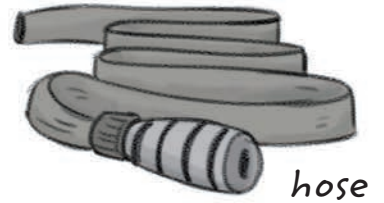
Now you can move them around and tell your own stories with these Story Tiles.





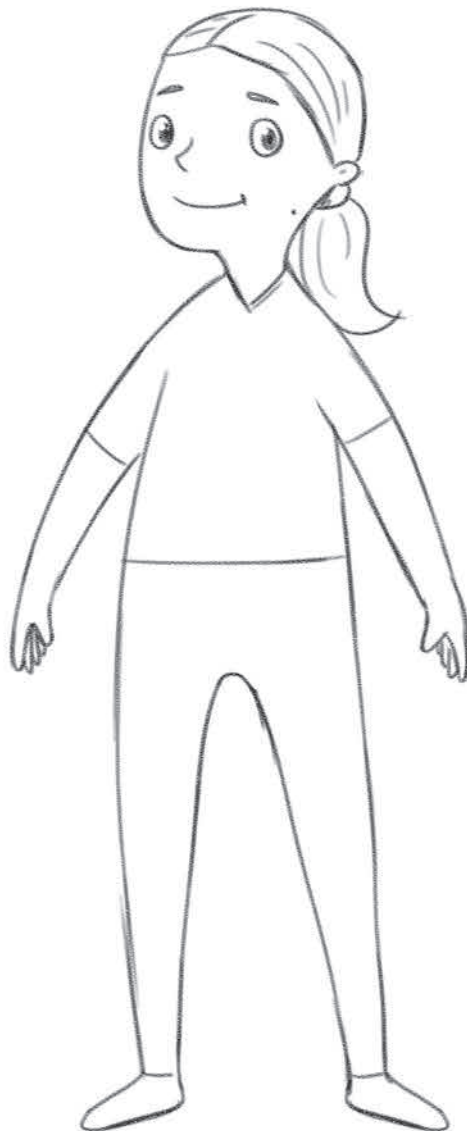
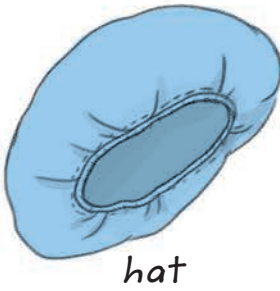
DRESS THE HELPER: Firefighter

Helpers need special clothes and equipment to do their jobs.
Can you draw clothes and equipment on Alex the Firefighter?
Or just draw a line to where each item goes.



DRESS THE HELPER: Doctor

Doctors and nurses wear special clothes when they're looking after people.
Can you draw clothes and equipment on Doctor Grace?
Or just draw a line to where each item goes.



FIND A WORD: Homes

This puzzle has words about places where people and animals live. Can you find them all?

When you've found all the words, can you find all the letters of the alphabet?

R	A	C	J	H	Z	S	H	I	V	E	P	C	N	E
O	V	A	B	U	R	R	O	W	C	B	O	A	T	D
C	C	R	B	T	Q	K	U	O	A	U	N	B	O	V
K	L	A	T	R	N	E	S	T	S	P	D	I	M	I
P	I	V	X	E	W	T	E	N	T	C	S	N	Y	L
O	F	A	L	E	C	O	R	A	L	R	E	E	F	L
O	F	N	Z	F	G	C	A	V	E	B	A	R	K	A
L	F	A	R	M	A	P	A	R	T	M	E	N	T	G
R	I	P	L	A	I	N	S	H	J	U	N	G	L	E

Apartment

Bark

Boat

Burrow

Cabin

Caravan

Castle

Cave

Cliff

Coral reef

Farm

Hive

House

Hut

Jungle

Nest

Plains

Pond

Rock pool

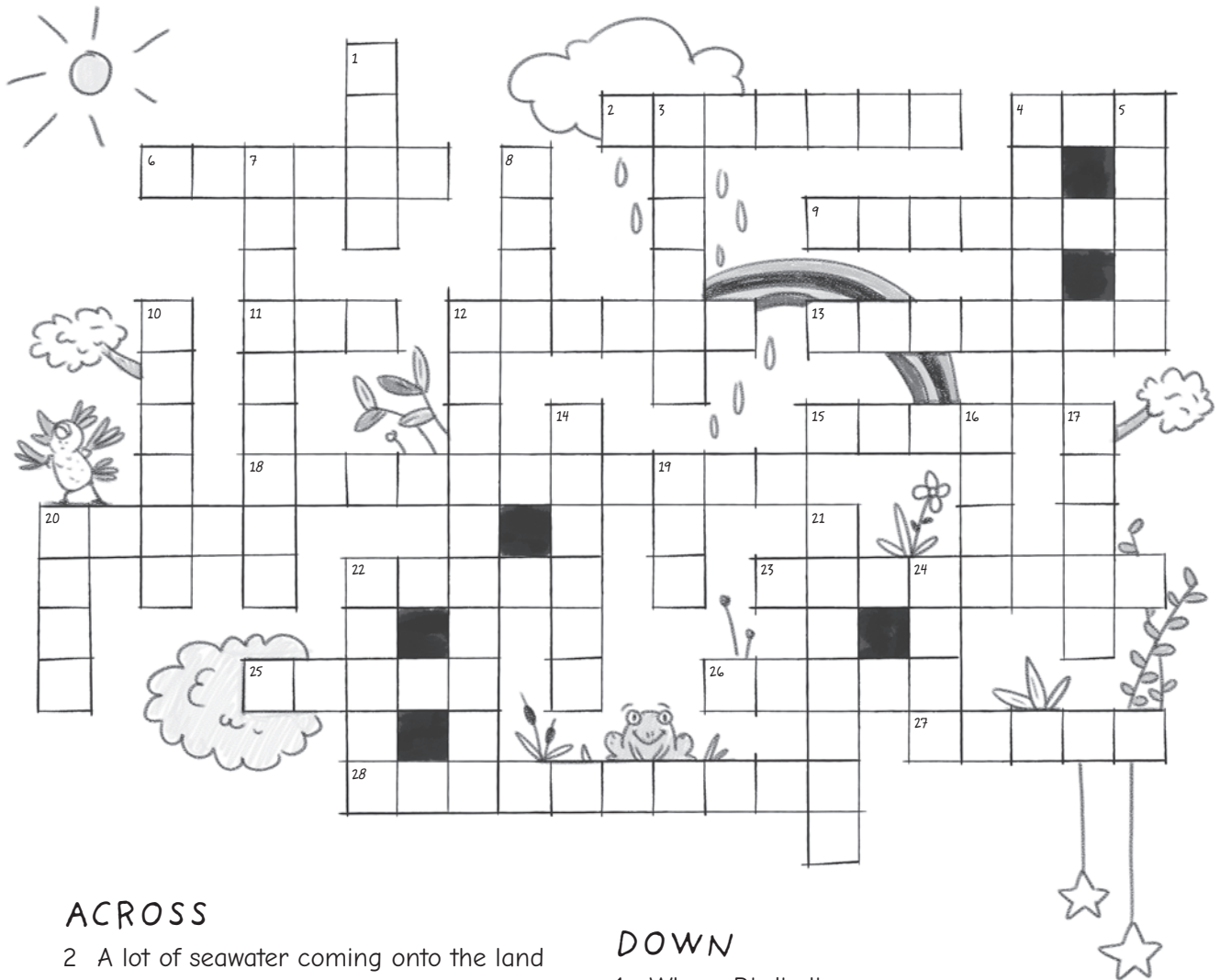
Sea

Tent

Tree

Village

CROSSWORD



ACROSS

- 2 A lot of seawater coming onto the land
- 4 The opposite of dry
- 6 Something a helper might need to wear on their head
- 9 People we can talk and play with
- 11 We wear this when we go out in the sun
- 12 Someone who helps when there's a problem
- 13 A name for lots of strong wind and rain
- 15 We wash our hands with this
- 18 Something that helps us pretend and play
- 20 What we have to do when things get dirty
- 22 This sometimes happens when there's a lot of rain
- 23 Young people
- 25 Something fresh to eat when the weather is hot
- 26 We have to wash these quite often with soap and water
- 27 Crunchy cooked bread – yummy with eggs or jam!
- 28 A word for when the earth shakes

DOWN

- 1 Where Birdie lives
- 3 The time of year when it's hot
- 4 We put tape on this when the wind is strong, to stop the glass from breaking
- 5 What our tongue does when we eat food
- 7 Flashes of light in the sky
- 8 Something people do that the sea does too
- 10 The time of year when it's cold
- 12 Noisy aircraft
- 14 A place where flowers and vegetables grow
- 16 Where Mr Frog lives
- 17 We can use this to wash, or put out a fire
- 19 When water freezes, it turns into this
- 20 Birdie feels and safe in her nest
- 21 The sound lightning makes
- 22 The name for a whale's tail, or a lucky success
- 24 We make one when we go shopping

FIND A WORD: Play

In this puzzle there are lots of words about playing games and having fun. Some go across, some go down – and some go diagonally! Can you find them all?

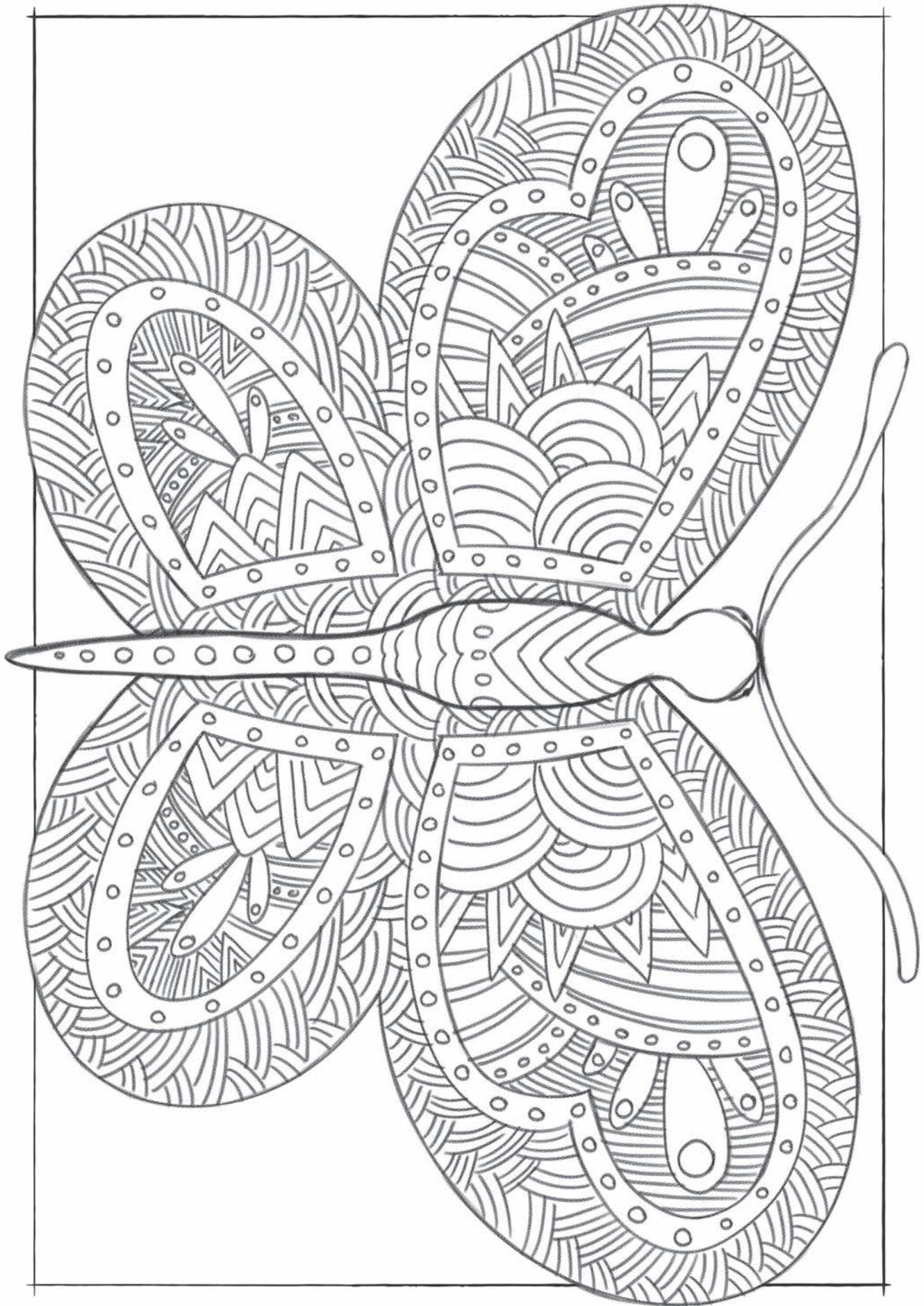
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T	W	Y	R	U	N	S	H	U	L	A	H	O	O	P	A
M	O	I	A	R	A	C	E	D	A	N	C	E	A	H	R
F	P	Y	M	N	E	T	B	A	L	L	D	P	R	I	B
O	H	O	P	A	I	N	T	H	R	O	W	R	D	D	L
O	U	S	O	C	C	E	R	Y	L	Y	P	E	G	E	E
T	B	A	L	L	H	S	Y	L	Y	J	U	T	A	S	S
B	A	G	I	I	T	E	D	D	Y	U	Z	E	M	E	T
A	C	T	N	C	A	T	C	H	C	M	Z	N	E	E	A
L	K	H	E	H	W	R	S	K	I	P	L	D	S	K	G
L	I	T	E	A	P	U	P	P	E	T	E	B	O	O	K
E	T	O	S	S	P	I	N	E	D	R	A	W	I	N	G
A	B	O	X	E	S	R	I	D	E	T	S	W	I	N	G

Act	Chess	Marbles	Runs	Tag	Back
Dance	Netball	Seed	T-ball	Bag	Drawing
Paint	Seek	Teddy	Ball	Doll	Peg
Shotput	Throw	Board games	Football	Pool	Ski
Toss	Book	Hide	Pretend	Skip	Toy
Boxes	Hop	Puppet	Soccer	Trampoline	Catch
Hula hoop	Puzzle	Spin	Try	Chase	Jump
Race	Swim	Checkers	Leap	Ride	Swing

Mr Frog hid some secret words in the spare letters. Can you find them?



COLOUR IN: Butterfly



DOOR SIGN

You can cut out this sign and write your name on it. Then you can hang it from a door handle or the end of your bed. Or check with the grown-ups if it's okay to stick the sign up using blu tack.



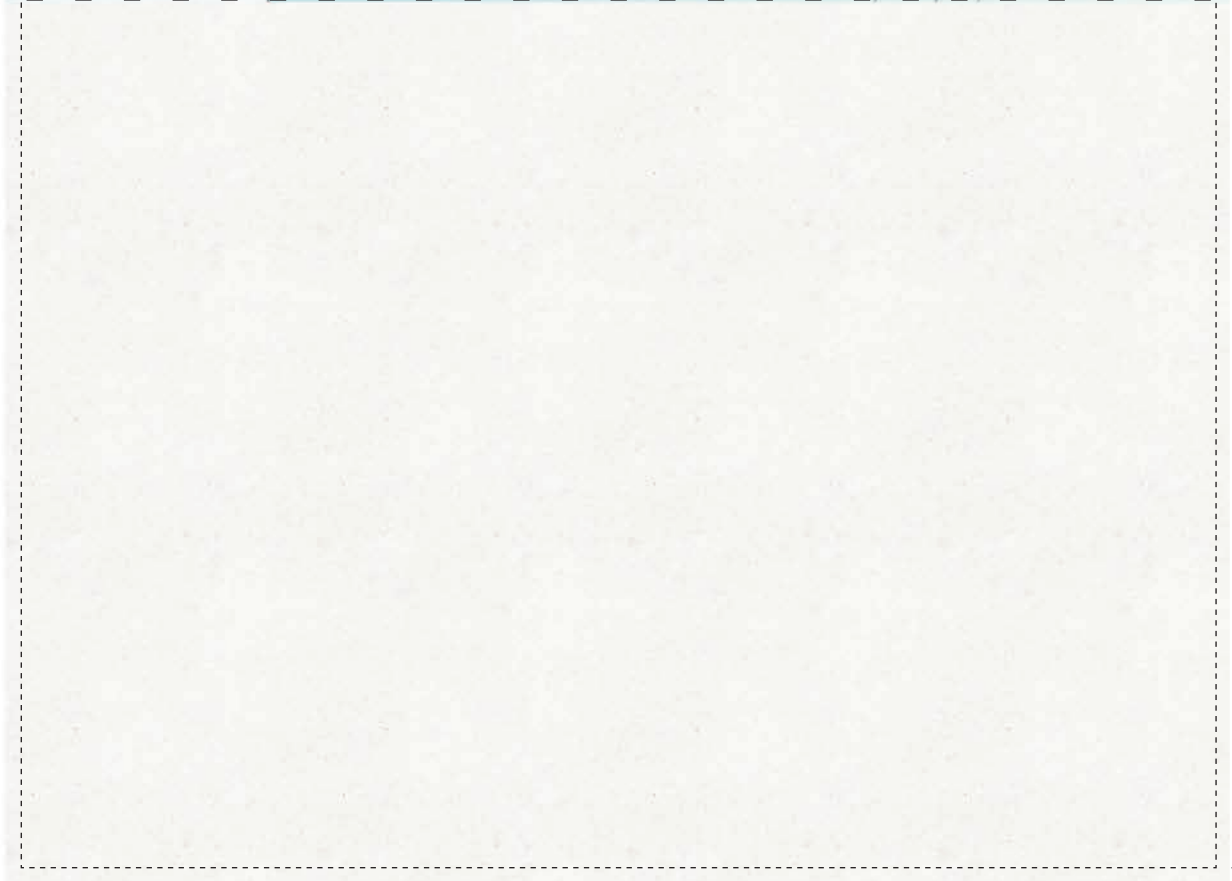
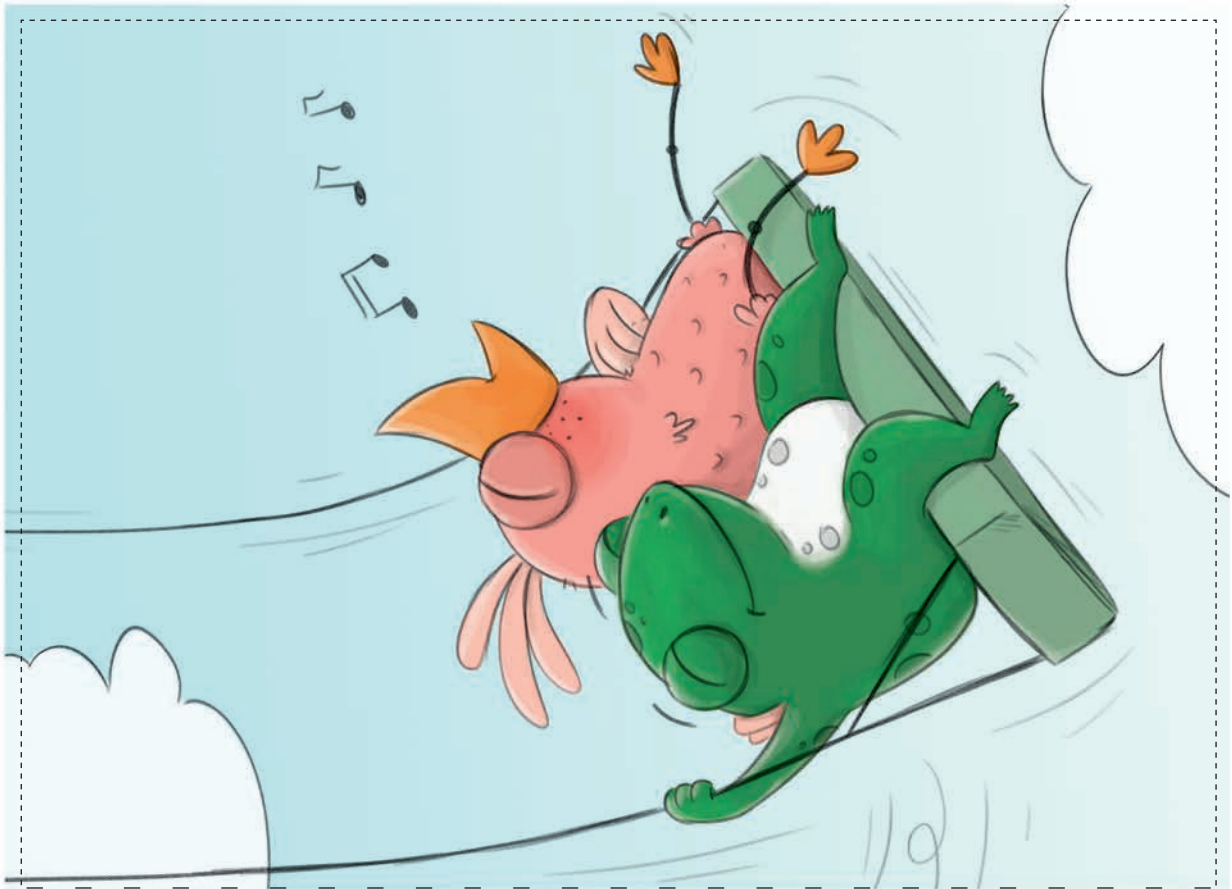
You can share the sign with someone else, if you like. You can write your name on one side, and your friend can write their name on the other side. Then take turns using the sign.

Design your own door sign!



CARD-MAKING

Would you like to make a card for someone special?



Dear

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From

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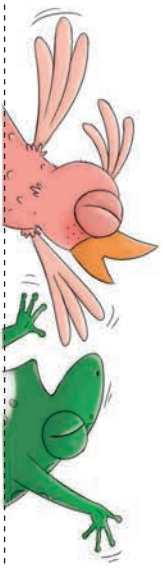
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*Birdie and Mr Frog have had some strange times lately.
Sometimes they haven't been home – and sometimes
they've had to STAY home!*

Maybe this has happened for you too?

Hard times are easier when you have fun things to do.

This book is full of games and puzzles.

*There are activities for young children to do,
on their own or with someone older.*

*There are puzzles for older brothers and sisters to solve,
and games for children of different ages to play together.*

*You don't need a lot of equipment – mostly just pencils,
scissors and your imagination.*

We hope things will settle down for you soon.

In the meantime, have fun with Birdie!



If you have the internet on a phone, tablet or computer,
you can read Birdie storybooks and play more games online.
bit.ly/birdiestree – Google 'Birdie's Tree' or scan the QR code.



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