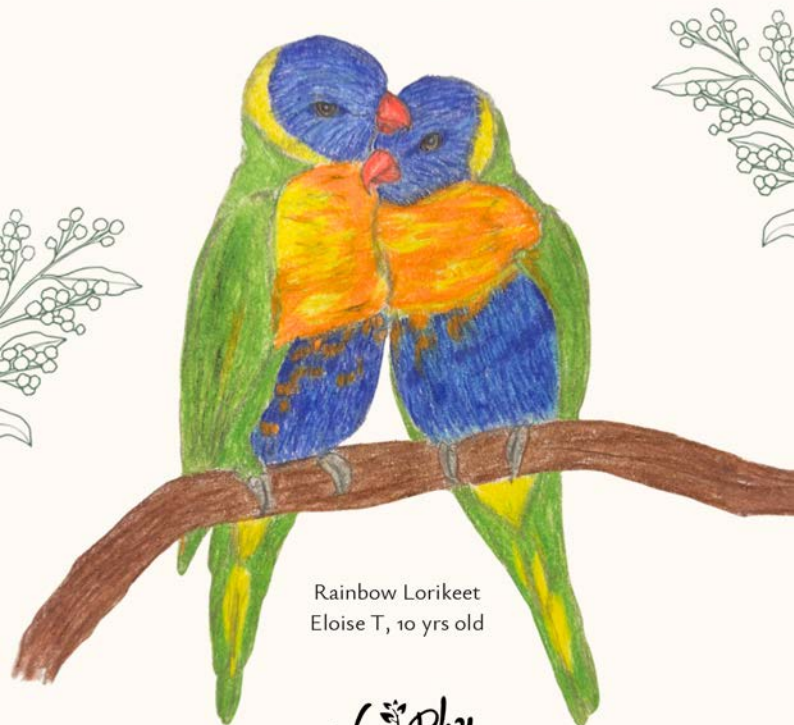


Connecting with Birds

A guide to birds of the Adelaide
and Mt Lofty Ranges



Rainbow Lorikeet
Eloise T, 10 yrs old

Nature Play
SA

Illustrated by children and young people.

About this guide

This identification guide provides a snapshot of birds of the Adelaide and Mt Lofty Ranges.

You'll learn about bird behaviour, where to spot them, how they nest, what they eat, and other facts that will help you get to know them better.

The guide has been illustrated by children and young people as part of a program titled Birds in Focus designed and facilitated by Nature Play SA with funding from Green Adelaide.

Hundreds of illustrations were created. Those in this guide are the ones that can be used for identification purposes. The other illustrations form part of a bigger resource that can be seen at natureplaysa.org.au

Willie Wagtail
Xavier S, 6 yrs old



Boobook Owl.
Skye L, 9 yrs old

Benefits of Birdwatching

Birds are like us in many ways. They are curious, playful, nurturing, resilient and have many other personality traits that we can identify with.

Birdwatching can have many benefits such as:

- Helping us slow down, notice details, and tune in to our surroundings
- Supporting us to regulate our feelings and find calm
- Teaching us patience
- Inspiring us to be curious and ask questions



Eastern Spinebill.
Peppi F, 11 yrs old

Benefits of Birdwatching

- Showing us how to identify and group birds, just like scientists do when they classify living things
- Encouraging us to get outdoors and move our bodies
- Strengthening our connection to nature and the places we live
- Supporting our creativity and imagination
- Creating opportunities to connect, explore and share discoveries with friends and family.

By watching birds, we start a lifelong journey of learning, caring, and exploring the natural world around us.



Australian White Ibis.
Joshua M, 11 yrs old

Tips for Birdwatching

Here are a few simple tips to help you become a confident birdwatcher.

- Mornings and evenings are the best time to spot birds
- Find a quiet spot to sit or stand still as birds can be easily scared
- Listen carefully for bird calls. You'll soon learn how to identify them by sound
- Try to spot nests, feathers, or other signs of birds
- Bring a notebook to draw or write about the birds you see.
- Ask questions and use bird guidebooks or apps to help you learn more about each bird.

Download more bird resources from natureplaysa.org.au

Yellow-tailed Black Cockatoo
Skye S, 12 yrs old



White-plumed Honeyeater
Elodie V, 11 yrs old

Adelaide Rosella



Eloise T, 10 yrs old

Adelaide Rosella

What I look like

I am a colourful parrot with different shades of red, blue, orange and yellow. I have a distinctive blue cheek patch.

Where to spot me?

I am common around neighbourhoods, parks and schools especially where food such as bottlebrushes, grevilleas and eucalyptus trees grow.

Things to notice

The Eastern Rosella looks a little like me but it has a white cheek patch not a blue one.

Did you know?

I form a lifelong bond with my partner.

What I eat

Native seeds, nuts, and fruits.

Where I nest

In deep tree hollows.

Crested Pigeon



Violet T, 6 yrs old



Crested Pigeon

What I look like

I have soft grey-brown feathers, a pinkish chest, and a thin black crest on my head. My wings have black bars and glossy patches of green and purple.

Where to spot me?

In backyards and schools I often sit on fences or on long branches. A lot of my time is spent on the ground looking for food.

Things to notice

If startled, my wings make a loud whistling sound as I take off. Male pigeons like to show off by bobbing their heads and spreading their tails like a fan to attract female pigeons.

Did you know?

Crested Pigeons are native birds and are different from the city pigeons people often talk about. They don't scavenge for food in bins like some pigeons. Instead, they mostly eat seeds, leaves, and insects.

What I eat

Mainly seeds from natives and weeds, leaves, fruits like saltbush berries, and occasionally insects.

Where I nest

I build a twig nest in small trees or shrubs.



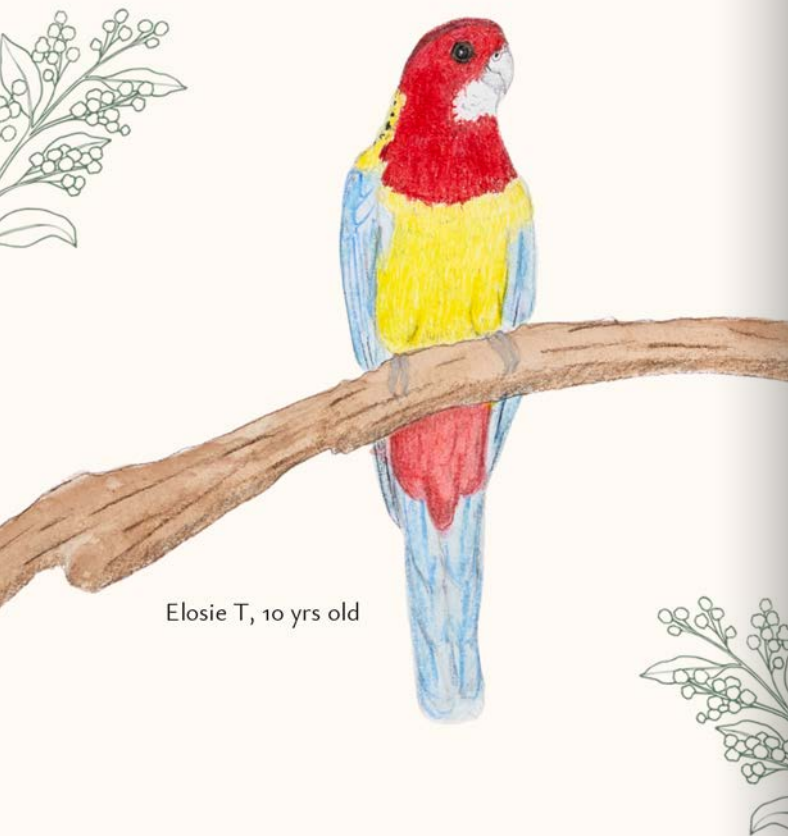
@natureplaysa | natureplaysa.org.au

Nature Play
SA

GREEN
ADELAIDE



Eastern Rosella



Elosie T, 10 yrs old

Eastern Rosella

What I look like

I have a bright red head, white cheek patch, yellow chest, and a mix of green, blue, and black on my wings and back.

Where to spot me?

I am common around neighbourhoods, parks and schools especially where food such as bottlebrushes, grevilleas and eucalyptus trees grow.

Things to notice

The Adelaide Rosella looks a little like me but it has a blue cheek patch whereas mine is white.

Did you know?

I form a lifelong bond with my partner.

What I eat

Native seeds, nuts, and fruits.

Where I nest

In deep tree hollows.



Eastern Spinebill



Violet T, 6 yrs old

Eastern Spinebill

What I look like

I'm a small bird with a long, curved bill. Males have black heads and white throats with bright reddish-brown patches. Females are not as bright.

Where to spot me?

I flit around plants with thin, tubular flowers like correas and grevilleas.

Things to notice

I hover like a tiny hummingbird when I feed. Listen for my loud, repeated whistle.

Did you know?

My bill is about one third of my body length, perfect for getting nectar deep in flowers. I help with pollination by carrying sticky pollen on my forehead as I move from flower to flower.

What I eat

Mostly nectar from tubular flowers and insects, especially when feeding chicks.

Where I nest

I build a tiny cup-shaped nest out of grass, bark, twigs, hair and spider silk hidden in shrubs.

Galah



Eloise T, 10 years old

Galah

What I look like

I am a pink and grey cockatoo with a white crest.

Where to spot me?

I am common in parks, farmland, and suburban areas like streets, big backyards and school ovals where I feed on the ground.

Things to notice

If you watch me you'll notice that I am playful with my friends.

Did you know?

I mate for life and share strong friendships with my flock.

What I eat

Native seeds, grains, including cereal crops like wheat and barley, as well as grass seeds, fruits, nuts, berries, green shoots, leaves, and bark from trees.

Where I nest

In tree hollows.



Grey Currawong



Eloise T, 10 yrs old.

Grey Currawong

What I look like

I am a grey to black bird with white patches under my wings and on my tail. I have bright yellow eyes.

Where to spot me?

I am mostly seen in National Parks and areas with lots of trees such as the Adelaide Hills.

Things to notice

I love to fly through trees with a loud call to claim my territory and communicate with others.

Did you know?

I cough up pellets made from parts of my food that I can't digest like seeds, fruit skins, and bones.

What I eat

Insects, spiders, small reptiles and birds, rodents, eggs, and native and introduced berries and fruits.

Where I nest

In bulky nests high in eucalyptus trees made from twigs, bark strips, and moss.



Australian White Ibis



Peppi F, 11 yrs old

Australian White Ibis

What I look like

I am a large bird with a white body and black near my tail, a bare black head and neck with a long, curved black bill.

Where to spot me?

In wetlands, city parks, rubbish dumps, ovals, and urban green spaces.

Things to notice

I make loud honking noises when communicating.

Did you know?

Some people call me a bin chicken but that's because most of my habitat was taken away so I have shown strength and adapted to survive. I prefer to be called an Ibis.

What I eat

Insects, yabbies, frogs and sometimes human food scraps.

Where I nest

In bulky stick nests mostly high in trees near water.

Laughing Kookaburra



Eloise T, 10 yrs old



Laughing Kookaburra

What I look like

I have a white to cream-coloured body with brown wings with blue/green patches.

Where to spot me?

I love to be around water in tall trees especially creeks and will occasionally be seen in backyards and schools.

Things to notice

If you watch us you will notice how we work together to hunt. We are very patient.

Did you know?

If you find my tail feathers they are reddish-brown with dark stripes.

What I eat

Insects, rodents, frogs and reptiles including venomous snakes.

Where I nest

In tree hollows.



Little Corella



Eloise T, 10 yrs old.

Little Corella

What I look like

I am a white cockatoo with pale blue eye-rings, a sharp curved beak and a touch of yellow under my wings.

Where to spot me?

I fly around in flocks looking for places to feed, breed, and rest. I love tall eucalyptus trees, wattles and large lawned areas like ovals and golf courses that are near water sources.

Things to notice

If you find my white feather it usually has yellow on it.

Did you know?

I am very connected with my flock as we preen each other to build trust and build strong friendships.

What I eat

Grains, grass seeds, bulbs, fruits, native seeds, flowers, leaves, buds and shoots.

Where I nest

In tree hollows.

Little Raven



Elodie V, 11 yrs old



Little Raven

What I look like

I am a black bird with glossy feathers and a strong beak.

Where to spot me?

I am common around neighbourhoods, cities and parks. I can be seen by myself, in pairs or in groups.

Things to notice

My normal call is 'caw' but I can mimic sounds including human-made noises.

Did you know?

I am one of the most intelligent birds in the world often using tools to open objects with food in them.

What I eat

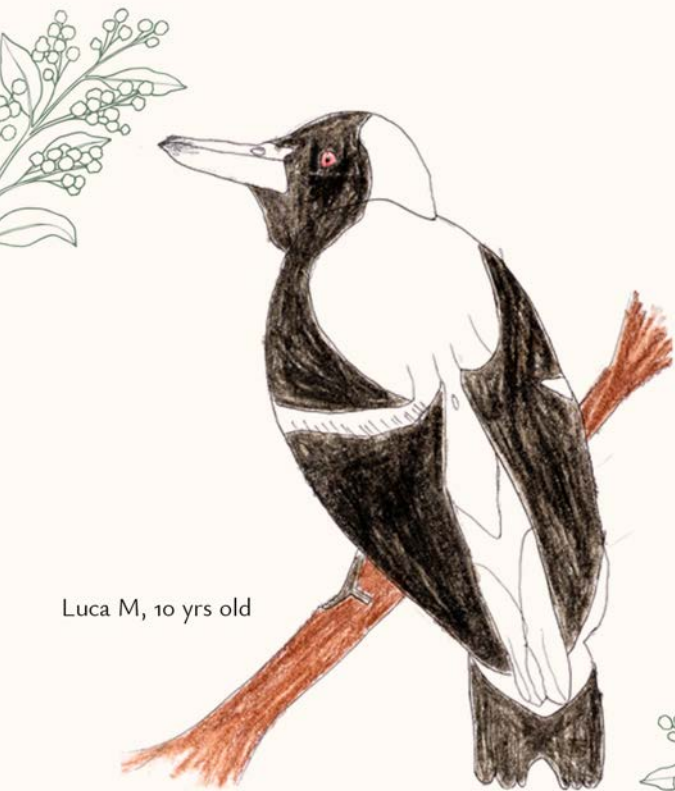
I eat insects, small animals, seeds and human scraps (although not very good for me!)

Where I nest

Large stick nests high up on trees.



Australian Magpie



Luca M, 10 yrs old

Australian Magpie

What I look like

I'm a large black and white bird with a strong, grey beak. Males have a pure white back and females have greyish patterns.

Where to spot me?

You'll see me in almost any environment such as backyards, schools, ovals and parks. I often sing from tall trees with my family, watch people carefully and protect my territory by swooping or chasing away threats to keep my chicks safe.

Things to notice

I often sing with my family at sunrise or sunset. Males will often sing at night especially when the moon is out.

Did you know?

I can remember and recognise over 100 different human faces!

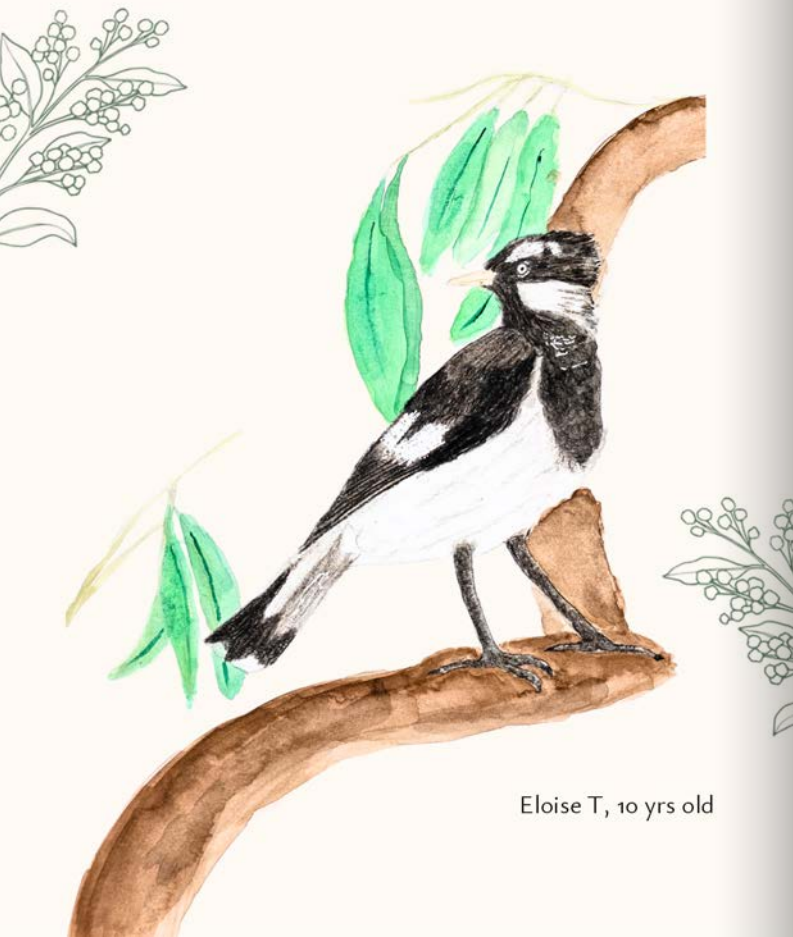
What I eat

Mostly insects, worms, spiders, and small lizards. Occasionally seeds and fruits.

Where I nest

High up in a tree in large bowl-shaped stick nests.

Magpie-lark



Eloise T, 10 yrs old

Magpie-lark

What I look like

I am a black and white bird with a sharp beak for hunting insects. Males have a black throat and black horizontal stripe across their eye and females have a white throat and no stripe.

Where to spot me?

Look for me on parks, ovals, and wetlands, especially where there's grass, open space, and water.

Things to notice

I walk with a head-bob and my call is a repeated 'peewee' or 'pee-wit' sound.

Did you know?

My singing partner and I sometimes sing together in duet which sounds like one voice.

What I eat

Mostly insects and occasionally worms, spiders, and snails.

Where I nest

I make strong mud nests attached to branches lined with grass, fur and feathers.

Masked Lapwing



Violet T, 6 yrs old

Masked Lapwing

Spot me

I'm a large brownish bird with a white belly, black head, and bright yellow 'wattles' that hang on my face.

Where to spot me?

You'll find me nesting and feeding in open grassy areas in parks, ovals, golf courses, and in strange places like roundabouts.

Things to notice

I defend my nest and chicks fiercely by swooping and calling loudly with 'kekekekek' sound.

Did you know?

My wings have sharp spurs (like thorns) that I can use to defend my territory. That's why I am also called a 'Spur-winged Plover'.

What I eat

I eat insects, worms, snails, spiders, and even millipedes.

Where I nest

I place my nest on open ground, making a simple scrape nest lined with grass or leaves.



@natureplaysa | natureplaysa.org.au

Musk Lorikeet



Hettie K, 11 yrs old



Musk Lorikeet

What I look like

I am mostly bright green with a red band across my forehead and eye which looks like a mask. I also have a bit of blue on top of my head.

Where to spot me?

I love to be anywhere where flowers like bottlebrush, wattles and eucalyptus are especially in gardens, parks and schoolyards.

Things to notice

If you look closely you will see that I often feed alongside Rainbow Lorikeets.

What I eat

I mostly eat nectar and pollen but will also feed on soft fruits and insects.

Where I nest

In tree hollows which can take over 100 years to form.



New Holland Honeyeater



Aurora F, 12 yrs old



New Holland Honeyeater

What I look like

I have black and white feathers with bright yellow patches on my wings and sides of my tail with a white patch near my eye.

Where to spot me?

You can find me in most gardens, parks and schools especially where native flowers like banksias and grevilleas grow.

Things to notice

If a threat is nearby like a cat or bird of prey my group will quickly sound the alarm as all of us call together.

Did you know?

Like many honeyeaters, we have a special brush-tipped tongue that works like a paintbrush to soak up nectar from flowers.



What I eat

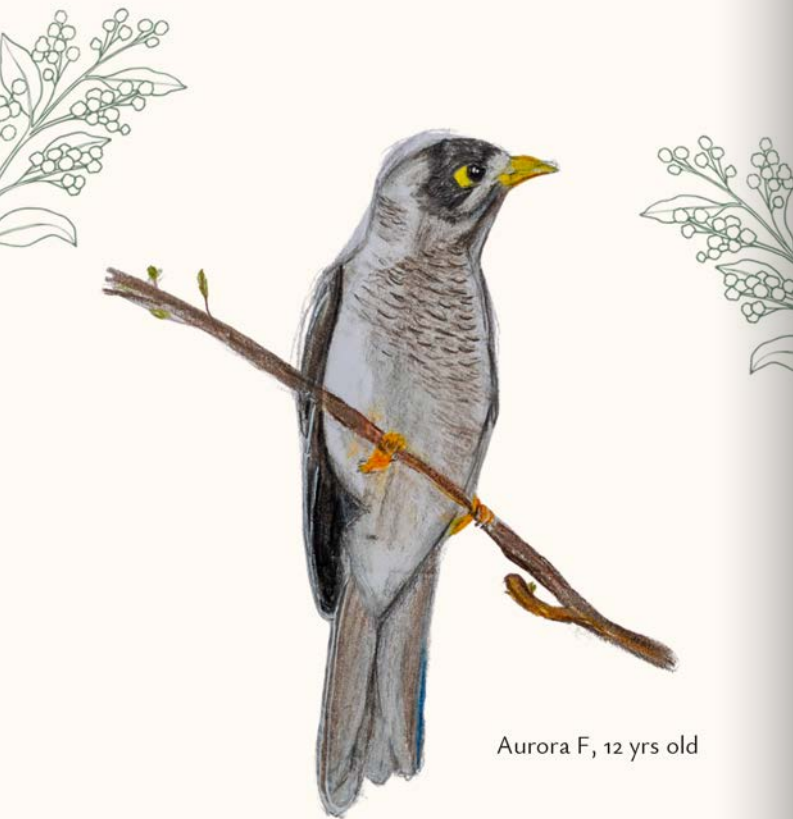
I mainly feed on nectar from flowers but also eat insects and spiders for protein.

Where I nest

I build neat cup-shaped nests from bark and grasses, bound with spider webs, hidden in bushes or low trees.



Noisy Miner



Aurora F, 12 yrs old

Noisy Miner

What I look like

I'm grey with a black head and bright yellow patch around my eyes.

Where to spot me?

I'm hard to miss in backyards, schools and parks. I love eucalypts but am always on the move.

Things to notice

I'm very noisy and social. When I feel danger is near, like a cat or owl, I will become even noisier and my group will join to scare the threat away.

Did you know?

I chase away much bigger birds like ravens, kookaburras and birds of prey.

What I eat

Mostly nectar from flowers, but I also eat insects, fruits, seeds and small lizards.

Where I nest

I build cup-shaped nests from grass and bark in trees or tall shrubs.

Rainbow Lorikeet



Eloise T, 10 yrs old

Rainbow Lorikeet

What I look like

I am one of the most colourful birds. I have a bright blue head, green wings and tail, orange chest, blue belly, and a red beak.

Where to spot me?

I spend a lot of time in gum trees but you'll also find me eating nectar and pollen from flowers like bottlebrushes.

Things to notice

We are playful and acrobatic birds hanging upside down whilst feeding with friends. We are also very caring as we preen each other's feathers as sign of affection and trust.

Did you know?

We have special tongues that look like tiny paintbrushes. This helps collect nectar and pollen from flowers.

What I eat

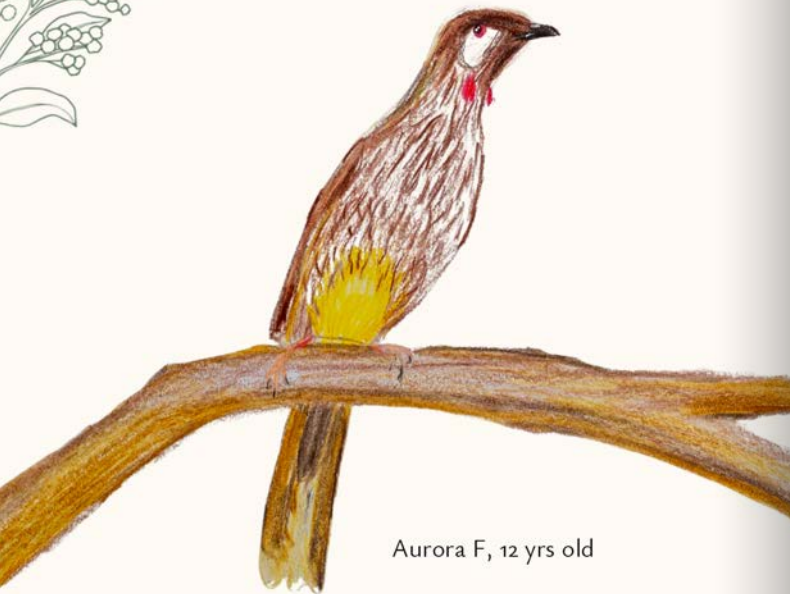
Mostly nectar and pollen but also fruit, berries, and occasionally insects.

Where I nest

In tree hollows.



Red Wattlebird



Aurora F, 12 yrs old



Red Wattlebird

What I look like

I am a large brown honeyeater with white streaks, bright yellow belly patch, and red flaps of skin on either side of my neck called wattles.

Where to spot me?

In most urban places with flowers that have lots of nectar like bottlebrushes and grevilleas. I am a regular visitor to backyards, parks and schools.

Things to notice

I'm loud and bold, often chasing other birds away but often Noisy Miners will be chasing me!

Did you know?

I am one of the largest honeyeaters in the world.

What I eat

Mostly nectar but also insects and spiders which are important protein sources to feed my chicks.

Where I nest

In a small cup nest made of sticks and leaves, lined with bark and feathers.



Southern Boobook Owl



Violet T, 6 yrs old

Southern Boobook Owl

What I look like

I'm a small brown owl with white spots and streaks with bright yellow-green eyes.

Where to spot me?

I am nocturnal and once you hear my 'boo-book' call you might be able to spot me in old trees in backyards and parks.

Things to notice

Often you will hear birds like noisy miners making constant noise at dusk – this is because they have spotted me, but I am patient and not distracted easily.

Did you know?

I swallow food whole or in large pieces and later I will cough up pellets containing fur and bones.

What I eat

Small mammals, insects, and birds.

Where I nest

In tree hollows lined with leaves and bark.

Striated Pardalote

Violet T, 6 yrs old



Striated Pardalote

What I look like

I am a tiny bird with a grey-green body, black, white and yellow head, and black wings with a white stripe.

Where to spot me?

Look for me high in eucalyptus trees in parks, schools, and bushy places.

Things to notice

I move quickly through canopies and you can hear my 'chip chip' call as I stay in touch with those around me.

Did you know?

I weigh around 10 grams which is as much as a strawberry!

What I eat

Small insects and sugary lerps which are small white dots found on eucalyptus leaves and branches made by tiny insects.

Where I nest

Mostly in tree hollows, sometimes in tunnels dug in earth banks or crevices.

Sulphur-crested Cockatoo



Eloise T, 10 yrs old



Sulphur-crested Cockatoo

What I look like

I am a large white cockatoo with a bright yellow crest.

Where to spot me?

Across farmland and suburban areas where I like to be high in trees or feeding on the ground especially on ovals or other large lawned areas.

Things to notice

I raise my yellow crest when I am excited or alarmed.

Did you know?

I form a lifelong bond with my partner.

What I eat

A varied diet that includes grass seeds, nuts, roots, berries, leaf buds, and some insects.

Where I nest

In large tree hollows.



Welcome Swallow



Hunter L, 9 yrs old



Welcome Swallow

What I look like

I am a small bird with blue-black wings, light greyish belly, and rusty red on my forehead, throat, and chest. I have a forked tail.

Where to spot me?

You can see me zipping over backyards, school ovals, sports fields, lakes, and open grassy areas whilst catching flying insects.

Things to notice

When you walk through grass and swallows follow you, we are chasing insects that your movement has disturbed.

Did you know?

If there aren't enough insects I will fly to other parts of Australia for autumn/winter and return in spring.

What I eat

Insects.

Where I nest

On rock walls, cliffs, tree branches and man-made structures like bridges and buildings. My nests are cup-shaped and made of mud and grass and lined with feathers and fur.



White-plumed Honeyeater



Noureen T, 11 yrs old

White-plumed Honeyeater

What I look like

I have olive-green feathers with bright white stripes on the sides of my neck (called plumes).

Where to spot me?

I'm found in backyards, parks, and schools where native flowers like eucalyptus and grevilleas grow.

Things to notice

I'm very social using chatter-like calls to communicate with family and friends. I also warn them of danger with a 'cak-ak-ak-ak-ark' call.

Did you know?

Like other honeyeaters I have a brush-tipped tongue to collect nectar.

What I eat

Mostly nectar from flowers and sugar lerps (white spots on eucalyptus leaves that tiny insects make to protect themselves).

Where I nest

In cup-shaped nests made from grass and bark, usually hidden in shrubs or trees.

Willie Wagtail



Eloise T, 10 yrs old



Willie Wagtail

What I look like

I'm a small black and white bird with bright white eyebrows. Males often puff up their eyebrows if they feel threatened or when they are attracting a mate.

Where to spot me?

You'll find me in parks, schools, backyards, around farmland and other places with trees and shrubs.

Things to notice

I follow people and animals as they stir up insects that I can catch and eat. I also wag my tail and flick my wings to flush out insects when hunting.

Did you know?

Males sing softly at night when the moon is bright.

What I eat

Spiders and insects like flies, beetles, grasshoppers, moths, and ants.

Where I nest

In shrubs or trees. My nest is a neat cup made of grass, bark, twigs, and spider webs, lined with soft fur.



@natureplaysa | natureplaysa.org.au

Yellow-tailed Black Cockatoo



Luca M, 10 yrs old



Yellow-tailed Black Cockatoo

What I look like

I am a large cockatoo with black feathers and a yellow cheek patch and tail.

Where to spot me?

Flying in large noisy flocks around pine trees and areas with my favourite native foods – banksia's and hakeas.

Things to notice

Females have a lighter beak, brighter cheek patches and lots of speckles on their tails.

Did you know?

I mate for life and nest in large tree hollows that can take over 200 years to form!

What I eat

Seeds from native trees including hakea and banksia species. Seeds from pinecones. I also move moth and beetle larvae inside trees.

Where I nest

In old trees hollows.



Thank you

The team at Nature Play SA would like to thank all the young artists who contributed to the Birds in Focus resources.

To the students, you are all artists in your own unique ways and you have inspired us to continue supporting young people connect with nature through art.

A big thank you to Green Adelaide for funding the Birds in Focus program.



White-plumed Honeyeater
Estelle L, 6 yrs old



Masked Lapwing
Will M, 11 yrs old

About Nature Play SA

Nature Play SA is a registered charity and not-for-profit organisation that supports the South Australian community connect deeper with nature, themselves and their communities.

We recognise that exposure to nature at any age has lasting benefits on mental health and wellbeing. More importantly we recognise nature is for everyone and we are committed to ensuring people of all abilities and walks of life feel seen and welcome in the experiences and opportunities we provide.

We would also like to acknowledge that the Birds in Focus was program was delivered on Kaurna Country and acknowledge and pay our respects to all Aboriginal and Torrens Strait Islander Peoples.

Boobook Owl
Evie C, 9 yrs old



Laughing Kookaburra
Skye L, 9 yrs old



Boobook Owl

Peppi F, 11 yrs old

Nature Play
SA

natureplaysa.org.au