



**NOW  
SHOWING**

**NATURE:  
SUPER  
HUMMINGBIRDS  
(2016)**

**AVAILABLE TO  
STREAM ON:**

PBS.org

Pop some popcorn, grab a pillow and get ready for an adventure in your own home! Join us every week for Sam Noble Movie Night, where we will bring some of your favorite movies to life with fun activities and games that bring the movie experience right into your living room!



Sam Noble Home



## **SYNOPSIS:**

What are the only birds that can fly backwards, hover and beat their wings over eighty times per second? Hummingbirds! Though they are the smallest birds on the planet, hummingbirds don't let their size stop them from doing amazing feats. From migrating thousands of miles to surviving in extreme altitudes, hummingbirds survive and thrive across the Americas – including right here in Oklahoma. Get ready to smell (or drink!) the flowers as we learn about these incredible creatures in "Nature: Super Hummingbirds."

After the movie, check out some of our fun activities and games below to bring the experience from "Nature: Super Hummingbirds" into your own home!

## **CREATE YOUR OWN HUMMINGBIRD FEEDER**

The Ruby-throated and Black-chinned Hummingbirds nest in Oklahoma during the summer and the Rufous Hummingbird can be seen as it migrates through the state in the spring and fall. These birds need a lot of energy to help them survive and make their long journeys. Their long beaks are adapted to eat nectar, a sugary fluid made by some plants. Backyard feeders are a great way to observe hummingbirds in action while giving them the food they need!

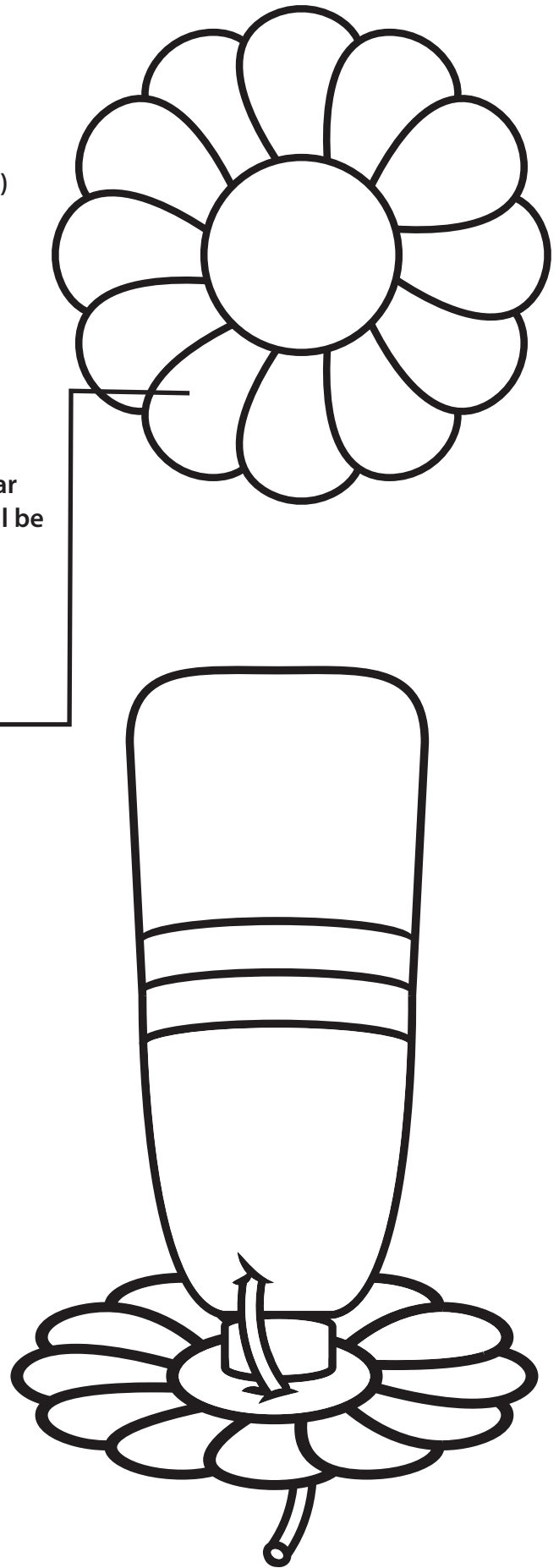
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## CREATE YOUR OWN HUMMINGBIRD FEEDER (CONTINUED)

To create your own hummingbird feeder:

### Gather your supplies:

- o A plastic water bottle (empty and with label removed)
- o A plastic straw that bends
- o White or red paper (construction or printer paper will work)
- o A red marker or crayon
- o Scissors
- o Hole-punch
- o 1 cup of water
- o ¼ cup of white sugar
- o String, yarn or twine
- Microwave the water for 2 minutes, then stir in the sugar until it dissolves (ask an adult if you need help.) This will be a substitute for nectar.
- Trace the bottle cap onto the paper with the marker or crayon.
- Around the cap outline, draw flower petals.
- If the paper is white, color your flower in with the red marker or crayon.
- Cut out the flower.
- Cut the straw in half and save the half that bends.
- Punch out a hole in the middle of the flower just big enough for the straw to fit through.
- Punch another hole in the water bottle close to where the cap screws on - make sure the hole is just big enough for the straw to fit snugly through.
- Stick the straw into the bottle, then stick the flower around the portion of the straw that is sticking out of the bottle.
- Fill the bottle with the sugar water.
- Make sure the cap is screwed on tightly, then flip the bottle so that the cap is on the bottom.
- Use the twine to hang your feeder outside – you can hang it from a tree, outside a window or anywhere you will be able to see the hummingbirds using it! April through October are the best months to hang your feeder



# NECTAR RACE

Hummingbirds are fantastic pollinators. While they are eating nectar from flowers, pollen sticks to their body and spreads from flower to flower as they feed. By spreading the pollen, hummingbirds help plants reproduce. Do you think you have what it takes to move between flowers as quickly as a hummingbird?

To play *Nectar Race*:

- Set the boundaries for the area you are playing in – you'll need room to move around in a space where it's okay if water spills on the ground.
- Give each person playing an empty plastic cup. Each player should place their cup on one side of the playing area, far enough apart from the other players' cups so they won't accidentally be knocked over.
- On the other side of the playing area, place one plastic cup filled with water for each player. These will be the "flowers" filled with nectar.
- Give one straw to each player (plastic or reusable will both work).
- Players will be the "hummingbirds" and try to collect as much nectar as they can by moving water from the flowers to their cup– but they can only use the straw to carry it!
- All players should start standing next to their empty cup.
- When the game begins, players will race to the filled flowers and pick up the water with their straws:
  1. Place the straw all the way in the water.
  2. Press a finger tightly over the top of the straw – this will provide suction to hold the water in it.
  3. Keep holding a finger on the top of the straw until you race back to your cup.
  4. Hold the straw over the cup and take your finger off the top of the straw– this will release the suction and pour the water into the empty flower.
- Players will race back and forth from the filled flower to their cups for five minutes or until all of the water has been moved.
- While players want to move quickly, they also want to be careful – if a player spills any water, they have to start over by pouring the water from their cup back into the flowers.
- The player with the most water in their cup at the end of the race wins!

If you would like an extra challenge in Nectar Race you can try:

- Instead of racing to see who ends up with the most water at the end, work as a team and see how long it takes to move all of the water – then play again and try to beat that time!
- See how far apart you can place the flowers – try opposite ends of a room, then maybe opposite ends of the house or opposite ends of a yard!
- Hide the flowers so that players have to hunt for them before they can start to fill their cups.

# LET'S READ!

Find a comfortable spot and read together!

Here are some ideas to get you started:

- *Hummingbirds* by Steven Otfinoski
- *Welcome to the World of Hummingbirds* by Diane Swanson
- *The Hummingbird's Gift* by Stefan Czernecki
- *Bird Watcher* by David Burnie

**You can download digital copies of these books for free from openlibrary.org. Here is how!**

1. Go to openlibrary.org.
2. Click the blue "sign up" button on the top right to create a free account. You will be sent a confirmation email.
3. Sign in.
4. Type the book title and author into the search bar.
5. Find your book and click the blue "borrow" button.
6. Don't forget to return your book when you are finished reading it!

# EXPLORE AT HOME

Want to learn more about birds?



Check out the Sam Noble Museum's exhibits here:  
<https://samnoblemuseum.ou.edu/permanent-exhibits/>



or explore our behind-the-scenes collections here  
<https://samnoblemuseum.ou.edu/collections-and-research/ornithology>

Visit the links below to learn more about hummingbirds!



Oklahoma Department of Wildlife Conservation  
<https://www.wildlifedepartment.com/wildlife/field-guide>



National Audubon Society  
<https://www.audubon.org/bird-guide>

Interested in watching live footage of hummingbirds from the comfort of your home? Check out the live webcam link below!



Bella Hummingbird Nest in La Verne, CA  
<https://explore.org/livecams/hummingbirds/bella-hummingbird-nest>



For more bird games, crafts and experiments, check out Sam Noble Home's "Wild About Birds!"  
<https://samnoblemuseum.ou.edu/stemactivities/>



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