



# Popcorn Bird Feeder

- Popcorn
- Wire
- String

Here are some foods that you can feed to wild birds in a bird feeder:

- fresh fruit
- peanut butter
- crushed egg shells (you will need to boil and bake them first)
- grape jelly

These foods are all high in fat. Birds (and humans) need fat for energy. In which season do you think birds need the most fat?

Mother birds lose a mineral called calcium when they lay eggs. Feeding them eggshells can help replace the calcium.

1. Take a straight piece of wire.
2. String on the popcorn until it fills up the wire.
3. Shape the wire into a heart shape (or a circle or triangle).
4. Tie a piece of string to the top of the heart shape. Hang it on a tree or fence.
5. Watch the birds enjoy the popcorn!



“It’s your heart, not the dictionary, that gives meaning to your words. A good person produces good deeds and words season after season.” Matthew 12:34

Isn’t it amazing how a tiny, hard popcorn kernel turns into a light and soft snack? The kernel always had the potential to be popcorn—it just needed enough heat and oil.

Jesus reminds us that everything we say and do comes from our heart. We have the potential to be loving, bold, and humble...as long as our heart is in the right shape. Think about the popcorn kernel: its true self comes out when it gets hot. In the same way, our true selves come out when we’re facing difficult situations.