

SPECIAL POINTS OF INTEREST:

- Bring MAY Flowers
- International Migratory Bird Day is May 9th
- National Bike Month
- Bicycle Safety Tips
- Bird Beak Adaptation Activity
- What's in May?

April Highlights:

- The Helping Hands Club of the Cathedral School had fun learning bike safety in Crookston!
- Project GO in the metro connected with Sprocket organizations, churches, and the YMCA. They hope to create new GO sites soon in the metro area!
- Project GO partnered with the Friends of Indian Heights Park group in Rochester and will be working to start Project GO programming at the park this summer!



Bicycle Safety Tips



bicyclesafetyinstitute.org

1. Always wear a helmet!
2. Wear bright clothes so people can see you
3. Make sure you have enough air in your tires
4. Check that your brakes work before you ride
5. Put reflectors or lights on your bike
6. Look both ways for traffic before you cross the street
7. Always use hand signals when making a turn or a stop
8. Obey the rules of the road!

[More Safety Tips](#)

Ready, Set, Go!



MAY 2015

April Showers Bring MAY Flowers

May is the month where it finally begins to feel like spring! In the month of May, the days get progressively longer, the temperature warms up, and the flowers finally start blooming. Did you know that the second week of May is Wildflower week? Wildflowers help to provide habitat for different creatures, such as birds and butterflies and they are beautiful to look at! Many state parks open up for camping around May 1st, so take a hike at your local state park soon and see if you can find any wildflowers!

It's National Bike Month!

May is National Bike Month. Dust your bike off and go for a ride now that winter is over! Kids and parents can be involved in bicycling events during the month, including Bike to School Day (May 6th), Bike to Work Week (May 11th-15th), and National Bike to Work Day (May 15th). Bicycling is not only a great way to exercise, but it's faster to travel in busy areas and it is an environmentally friendly activity. Check out the bike safety tips, ride safely, and have fun!



blogs.libraries.iub.edu

May 9th is International Migratory Bird Day

May 9th is a little known environmental holiday: International Migratory Bird Day! It has been celebrated since 1993 on the second Saturday in May (in the U.S. and Canada) and focuses its efforts on bird education and habitat conservation. This is a great holiday to teach children about conservation while having the opportunity to get outdoors! **Let's Get Involved!** Here are some kid friendly ideas: learn bird calls, make homemade bird houses, teach your children how to identify different bird species, go bird watching, create a bird feeder out of an oat cereal, berries and some string, or try out the bird beak adaptation activity to the right!

Bird Beak Adaptation Activity

1. Make "bird food" out of different sized pieces of food (spiral pasta, M&Ms, water, marshmallows).
2. Use "bird beaks" (different sized pliers, tweezers, droppers, chopsticks) to pick up the "bird food."
3. Try to see which "beaks" pick up different pieces of "bird food" best!
4. Talk about how birds with different beaks eat different things because of the way they have adapted.

[Check out this pre-made activity!](#)

We'd love to see your birding activities - share your pictures with us on [facebook!](#)

What's Happening in May?

Metro Area:

[Visit Saint Paul](#) Programs and events throughout May
[MN Valley Refuge Programs](#) throughout May at MNVNW
[Explore Minnesota](#) events throughout May

[Three River Parks](#) Programs throughout May

Southern MN:

[Pine Island Project GO](#) May 4th, 11th, & 18th, 3:15-5:00pm at Pine Island

School Playground

[Bike Swap](#) May 9th, 10:00-2:00pm at the People's Food Co-op in Rochester
[Art on the Ave](#) May 16th, 8:00-4:30pm at Slattery Park in Rochester MN

Northwest MN:

[Garden Storytime](#) May 9th, 10:30am @ Crookston Public Library
[Celebrate the Young Child](#) May 21st, 5:30-7:30pm @ Castle Park in Crookston

Other:

Go for a walk or take a hike at your nearest park or on any trails near your home. To find your nearest park or trail, visit your County's [Parks and Trails](#) website.

Olmsted County

[St. Paul](#)
[Minneapolis](#)
[Polk County](#)

For more information on Project Get Outdoors please visit us at mnprojectgo.org/. You can also check out all our wonderful partners on our [Partners Page](#).

