Are you a Hen Harrier Hero?

Packed with info so you can help make the world a better place for birds and other wildlife!
Are you a Hen Harrier Hero?

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Teachers and parents: This activity is aimed at 8-12 year-olds, but please feel free to adapt for older children or younger children.
Welcome!

Take your first steps towards becoming a Hen Harrier Hero.

How to spot a hen harrier
A hen harrier is a big bird of prey – it’s bigger than a crow. The male and female are so different-looking that for a long time, people actually thought they were two different species! The male is a beautiful pale ash-grey colour with black wingtips. The female is mostly brown, with a stripy tail that has earned her the nickname “ringtail”. Both have a hooked yellow beak, yellow eyes, long yellow legs and a small, white patch just above their tail.

Hen harriers live on the hilltops in a type of habitat called moorland, where they build their nests on the ground in the long heather. The long heather helps to keep their nests sheltered from the weather and hidden from predators. In the winter, it can get very cold and snowy in the hills, so many hen harriers leave the moorland. They fly down from the hills to lowland and coastal areas where the weather is milder and it’s easier for them to find food.

Sky spectacular
Believe it or not, the hen harrier is one of nature’s most talented gymnasts! In the spring, male hen harriers show off to the females with an amazing display that only hen harriers do, called “skydancing”. Flying high into the air, he twists, turns, somersaults and dives straight down, pulling up just before he hits the ground! He performs this dance over and over again, showing off his skills in the hope of tempting a female to make a nest with him. If a female sees him and likes his style, she’ll join in and dance with him.

The longest skydance ever recorded included more than 100 dives!
Skydancing is not the only special movement hen harriers are known for. While the female is sitting on her nest looking after her eggs and chicks, the male has to do all the hunting to feed the family. Unfortunately, his bright colouring means that if he were to bring food straight to the nest, everyone would know where it was. So instead, he calls to the female who flies up to meet him and he drops the food for her to catch in mid-air! That takes a lot of skill and would be like you trying to pass a tennis ball to your friend while you’re both running really fast in opposite directions! Not easy, as you can see from this picture!

Hen harriers mostly eat small mammals such as field voles (which are a little like mice) and small birds such as meadow pipits. Occasionally, they also eat bigger prey like young rabbits and red grouse.

**Fast food flyers**

Why do hen harriers need heroes?

So by now you must be thinking, “Surely everyone can see that these hen harriers are pretty amazing birds, so why do they need heroes?”

Many moorland places where hen harriers like to make their nests are also popular for red grouse shooting. This is an important activity to many people in these areas. Hen harriers will eat some red grouse, as well as voles and meadow pipits, and, to stop them from eating red grouse, some people feel they have to kill the harriers or try to scare them away. Like all birds of prey, hen harriers are protected by law, so killing them is illegal, but unfortunately, some people break the law. This means that hen harriers are much rarer than they should be – especially in England.

We think hen harriers are an important and special part of the moorlands, and can live alongside activities like grouse shooting; they deserve to be protected. We want everyone to care about hen harriers as much as we do and that’s why we need your help. By completing the activities in this book, learning about hen harriers and persuading others to care about them too, you will be helping us to save these beautiful birds, and will have become a true Hen Harrier Hero!

**Tip!**

Where words are printed like this, we’ve explained what they mean in the Glossary. It’s on page 26, inside the back cover.
What do I need to do?
There are 15 activities spread over three sections, for you to choose from. All activities can be easily adapted for children under eight years or made more challenging for teenagers.

For the Hero award, you need to complete six activities and these must be two activities from each of the three sections: 1, 2 and 3.

For the Superhero award, you will need to complete another four activities of your choice from any category, making 10 in total. Choose activities that are different to the ones you did as part of the Hero award. If you repeat an activity that you did at Hero level, even if you do it differently, it will not count.

When you have completed enough activities to qualify for an award, fill in the entry form on page 21, photocopy it or download it from rspb.org.uk/skydancer and send it to us. Include the information about each of the activities you have done, as listed in the “what to send us” section at the end of each activity. Within 28 days, we will send you certificates and stickers for everyone who has taken part. Those completing the Superhero award will also receive a special, limited edition hen harrier pin badge.

Remember
Unfortunately, we cannot return anything you send to us, so please don’t send anything too precious! If you have created a poster that you want to keep, for example, why not take a photo of it, or send us a photocopy?
We may share some of the things you send us on the Skydancer web page. Adults, leaders and teachers can also share their experiences and photographs with others through our community pages. Visit rspb.org.uk/community to get started.
If you take photographs of people as part of any of the activities and you plan to send these to us, please get their permission using the form on page 22. This is important, even if they are your friends!

Get your free Hen Harrier Hero record card
It lists all of the activities you can choose from and a box for you to tick them off, once you’ve completed them. There are also special places to put your Hen Harrier Hero and Superhero stickers and bits for you to colour-in too. Just complete the slip on page 23.

Teachers! Don’t miss our Learning Blog: rspb.org.uk/ourwork/teaching and you can follow us @RSPB_Learning

Schools and groups
Why not get your whole school involved, including teachers, leaders and parents? This award can also fit in perfectly with Scouts, Guides, RSPB Wildlife Explorers Clubs and other groups. Each child, class or group receives an award for the actions they do. Your entire school or group will also be rewarded for its combined effort. Schools or groups can repeat the activities with new classes, providing existing children do not repeat them, as it will not count, even if you do it differently.

You don’t need to send us lots of long complicated reports. Photographs and class scrapbooks are a great way to show us what you’ve done. We just need you to show us that you have completed the activity.

Please ensure you provide us with the first and last names and ages of all the children who have taken part. We will then send a personalised certificate and sticker or stickers to each child who took part, as well as an extra certificate for the school or group to display in a prominent place.

Other things you can do
Get in the news
Media people are always looking for local stories and often contact the RSPB. If you are happy for the RSPB to contact you about using your Hen Harrier Hero Award submission as a possible story, all you need to do is tick the box on the entry form. We’ll do the rest!

Wildlife Action Awards
If you enjoyed completing the Hen Harrier Hero Awards, why not check out our Wildlife Action Awards at rspb.org.uk/waa? You can count some of the activities in this book towards your Bronze WAA.
Interested? Look out for the WAA logos in this book!

Next time you’re out and about and think you see a hen harrier, let us know by calling the Hen Harrier Hotline on 0845 4600121* or emailing henharriers@rspb.org.uk. Useful information would include: what it looked like (was it a male or female), when and where you saw it (a map grid reference is useful), and what it was doing (eg, flying, skydancing, carrying nesting material).
By helping us to learn more about the movements of hen harriers and where they like to nest, you will also help us to protect these beautiful birds.

*calls charged at standard local rates: always ask the bill payer’s permission.
1.1 Magic moorlands

What it’s about

Moorland is a strange and beautiful habitat that many people never come across because you only find it in upland areas, where there are hills and mountains. Discover why hen harriers like to spend the spring and summer in these places, what makes this magical moorland world so important for people and wildlife and then create a map.

What to send us

Send us a copy of your map!

Getting started

• Pick an area of moorland that you would like to find out about. It could be somewhere near to your home, a place you have visited or just somewhere that sounds interesting to you.
• Find out what makes a moorland so special – what does it look like and how did it get this way?
• Explore moor. Get out and visit an area of moorland if you can, or use Google maps to see where your nearest area is. What can you discover about its special features?
• What plants, birds and other creatures live in your place?
• Imagine you are a hen harrier flying over your moorland. Create a map showing what you can see from the sky (called a bird’s-eye view). Include the plants and animals that the hen harrier can see there. You can use whatever materials you like.

What you need

• Paper and colouring pencils/pens
• Access to the internet.

Safety tips!

Remember to ask for permission before exploring outdoors or using the internet.

Helpful stuff

Discover if any of these important moorland places are near you by looking at a map or on the internet.

• North York Moors National Park
• North Pennines Area of Outstanding Natural Beauty (AONB)
• Forest of Bowland AONB
• Peak District National Park
• Yorkshire Dales National Park
• Cairngorms National Park.

A good place to find out more is: rspb.org.uk/skydancer/heathermoorlands
1.2 Visit a harrier hideout

What it’s about
Hen harriers like to spend their summers in the uplands, soaring across the moors but they will often fly to other places for the winter to avoid the cold, snowy winter weather. We call these their winter roosts. Explore these places for yourself and investigate what a winter or summer hen harrier hideout is really like.

What to send us
• Send us a copy of your findings – photographs, writing or drawings. If you have made a nature diary and would like to keep it, you can send us photographs of some of the pages instead.
• If you are doing the extra activity below, send us your advert for a hen harrier home.

Extra activity
Because hen harriers are big birds, some people are surprised to learn that they nest on the ground – but birds of prey nest in all sorts of places!

Getting started
• Pick a place to visit where you might see hen harriers or another bird of prey. Explore the area and try to discover why a bird of prey might like to live there. Think about what makes a good nesting place or where a bird might shelter in the winter (but see Safety tips).
• Look for signs of different plants and animals that might live in that area, such as footprints, skeletons or even poo.
• You can take photographs, make notes or draw pictures of what you see.
• Try describing what the place feels like – what can you hear and smell? What is the weather like?
• You can visit your area more than once and record how it changes – you might like to make a nature diary to record your findings.

Safety tips!
• Remember to ask an adult for permission before exploring outdoors or using the internet.
• If you are lucky enough to see a nest, stay away and don’t approach it or try to photograph it. The adult birds won’t come back if you are there and they might stop looking after their eggs or chicks. Disturbing them is against the law.

What you need
• Paper and colouring pencils/pens
• A camera or mobile phone to take photographs
• Access to the internet.

Helpful stuff
There’s lots of information on the web.
• Animal footprints:
  rspb.org.uk/animaltracks
• Making a nature diary:
  www.kidsplanet.org/defendit/new/journal
• Where to see hen harriers in the summer:
  rspb.org.uk/skydancer/getinvolved
• In winter, hen harriers often like coastal or marshy wetland areas. Good places to see winter roosts include the RSPB’s Old Moor and Dee Estuary nature reserves.
  rspb.org.uk/reserves
1.3 Food Chain Fun

What it’s about
Hen harriers are birds of prey, so they hunt other creatures for food. The hen harrier is the predator and its food is the prey. To understand more about why hen harriers are struggling to survive, we need to look at the essentials they need for living and breeding. Food is one of the most important things that all living creatures need to survive.

What you need
- Paper and colouring pencils/pens
- A camera or mobile phone to take photographs
- Old magazines, newspapers or posters with pictures of wildlife
- Scissors and glue
- Access to the internet.

Safety tips!
Remember to ask for permission before exploring outdoors or using the internet.

Getting started
Detective time! If you haven’t already, now is the time to discover what hen harriers like to eat for their dinner. You can find the answers on the internet or in books at your library.

Now you know the harriers’ prey, see if you can work out what these prey animals like to eat – this may be another animal or it might be a plant. You can then start putting together a food chain. This shows where plants and animals get their food and energy.

For example:

- How many different animals can you find that live in a moorland habitat? Now how many different food chains can you make?
- Create your own food chains using pictures from old magazines or posters. Can you make a moorland food chain mobile?

Male hen harriers have a very special way of making sure the female gets enough food to feed their chicks but can you discover what it is? Draw a picture of what you imagine this would look like.

What to send us
- You can send us your food chain mobiles or collages or a photograph of them.
- Send in your picture of how hen harriers get enough food to their chicks.

Helpful stuff
If you are struggling to find out what hen harriers eat or how they feed their chicks, take a look on page 3, in the front of this booklet.

Find out more about food chains and mobiles:
rspb.org.uk/youth/learn/foodchains
rspb.org.uk/foodchainmobile
1.4 People and places

What it’s about
Many people use the moor for all sorts of reasons and sometimes these uses can conflict. This conflict is one of the reasons why there are not as many hen harriers around as there could be. For example, if you want to have a picnic at the local park but other people want to play football, you would need to work out how you can all share the space.

Getting started
• Think about all the different uses and activities that take place on moorland.
• To help your thinking, go out and explore who or what is using a moorland near you. If you don’t live near a moor, choose another area that has a lot of different users (e.g. a local play park, country park or gardens).
• Which groups of people use your local moor or area? It might be an exercise group, young families, groups of friends, walking groups, mountain bikers, birdwatchers or a countryside sports group.
• If you know people that work or spend time on the moors, why don’t you interview them and find out why these places are special to them?
• Now create a poster of a moorland scene showing all the different uses that you have discovered.

What you need
• A big sheet of paper
• Colouring pencils/pens.

Safety tips!
Remember to ask for permission before exploring outside or using the internet.

What to send us
Your poster – or a photo of it.

What can you see in the big picture?
All of these are in the picture on page 9. When you find them, put the letters in the right boxes.

- Hen harrier (male)
- Hen harrier (female)
- Curlew
- Redshank
- Caterpillar
- Vole
- Meadow pipit
- Snipe
- Heather
- Red grouse
- Hare
- Rabbit
- Frog
- Dog
- Butterfly
- Grass

Circle the ones that hen harriers eat.
What can you see?
1.5 Crazy collage

What it’s about
Take a closer look at a moorland habitat. What colours, textures and shapes can you find there? Now make a collage of what you have discovered. A collage is a piece of artwork made of different materials such as newspaper, ribbon, coloured paper and scraps of fabric, or natural things such as leaves and seeds. The whole picture can be a collage or just parts of it, to give a 3D effect.

One idea would be to use cotton wool for making sheep or clouds, sand paper for rocks and bubble wrap for a mountain stream.

Getting started
• Think about how you might show the different parts of a moorland habitat, and the plants and creatures that live there on your collage.
• On your sheet of card or paper, design a big picture using the different materials you have and draw or paint any areas you need to before you stick your bits down.
• Don’t worry about being too neat or sticking materials on top of each other. Also, you don’t have to glue all the pieces on flat – you could crumple or fold to create different textures.
• You might need to leave your collage to dry overnight.

What you need
• Large sheet of strong card or paper
• Lots of different materials: fabrics, tissue paper, scraps of foil, buttons and wool – anything you can recycle to create pictures
• Old magazines
• Scissors
• Glue or sticky tape
• Colouring pencils/pens
• A camera or mobile phone.

What to send us
A photograph of your collage.

Helpful stuff
If you can get some of your friends to join in, you can make your collage even bigger and it’s even more fun!

You can also cut letters out of your scrap paper if you would like to give your collage a title or label some of the different features in the picture.
2.1 Flying through the year!

**What it’s about**

Find out what hen harriers get up to at different times of the year and create a calendar.

Can you remember all the things that have happened in the last year – birthdays, summer holidays, new school terms...? When you think about it, you can pack a lot into 12 whole months! On average, hen harriers live for 7-8 years, so they need to make every year count. Find out what hen harriers get up to at different times of the year. Then make a calendar to help you follow their activity month by month.

**Getting started**

Use the internet and books to find out what a year in the life of a hen harrier is like. Here are some questions to get you started:

- Where and when do they nest?
- How long does it take for their eggs to hatch?
- When will their chicks be ready to leave the nest?
- Where do they go in winter?

**Make your calendar**

- Photocopy and enlarge the template below or use a ruler and pencil to draw your own.
- Using a different piece of paper for each month, stick the template on the bottom half of the page. On the top half, draw a picture or make a collage to show what a hen harrier would be doing, or where they might be in that month. Don’t forget to add the name of the month and the right number of days (28, 29 [leap years only!], 30 or 31).
- When you’ve finished making all 12 months, put the pages in order. Holding them together, use the hole-punch to make a hole through the top of all the pages. Thread a piece of string through the hole and tie the ends to make a loop. Now hang it up!

**What you need**

- Paper or card • Colouring pencils • Ruler
- Glue • Scissors • String • Hole-punch.

**Safety tips!**

- Always ask an adult’s permission before using the internet.
- Get an adult to help you with the hole-punch.

**What to send us**

Send us a photograph of your calendar hanging on the wall.

**Helpful stuff**

**Useful websites:**

- rsbp.org.uk/skydancer
- rsbp.org.uk/skydancer/education/video.aspx – watch a short film about the secret lives of nesting hen harriers to get a close-up look at a nest and watch the chicks as they grow.

**Think about the changing seasons**

What colours will the landscape be in the autumn? How will that compare to the spring?
2.2 Fantastic features

What it’s about
Life for wild animals is never easy. They don’t have warm houses to sleep in and knives and forks to eat with like we do. Instead they have developed special features, or adaptations, to help them survive. Find out what special features hen harriers have.

Getting started
Draw or trace a picture of a hen harrier and label all its special features that help it survive in its habitat. Some things to think about:

• Where do hen harriers live?
• How do they find food?
• How do they stay safe from other predators?
• Male and female hen harriers have some different features/adaptations, so why not make a picture of each and compare them?
• Invent your own moorland creature. It could be a bird, a mammal, a reptile or an insect. What would it be called? Where would it live? What would it eat? What special features would it have to help it survive in the moorland landscape?
• Draw a picture or make a model of your creature and label its special features/adaptations.

What to send us
Send us a description of your moorland creature and its special features/adaptations. You could also include a picture/photocopy of your drawing.

What you need
• Paper
• Colouring pencils.

Safety tips!
Remember to ask for permission before exploring outdoors or using the internet.

Helpful stuff
Another fantastic bird that is adapted to moorland life is the curlew. It has a long curved beak to help it reach worms and other creatures deep in the mud. It also has big wide feet to help it walk over soft ground without sinking.

There are lots more moorland creatures on page 9.
2.3 Hide and seek like a hen harrier

What it’s about
Did you know? The male and female hen harriers look so different from each other that people used to think they were separate species, just as a robin and a blackbird are separate species. Find out why plants and animals are different colours and how this helps them to survive.

What you need
• A selection of small objects of different colours
• Face paints
• Paints
• Some friends!

Safety tips!
Only use face paints if you know you are not allergic to them. If you’re not sure, check by applying a little bit of face paint then waiting a few minutes. If there’s any rash or itching, wash the paint off and don’t use it. If you’re still not sure, check with an adult.

Getting started
• Experiment with camouflage colours. Hide different coloured objects in the garden or school grounds and get friends to try and find them. What colours do they find first?
• If you’re feeling arty, why not make some moorland creatures out of clay and paint them different patterns to hide against man-made backgrounds? For example, how would you paint one to hide against a brick wall? Or could you paint one to match the wallpaper?

• You could get a group of friends together to play hide and seek like a hen harrier. One person must be the Seeker, and everyone else is a Hider. Divide the Hiders into two teams, one team wearing bright colours (eg white) and the other team wearing dark colours (eg brown). Which team is better at hiding?
• Now that you know more about being camouflaged, why do you think male and female hen harriers are different colours? Which one has the best camouflage and why do you think that is?
• Investigate which other moorland animals need to be well camouflaged. How does this help them to survive?

What to send us
Tell us what you learned about camouflage and hen harrier colours. If you like, you could also send us a photograph of you hiding in your best camouflage outfit.
2.4 Searching for skydancers

what it’s about
It can be very tricky to see a hen harrier because they like to live in remote places, where there aren’t many people. Also, people who aren’t used to seeing them can easily confuse them with other birds. From a distance, the male with his pale grey feathers can sometimes look like a gull, while the female, with her round face and brown feathers, is often mistaken for an owl. By practising your birdwatching skills, you’ll be sure to recognise a hen harrier as soon as you do see one!

Getting started
Find a place to do your birdwatching where you will see some birds. This might be your garden, school grounds, a nature reserve, local wood, park or lake. You will see more if you stand or sit quietly where you can see the birds without disturbing them.

what you need
• Notebook
• Pencil
• Binoculars are useful, but not essential
• A good bird identification guidebook.

Safety tips!
• Never point binoculars towards the sun.
• If you are birdwatching away from your home or school, make sure an adult knows where you are going and when you will be back.

• If you have binoculars, practise using them by looking at different objects in the distance before you start. Get an adult to help you if you’re not sure what to do.

• Look closely at each bird you want to identify and keep notes about the birds you see. What did it look like – size, shape, colour? Some people find it helps to show these on a little drawing like the one on the left. Where did you see it and what was it doing? Use your notes to check each bird in the book.

• Birds of prey often fly very high in the sky and can just look like a black shape against the clouds (a silhouette). Use your bird book to look at the silhouettes of different birds of prey. What shape is the tail – long and thin, broad and curved or maybe forked? What shape are the wings? Practise drawing their silhouettes in your notebook.

• Think about how you would recognise a hen harrier’s shape. How different would it look from a red kite, for example?

What to send us
Send us your sketches and bird identification notes or a copy if you would like to keep them.

Helpful stuff
For information on where to see hen harriers, go to rspb.org.uk/skydancer/getinvolved

Suggested books
2.5 Record-breaking raptors

What it's about
With all that springtime skydancing, we know that hen harriers are amazing acrobats but did you know that there are plenty of other birds of prey, or raptors, with special abilities too? Explore the world of record-breaking raptors and see how many fantastic feats you can discover.

What you need
• Bird books
• Internet access.

Safety tips!
Always ask an adult’s permission before using the internet.

Getting started
Use bird books and the internet to help you make a fact sheet of amazing stuff about birds of prey. Here are some questions to get you started:
• Which common bird of prey is the fastest animal in the world?
• Which bird of prey is the smallest in the UK?
• Which is the biggest?
• Which British bird of prey can dive up to a metre underwater to catch fish?
Make your own pack of bird of prey Top Trumps cards and play it with your friends. You can copy the example below or make your own.

What to send us
Send us a list of your top 10 bird of prey facts.

Helpful stuff
• The eyes of a raptor are so precious that they have three eyelids. The third one is partially see-through so they can protect their eyes when attacking prey and still have some sight.
• Birds of prey have eyesight that is at least two or three times better than ours. Some can see a grasshopper from the other side of a football field! Golden eagles can spot a rabbit from over a mile away and owls have great night vision so they can hunt in the dark.
• Ospreys will return to the same nest year after year, adding a little bit more to it each time. They can live for over 20 years and the largest osprey nest ever recorded was the size of a double bed!
• Kestrels are the only British birds that can hover in one place. They flap their wings very fast, back and forth, to stay in one spot while they search for mice, frogs and other small prey in the long grass.
• Red kites are great interior decorators and love to find things to make their nests look pretty! Unfortunately a red kite’s idea of decoration can include anything from stolen laundry to empty crisp packets or even an old football!

Books and hints
RSPB British Birds of Prey by M Taylor and S F Olsen (2010). RSPB.

Websites
rspb.org.uk/youth/learn/birdsofprey.aspx
kielderospreys.wordpress.com/osprey-facts
Hawk and Owl Trust: hawkandowl.org

Fun fact: hen harrier in Welsh means “white-bottomed buzzard”

Hen harrier
Speed: 6
Agility: 10
Cool factor: 8
Wingspan: 120cm
Strength: 6

Peregrine
Speed: 10
Agility: 8
Cool factor: 6
Wingspan: 118cm
Strength: 5

Fun fact: did you know that per-called a stoop?
3.1 Be inspired!

What it’s about
The beautiful moorland landscape has famously inspired writers, poets and artists for hundreds of years. Get creative and write, draw or paint your own story of the moors.

What you need
• Paper and colouring pencils/pens
• Colouring pencils or paints if using.

Safety tips!
Remember to ask for permission before exploring outside or when using the internet.

Getting started
Here are some ideas:
Write a story that begins with one of these openings. If you prefer, you could make up your own beginning.
• It was a beautiful and sunny spring day. Harry the Hen Harrier poked his head out of the heather, yawned and stretched his wings, and thought to himself...
• Sarah was tired from walking. She had been following a red grouse over the moor to get a closer look, but had wandered too far and now she couldn’t see her family anywhere. Suddenly...

Make your story into a comic strip. Maybe you could include characters such as:
• Harry the Hen Harrier Detective
• Vinnie the Vole
• Gary the Grouse
• Annie Adder.

Write a poem inspired by moorland or the hen harrier. Think of good descriptive words you might want to use, like “soft, grey feathers”, “bubbling stream” or “sweeping valley”. If you’re not sure where to start, why not begin each line with a letter from the name of the thing you want to write about? For example, you could write a poem about a vole, like this:

Very softly creeping
Out of his hole in the heather,
Looking around he twitches his nose,
Excited to see better weather.

This is called an “acrostic” poem. Other words you might like to use for your acrostic poem are “heather”, “moorland”, “skydancer” or “hen harrier”.

Draw or paint a picture of a hen harrier, the moorland landscape, or any part of it that you like. You could copy from a photograph that you took on a visit, the ones on page 3, or a picture that you found on the internet or in a book. Or you could use your imagination!

What to send us
Send us a copy of your story, comic strip, poem or picture. You could join in our WildVerse competition. Find out more on: rspb.org.uk/youth/join_in/competitions
3.2 Put on a show!

What it’s about
Hen harriers are fantastic performers and their acrobatic skydancing makes an amazing show. Putting on a show is a great, fun way to tell people the hen harrier story. You could tell an acted-out story, perform a play, dance, read poems, sing songs, give a talk, put on a puppet show, or do a mixture of several of these.

What you need
• Lots of imagination!
• Any props or costumes you like.

Safety tips!
Only use face paints if you know you are not allergic to them. If you’re not sure, check by applying a little bit of face paint then waiting a few minutes. If there’s any rash or itching, wash the paint off and don’t use it. If you’re still unsure, check with an adult.

Getting started
• Decide who you are going to invite to be your audience. It might be family or friends, or it might be your class or school assembly (ask your teacher).
• Decide where you are going to do your performance, thinking about where the audience will sit, and where the performers will enter and exit the “stage”.
• Decide what kind of performance you want to put on – a dance, a play, a puppet show? Keep it simple!
• Have fun with costumes, masks and face paints (see Safety tips).
• Think about props – these are the things you use in your performance. For example, you could paint cardboard boxes to be rocks or heather to use on stage.

What to send us
Tell us what you did, when and where, and who your audience was. If you like, you could also send us photos or video clips of your performance.

• If you are putting on a puppet show, think about the kind of puppets you’d like to make. Sock puppets can be very effective or you could use finger puppets or shadow puppets. See below for some tips on how to put on a shadow puppet show.
• Think about sound effects and music to enhance your performance.
• Before setting the date, think about how much time you will need to rehearse.
• Will you offer your audience refreshments after the performance? Maybe you could give them an eco-friendly snack such as an organic biscuit or a piece of fruit?

Helpful stuff
Shadow puppet show
• You will need a white sheet or a large piece of white paper to hang up as your screen.
• Make your puppets by tracing the outline of an animal on a piece of dark-coloured card and cutting it out. Then just tape a straw or wooden skewer to the back of your puppet so you can hold it. There are some outlines you can use on page 24.
• Hold up your puppets at the back of the screen and shine a lamp behind them to cast the shadows.
• The audience in front of the screen will see the shadow puppets moving across it like a cartoon.

Silhouettes to trace on page 24!
3.3 Host a harrier fun day

What it’s about
Organising a fun day – you can spread the news about hen harriers and have fun with all your friends at the same time!

Getting started
• Decide where and when you want to hold your fun day. Will it be inside or outside? How much space will you need? If you want to use the school hall or playing field, ask your teacher first.
• How many people will you involve? This may help decide what kind of event you do.
• Think of the kind of fun day you’d like to host. Here are some ideas to get you started, but feel free to do anything and to be as creative as you like.
• Bird of prey themed sports day. You could have a peregrine falcon award for the fastest sprinter or hold races where teams of two have to pass tennis balls to each other like hen harriers making a food-pass.
• Strictly Skydancing competition. Get friends to make up their own dances, either on their own or in pairs and get judges to hold up score cards. You could have a lot of fun with different costumes and could even get someone to be the presenter.
• High tea for Harriers. Invite some friends over for some moorland-inspired afternoon tea. You could have curlew mud cake (chocolate cake with jelly worms), hen harrier shaped biscuits, and chocolate nests (see recipe: younger children may need help with melting the chocolate).
• How will you advertise your fun day? You could send invitations or put up posters around school.

Safety tips!
If you make the chocolate nests, ask for adult help when you melt the chocolate, as it’s easy to burn or scald yourself!

Chocolate hen harrier nests recipe – makes 12

200g milk chocolate, broken into pieces
85g Shredded wheat
2 x 100g bags mini chocolate eggs
cupcake cases

Melt the chocolate in a small bowl placed over a pan of barely simmering water (boiling water turned down so that it is just moving). Carefully remove the bowl from the pan (mind the steam!) and stir in the crushed shredded wheat.

Place a big spoonful into a cupcake case and make a little dent in the middle to make it look like a nest. Add three mini chocolate eggs to the centre of the nest. Repeat until all the mix is used up.

Chill the nests in the fridge for up to 2 hours until set.

Helpful stuff
Maybe you could use your fun day to raise money to help birds of prey and other wildlife? You could donate the proceeds to the RSPB or another wildlife organisation, like the Wildlife Trusts, the Hawk and Owl Trust, or others. For important information on raising money, see page 25.

What to send us
Tell us what you did for your fun day and who came. If you like, you could send us photos from the day or copies of invitations or posters that you made. If you decide to raise money, tell us how much you raised and who you sent it to.
3.4 Spread the word

What it’s about
By now you are probably becoming a bit of a hen harrier expert. However, if we want to see hen harriers flying across our moorland again, we need to tell other people how brilliant they are and why they need protecting.

What you need
• Poster making materials – paper, pens and other craft materials.
• Camera or phone for making a film.

Getting started
• Think about the best things you’ve discovered about hen harriers. What do you think is really cool about these birds? Is it the way they skydance? Or what they look like? Or maybe it’s everything that you’ve found out about them?

• List your Top Five favourite hen harrier facts and tell five friends and family members what they are. You could even show them some pictures or photographs.

• Design a leaflet or poster to tell other people about hen harriers. Perhaps you could display it somewhere? Ask your class teacher if you can put it up in your school or perhaps you have a noticeboard in your town or village?

• You could get some friends together and make a film about hen harriers.

What to send us
Send us a copy of your leaflet, poster or film.

Helpful stuff
You could present your film in a particular style – a newsround report, a documentary or an action movie. Think about what you are going to say and whether you will write a script.

Think about where you are going to make your film – will you do it outdoors, or set up a scene indoors as your background?

Tips for teens
You could volunteer to give a talk in your school, using the poster or film you made – or you might like to create a Powerpoint presentation.

Create a tweet to share with your followers on Twitter, or Facebook your friends about hen harriers.

Add your comments to the Skydancer blog: rspb.org.uk/skydancer
3.5 Make a pledge

What it’s about
A pledge is like a promise. We would like you to make a pledge about how you can continue to help hen harriers. Then write it down in a safe place where you can look at it from time to time.

What to send us
Write to us about the pledge you have made. Tell us what you have done already, or plan to do.

What you need
Pencil and paper.

Getting started
• Think about all you’ve found out about hen harriers. What do you think are the important things that would interest other people? Is it where hen harriers live? How they catch their prey? Perhaps you think it is their special skydancing show? Make a note of all the cool things you know about them.
• Now think about how you can help hen harriers. Here are a couple of ideas to get you going:
• Write a short piece about hen harriers and share it with your friends and family to make them aware of these special birds. Or you could film it and show them your clip.
• You could visit a moor with your friends and family and tell them everything you’ve discovered.
• Perhaps you can come up with something even better yourself! We would love to hear all about it.

Helpful stuff
Whatever you decide to pledge, think about how you might get other people involved. Perhaps you could get your friends to make a pledge too?
ENTRY FORM

What level of award are you applying for? (Remember you need to have done two activities from each of the three groups for your Hero award, and an extra four to be a Superhero).

Hero □ Superhero □

Are you applying as an individual or a group? Individual □ Group □

First name □ Surname □

Address □

Postcode □

Date of birth □ Date of submission □

Telephone number □ E-mail □

Are you an RSPB or RSPB Wildlife Explorers member? Yes □ No □

Please tick the boxes to show which activities you have completed.

1: Harrier Habitats
   □ 1.1 Magic moorlands
   □ 1.2 Visit a harrier hideout
   □ 1.3 Food chain fun
   □ 1.4 People and places
   □ 1.5 Crazy collage

2: Brilliant Birds
   □ 2.1 Flying through the year
   □ 2.2 Fantastic features
   □ 2.3 Hide and seek like a hen harrier
   □ 2.4 Searching for skydancers
   □ 2.5 Record-breaking raptors

3: Get Creative
   □ 3.1 Be inspired
   □ 3.2 Put on a show
   □ 3.3 Host a harrier fun day
   □ 3.4 Spread the word
   □ 3.5 Make a pledge

Please remember to send all of the supporting information with this form. This is detailed for each activity under the heading “What to send us”.

If you are applying as a group please let us know how many people took part.

Please also list all of the participants* (in block capitals) so that we can complete their certificates and send you the right amount of stickers. If there is not enough space here, please continue your list on a separate sheet.

I would be happy for the RSPB to contact me/us about media promotion (see introduction, page 4, for more details)

If you are under 18 please ask your parent/guardian to read this.

We promise not to sell your details to anyone else. The RSPB would like to tell you about fun activities and things you can buy from us and RSPB Sales Ltd. The RSPB may review your details and use them for our market research and analysis. If you DO NOT want us to use your details in this way, please tick here

* List participants here (in block capitals):

Please send forms to: RSPB Hen Harrier Hero Awards, RSPB Northern Region, 1 Sirius House, Amethyst Road, Newcastle Business Park, Newcastle upon Tyne, NE4 7YL

The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales no. 207076, Scotland no. SC037654

2NGHHA0018
Photographic image consent form

Name of photographer: 

Location: 

Date: 

I give permission for the photograph(s) taken to be stored on RSPB Images and used by the RSPB within their communication materials (including publications, interpretation, press and web) for non-commercial purposes; they will not be sold to third parties, but they may be made available to third party partnerships.

I understand that if the RSPB wishes to identify me individually, they will ask my permission first.

I understand that I do not own the copyright of the photograph(s)

Name and age if under 18: 

Contact telephone and/or email address: 

Name of model (or parent/guardian for any persons under 18): 

* Signature of model (or parent/guardian):
A parent/guardian signature is required for children under 18 years of age and vulnerable adults (England, Wales and Northern Ireland, or Protected Adults aged 16 and over in Scotland)

For RSPB staff use

In accepting the above release, the RSPB undertakes that the copyright material shall be used in accordance with the terms of the release. Personal details will not be used for any other purpose than for this form and will be stored in accordance with the Data Protection Act.

Please complete the following in order to enable specific images to be retrieved:

Time photo taken: 

Description to identify individual: 

The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales no. 207076, Scotland no. SC037654
GET YOUR FREE
HEN HARRIER RECORD CARD

I would like to request a free Hen Harrier Hero Award record card to help me keep track of my award activities.

First name: ____________________ Last name: ____________________
Address: ______________________________________________________
Postcode: ______________________________________________________
Date of birth: __/__/____
Email: ____________________ (Over 18s only)

Are you an RSPB member? ____________________ Yes ______ No ______

If you are under 18, please ask your parent or guardian to read this.
We promise not to sell your details to anyone else. The RSPB would like to tell you about fun activities and things you can buy from us and RSPB Sales Ltd. The RSPB may review your details and use them for our market research and analysis. If you DO NOT want us to use your details in this way, please tick here. ☐

Please send your completed slip to:
RSPB Hen Harrier Hero Awards, RSPB Northern Region, 1 Sirius House, Amethyst Road, Newcastle Business Park, Newcastle upon Tyne, NE4 7YL

The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales no. 207076, Scotland no. SC037654
Silhouettes for you to trace!

Hen harriers

Meadow pipit

Red grouse

Vole
Important information on Fundraising

• You’ll need an adult to help you, especially when you count the money. Ask them to send a cheque for the amount you raised.

• You are not allowed to raise money in a public place or go from door-to-door without a licence from your Local Authority. If you do manage to get a licence, you can do this, but you must be accompanied by an adult, and we do not recommend that children do this.

• Make sure that you get a receipt from the organisation you send the money to.

• If you are raising money for RSPB Wildlife Explorers, and especially if you are collecting money from adults who are able to gift aid, please download our official child’s sponsor form from rspb.org.uk/fundraiseyourself
  You may need an adult to help you with this.

• Note to adults: by raising money for the RSPB or RSPB Wildlife Explorers, you are supporting all our conservation work. However, you and your child/children are responsible for your fundraising activity. For detailed information on the RSPB’s fundraising guidelines, visit: rspb.org.uk/supporting/fundraise
## Glossary

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptation</td>
<td>Special features that make an animal suited to its habitat and way of life. For example, webbed feet help a duck to swim.</td>
</tr>
<tr>
<td>Camouflage</td>
<td>Colour and markings that make an animal hard to see when it is in its habitat.</td>
</tr>
<tr>
<td>Conflict</td>
<td>A strong disagreement or difference of opinion.</td>
</tr>
<tr>
<td>Countryside sports</td>
<td>Activities such as hunting (often with dogs), shooting (deer, game birds such as grouse, pheasants, ducks and wild geese) and fishing.</td>
</tr>
<tr>
<td>Habitat</td>
<td>A place where an animal or plant lives.</td>
</tr>
<tr>
<td>Moorland</td>
<td>An open area, high up, with heather, rocks and boggy bits.</td>
</tr>
<tr>
<td>Predator</td>
<td>An animal, such as a fox, that eats other animals.</td>
</tr>
<tr>
<td>Prey</td>
<td>An animal that is eaten by a predator.</td>
</tr>
<tr>
<td>Raptor</td>
<td>A bird of prey that isn’t an owl, such as an eagle, kestrel or hen harrier.</td>
</tr>
<tr>
<td>Silhouette</td>
<td>A black shape against a lighter background.</td>
</tr>
<tr>
<td>Skydancing</td>
<td>The special spring display flight of a male hen harrier.</td>
</tr>
</tbody>
</table>
Find out more
To find out more about hen harriers and what the RSPB is doing to save them, go to [rspb.org.uk/skydancer](http://rspb.org.uk/skydancer)

The Hen Harrier Hero Awards were produced as part of the RSPB’s Skydancer project, which was funded by the Heritage Lottery Fund, United Utilities and supported by the Forestry Commission.