Birds improve our lives; we can improve theirs too.

**Audubon Rockies** teamed up with **Colorado State University** to create a fun-filled, pollinator coloring book for youth to show how you can help plant a better world for birds and people.
Hi, I'm Harley! I'm a Broad-tailed Hummingbird, and
garden to drink nectar from flowers. Along the way,
today I'm going to fly around the
I'll get to see all of my pollinator pals!

Wow, there are a lot of hummingbirds in the
garden today! I better steer clear of the
competition.

Broad-tailed Hummingbirds
are strong enough to
hover in the air to drink
nectar from flowers.
While hovering, their wings
beat about 40-50 times every
second! When drinking nectar,
they also collect pollen, which
they spread to other flowers to
help them make seeds.

Male hummingbirds have a rosy-red
throat so they can get females' attention,
and show other males who's boss.
Let’s see what’s buzzing with my busy bee buddies. It looks like they’re working hard collecting pollen and nectar.

What do you do with the nectar once you’re in the hive?

I make it into honey!

A worker honey bee lives for about five to six weeks.

During her life, she will create around $\frac{1}{12}$ teaspoon of honey.
I should check on Chris, my caterpillar companion. Maybe she’s munching on a tasty leaf.

I haven’t seen her in weeks!

Chris, is that you?!

Yes, I’m a beautiful butterfly! Now I can pollinate flowers, too!

**Fun Fact**
Butterflies can’t move their wings or fly when it’s too cold outside.

Butterflies only drink nectar; they don’t eat anything else!

![Diagram of the butterfly life cycle](image)
This is my favorite part of the garden! The humans leave out a bath. I just have to watch out for the pesky house cat.

I sure could go for a bath.

Cats are the #1 predator of hummingbirds in backyards. Make sure you keep your cats inside at night to keep our flying friends safe.

free nectar, and a refreshing bird bath.

Sunlight energy → Oxygen
Carbon dioxide (CO₂) → Sugar (glucose)
Water (H₂O) →
I’m feeling a little peckish. This nectar isn’t enough to fill me up. I need a crunchy snack.

Soil gives plants the support and nutrients they need to grow. It is also home to billions of tiny creatures like bugs and bacteria.

Hummingbirds love nectar, but they also eat insects such as spiders. Native bees need bare ground, so leave some open areas in your garden.
All of the creatures and critters of the garden make up an ecosystem. The pollinator pals play an important role keeping plants healthy and growing.

Thanks for joining me on my garden adventure.
Glossary

**Anther** — The part of the flower that holds pollen.

**Carbon dioxide** — A colorless gas that is absorbed from the air by plants to grow.

**Chrysalis** — The hard outer shell that protects a caterpillar while it grows into a butterfly.

**Ecosystem** — A large community of living organisms (plants and animals) in an area.

**Larva** — The youngest wingless form of insects.

**Nectar** — Sweet liquid made by flowers of plants.

**Nutrient** — A substance that helps things grow.

**Ovary** — The part of the flower where the seeds are made.

**Oxygen** — An odorless, tasteless gas created by plants that is needed for life.

**Photosynthesis** — The cycle of plants making energy and food (sugar).

**Pollen** — Tiny grains found on flower anthers that help plants make seeds.

**Pollination** — When insects, animals, and wind carry pollen from flower to flower so they can make seeds and more flowers.

**Predator** — An animal that hunts and eats other animals.
Want to Help Hummingbirds?

Hummingbirds and other wildlife love gardens with native plants. Native plants are kinds of plants that have lived in an area for thousands of years. By planting native plants, you can provide hummingbirds with food, shelter, and a place to nest. Audubon Rockie’s Habitat Hero program can help you get started!

Learn more:
rockies.audubon.org/habitat-hero

Simple steps to create a bird-friendly garden

1. Select a site with adequate sun, soil, and drainage.
2. Thoroughly remove sod and weeds.
3. Plant a variety of shapes, sizes, and species.
4. Focus on plants that support high variety and quantity of food.
5. Plant in the spring or fall.
6. Pull out invasive weeds as your garden grows.