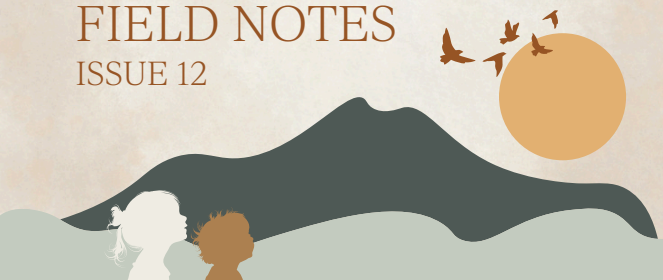


Nat Theo Club

FIELD NOTES

ISSUE 12



Kingfisher

AVES (BIRDS)

HABITAT:

There are around 120 different types of kingfishers. The Belted kingfisher pictured below travels as north as Canada and south as Central America. Kingfishers live along riverbanks.

FUN FACTS:

Kingfishers live in burrows in the riverbank, which they dig themselves. Burrows can range from one to eight feet in length.

You normally hear a kingfisher before you see one. Listen for a long, rattling trill call along the river.



ARE YOU EVER EASILY DISTRACTED?

It can be hard to stay focused when there is so much going on around us. Maybe you have tried to work on school or homework but there is music or a television show on in the background, and you can't concentrate on the work in front of you. When I am writing a book or podcast episode, I have to wear special headphones that cancel out other noise to help me focus.

One of my favorite birds, the kingfisher, is very good at focusing. As his name might suggest, the kingfisher is excellent at fishing. He flies up and down the river looking for tasty fish beneath the water's surface. When he spots one, he can hover over it high above the water before plunging down for the catch. While he's still in the air hovering above the water, he keeps his eyes fixed on the fish. Wind changes and gusts don't distract him. Instead, he absorbs wind changes in his neck so that his head and eyes remain steady and he can go in for the catch. He dives into the water at a speed of up to 25 miles per hour without so much as making a splash to successfully catch his lunch.

Proverbs 4:25–26 says, "Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways."

Sometimes it's not only school we have a hard time focusing on. It can also be difficult to stay focused on God's truth and what He wants for our lives. You can practice fixing your gaze on Jesus and thinking carefully about what God wants for your life.

Practice today by focusing on God's love. What are some ways He shows His love to you? How has He provided for you or helped you?

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