

For All Children.

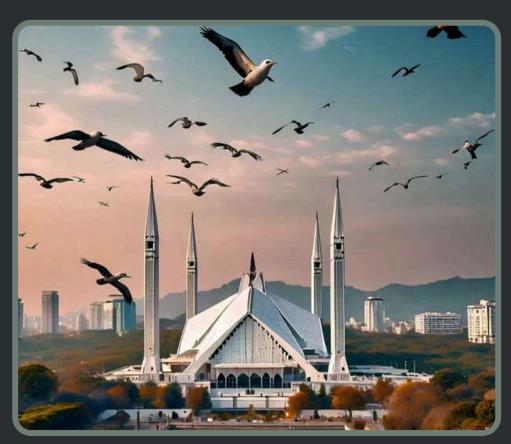
Written and Created by Rahat Arshad Images Created Using Meta AI

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Introduction

Once upon a time in the lively city of Islamabad, there was a hidden world full of special visitors from faraway lands. These travelers weren't ordinary; they were migratory birds on incredible journeys across continents. We invite you to discover their world, understand why they are important and learn how we can help them.



Chapter 1 The Amazing Journey

What are Migratory Birds?

Migratory birds are the brave adventurers of the sky. They travel thousands of miles every year to find food and warmer places to live. Imagine flying all the way from one side of the world to the other! They use the stars, the sun, and even the Earth's magnetic fields to find their way.

Migration Patterns

Every winter, when it gets too cold up north, these birds fly south to warmer places.



Chapter 1 The Amazing Journey

Islamabad becomes a cozy stop for them to rest and eat before they continue their journey. They fly over mountains, deserts and oceans, facing many dangers along the way.



Chapter 2 Our Feathered Friends

In Islamabad, we are lucky to have some special bird visitors:

1. Pallas's Fish Eagle:

A powerful bird often seen flying over Rawal Lake.

11. Demoiselle Crane:

Graceful and elegant, these birds look like they are dancing in the sky.

Chapter 2 Our Feathered Friends

111. Marbled Teal:

Cute ducks with marbled feathers, found in Islamabad's wetlands.

IV. White-headed Duck:

Rare and beautiful, these ducks are a special sight in our city.









Chapter 2 Our Feathered Friends

These birds rest in places like Rawal Lake and city parks. These areas provide food and shelter, making them important for the birds' long journey.



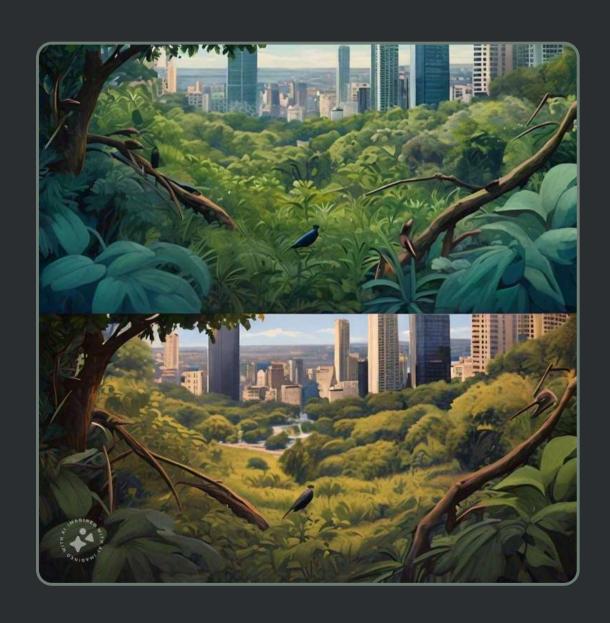
Chapter 3 Why Birds Matter

Migratory birds are like little superheroes. They help control pests, spread seeds, and pollinate plants, keeping our environment healthy and balanced. When they are around, it means our ecosystem is doing well.



Chapter 3 Why Birds Matter

But our feathered friends face many challenges. As cities grow and the climate changes, their resting places disappear. This makes their journey even harder. We need to protect these areas to help them survive.



Chapter 4 Helping Our Bird Friends

Many people in Islamabad work hard to protect these birds. WWF Pakistan and other groups like Wings of Awareness restore habitats, promote sustainable practices, and involve the community in their efforts. They are the heroes who help keep the birds safe.

To help, we need to:

- Keep natural areas safe and clean.
- Teach others about the importance of birds.
- Use eco-friendly habits to support wildlife.

Chapter 4 Helping Our Bird Friends



Chapter 5 How You Can Help

Tips for Conservation

You can be a hero too! Here are some easy ways to help:

• Create Bird-Friendly Spaces:

Plant native plants and set up bird feeders and bird boxes.

• Join Clean-Up Drives:

Help keep parks and lakes clean.

• Learn and Share:

Tell your friends and family about migratory birds.

Chapter 5 How You Can Help



Chapter 5 How You Can Help

Getting Involved

Join local groups, participate in bird-watching hikes, and be part of conservation projects. Every small action counts!

or you can take the lead ...

Conclusion

As we finish our story, remember that we all play a part in protecting these amazing birds. By working together and caring for our environment, we can ensure that migratory birds will continue to visit Islamabad for many years to come.



You are a HERO!

Glossary

- Challenges: Difficult tasks or problems that need to be solved or overcome.
- Conservation: Protecting and taking care of nature, like forests, oceans, and animals, so they can be enjoyed in the future.
- Ecosystem: A community of living things, like plants and animals, and their environment, all working together.
- *Elegant*: Beautiful and stylish in a way that is simple and not too showy.
- Graceful: Moving in a smooth, easy, and attractive way.
- *Habitats*: The natural homes or environments where plants and animals live.

- *Migratory:* Moving from one place to another at different times of the year, like some birds that fly to warmer places in winter.
- *Native*: Plants or animals that naturally live in a certain place and are not brought from somewhere else.
- *Pests*: Small animals or insects that can harm plants, crops, or cause trouble in homes and gardens.
- *Pollinate*: When bees, butterflies, and other insects carry pollen from one flower to another, helping plants make seeds and fruit.
- Promote: To help something grow, develop, or become more popular.
- Restore: To bring something back to its original condition or make it better again.

• *Sustainable*: Using resources in a way that does not harm the environment and can be continued for a long time.