

# Bird Adaptations

The ability to fly allows birds to cover great distances in the search for food and water. And because flight generates a lot of heat, birds are naturally adapted to high body temperatures.



Flight also enables a bird to leave areas of extreme hot or cold temperatures and move to a more temperate climate.



Feathers also play a part in insulating birds from the heat of the sun.

Some birds dissipate heat absorbed from their surroundings. Owls and nighthawks gape open-mouthed while rapidly fluttering their throat region to evaporate water from their mouth cavities.



Many birds are active primarily at dawn and within a few hours of sunset, retiring to a cool, shady spot for the remainder of the day.

