

Breaking News English.com

Birdwatching could protect against ageing, say scientists – 26th February 2026

Level 0

Looking at birds could be good for us. Birdwatching protects our brains against old age. A researcher said: "Skills from birding could be beneficial for our brain as people age." The researcher compared brain scans of old and new birdwatchers. The brains of the older birders were a lot more active.

Birdwatching benefits the brain. We learn new skills. We learn to identify things and patterns. The hobby is good for our mental and physical health. It can lower stress. This is because we are outside in nature. Birdwatchers say their hobby improves their social life. This is because they meet many new people.

Level 1

Birds are beautiful. Looking at them could be good for us. Researchers believe birdwatching protects our brains against old age. They said: "Skills from birding could be beneficial for intelligence and thinking as people age." The researchers compared brain scans of veteran and new birdwatchers. The brains of the veteran birders were a lot more active. The veterans had a better memory and could process information quicker.

Birdwatching benefits the brain because we learn new skills. Birdwatching combines the ability to identify things with a sensitivity to detecting patterns. The hobby is good for our mental and physical health. It can reduce stress. This is because we are outside in the fresh air and sunlight. We can connect with nature and the environment. Birdwatchers say their hobby improves their social life. This is because they meet many people.

Level 2

Birds are beautiful creatures. Looking at them could be good for us. Researchers in Canada say birdwatching could protect our brains against age-related diseases. The lead researcher said: "Skills from birding could be beneficial for intelligence and thinking as people age." The researchers compared brain scans of 29 veteran and 29 new birdwatchers. The brains of the veteran birders were a lot more active. The veterans had a longer attention span. They also had a better memory than those new to the hobby. In addition, the veterans could process information more quickly.

Birdwatching benefits the brain like learning a musical instrument. This is because the brain learns new skills. Birdwatching combines the ability to identify things with a sensitivity to movement and detecting patterns. Other scientists say the hobby is good for our mental and physical health. It can reduce stress. This is because we are outside in the fresh air and sunlight. Other benefits include connecting with nature and the environment. Birdwatchers say their hobby improves their social life. This is because they meet many people who are like them.

Level 3

Birds are fascinating and beautiful creatures. Looking at them in the wild could be good for us. That is what researchers in Toronto, Canada say. The scientists found that birdwatching could protect our brains against age-related diseases. Lead researcher Dr Erik Wing said: "Skills from birding could be beneficial for intelligence and thinking as people age." Dr Wing and his colleagues compared scans of the brain activity of 29 veteran birdwatchers and 29 newbies. The brains of the veteran birders were a lot more active. Dr Wing said the veterans had a longer attention span and a better memory than those new to the hobby. He added that the veterans could also process information more quickly.

The scientists believe birdwatching benefits the brain like learning a musical instrument. This is because the brain learns new skills, which add new pathways and connections. Dr Wing said birdwatching combines the ability to search for and identify things with a sensitivity to movement and pattern detection. Other scientists recommend the hobby. They say it is good for our mental health and can reduce stress. It is also good for our physical health because we are outside in the fresh air and sunlight. Other benefits include connecting with nature and becoming aware of the environment. Birdwatchers say their hobby is good for their social life because they meet many like-minded people.