FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT (OF CHANGES IN	BENEFICIAL	OWNERSHIP

OMB APPROVAL							
OMB Number:	3235-0287						
Estimated average burden							
hours per response:	0.5						

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Zwillinger Joseph			2. Issuer Name and Ticker or Trading Symbol Allbirds, Inc. [BIRD]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable)							
<u>Zwillin</u>	<u>ger Josep</u>	<u>n</u>			11101	, 1110	<u>.</u> [-	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				V Director	r	X	10% Ow	ner
(Last)	(F	irst)	(Middle)		2 Data	of Earliast	Trans	naction (Man	th/Day/Voor)		;	Officer below)	(give title		Other (s below)	pecify
C/O ALLBIRDS, INC.				3. Date of Earliest Transaction (Month/Day/Year) 05/23/2022				Co-Chief Executive Officer								
730 MO	NTGOMER	Y STREET														
(Street)				4. If Amendment, Date of Original Filed (Month/Day/Year)						6. Individual or Joint/Group Filing (Check Applicable Line)						
SAN CA 94111		94111								Form filed by One Reporting Person						
FRANCI	SCO											Form fil Person		e than	One Report	ing
(City)	(S	tate)	(Zip)													
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																
Date			2. Transac Date (Month/Da	Execution Date		Date,	Code (Instr.		ed (A) or str. 3, 4 and s	Beneficia Owned Fo	Form (D) o ollowing (I) (In		: Direct I Indirect E str. 4)	7. Nature of ndirect Beneficial Dwnership		
						Code	/ Amount	(A) o	r Price	Reported Transacti (Instr. 3 a	on(s)		1	Instr. 4)		
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																
1. Title of Derivative Security (Instr. 3)	erivative Conversion Date Execution Date, or Exercise (Month/Day/Year) if any		Code	ransaction Derivative Securities		re s I (A) sed str.	6. Date Exercisable and Expiration Date (Month/Day/Year) Month/Day/Year) 7. Title and Am of Securities Underlying Derivative Sec (Instr. 3 and 4)		ies g Security	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	e V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	on(s)		
Stock Option (Right to Buy)	\$ 4.68	05/23/2022		А		911,162		(1)	05/22/2032	Class A Common Stock	911,162	\$0.00	911,16	62	D	

Explanation of Responses:

1. 1/4 of the shares underlying the option shall vest on the one-year anniversary of June 1, 2022, and the remaining shares underlying the option shall vest in a series of 36 successive equal monthly installments thereafter, in each case subject to the Reporting Person's Continuous Service (as defined in the Issuer's 2021 Equity Incentive Plan) through the applicable vesting date.

Remarks:

Joseph Zwillinger, by /s/ Ron A. 05/24/2022 Metzger, Attorney-in-Fact

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.