



## Monthly Environmental Activities to help celebrate our planet

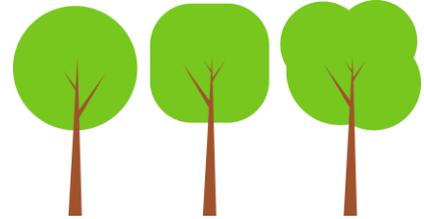
### SEPTEMBER 27<sup>TH</sup> IS NATIONAL TREE DAY!

*"Let nature be your teacher." William Wordsworth*

#### **Celebrate National Tree Day on September 27<sup>st</sup> 2017!**

*"National Tree Day will serve as a celebration for all Canadians to appreciate the great benefits that trees provide us - clean air, wildlife habitat, reducing energy demand and connecting with nature."*

<http://www.nationaltreeday.ca/>



*"Children today spend less time outdoors than any generation in human history."*

<http://getbackoutside.ca/>

*"For children, studies show that time outdoors, especially unstructured time in more natural settings, can increase curiosity, creativity and problem solving ability. It also improves their physical fitness and coordination." <http://30x30.davidsuzuki.org/>*

#### **Some great activities for your family to do on Tree Day, or any day!**

- Read a book on trees: *The Lorax*, by Dr. Seuss; *The Giving Tree* by Shel Silverstein; *What Good Is a Tree* by Larry Dane Brimner; *The Great Kapok Tree* by Lynne Cherry
- Learn the names of the trees in your backyard or neighbourhood
- Do tree art – e.g., a leaf collage, or leaf/bark pencil rubbing art, or tree photography
- Create a tree book: "adopt" a favourite tree, name it and throughout the year record and examine its characteristics and the changes that it goes through.
- Organize a Tree Walk game - Look for trees that are: the tallest, oldest, has the widest trunk, has the largest leaf, is the most prickly, etc.
- Download a bird app and start to help your child learn to identify the colours and songs of birds in your neighbourhood
- Research all the great forest hiking trails in your area and pick one to try out.
- Hold a Tree Day birthday party with your family, friends, neighbours or community! Serve tree-shaped foods! (*Find lots of ideas on Pinterest.*)

#### **For more ideas:**

- ✓ Join the **30x30 Nature Challenge**: If you want to feel healthier, happier and more focused - add a daily dose of nature to your routine! Find out more at <http://30x30.davidsuzuki.org/>
- ✓ Do a Google search: "What to do on a nature walk" or "Arbour Day activities"