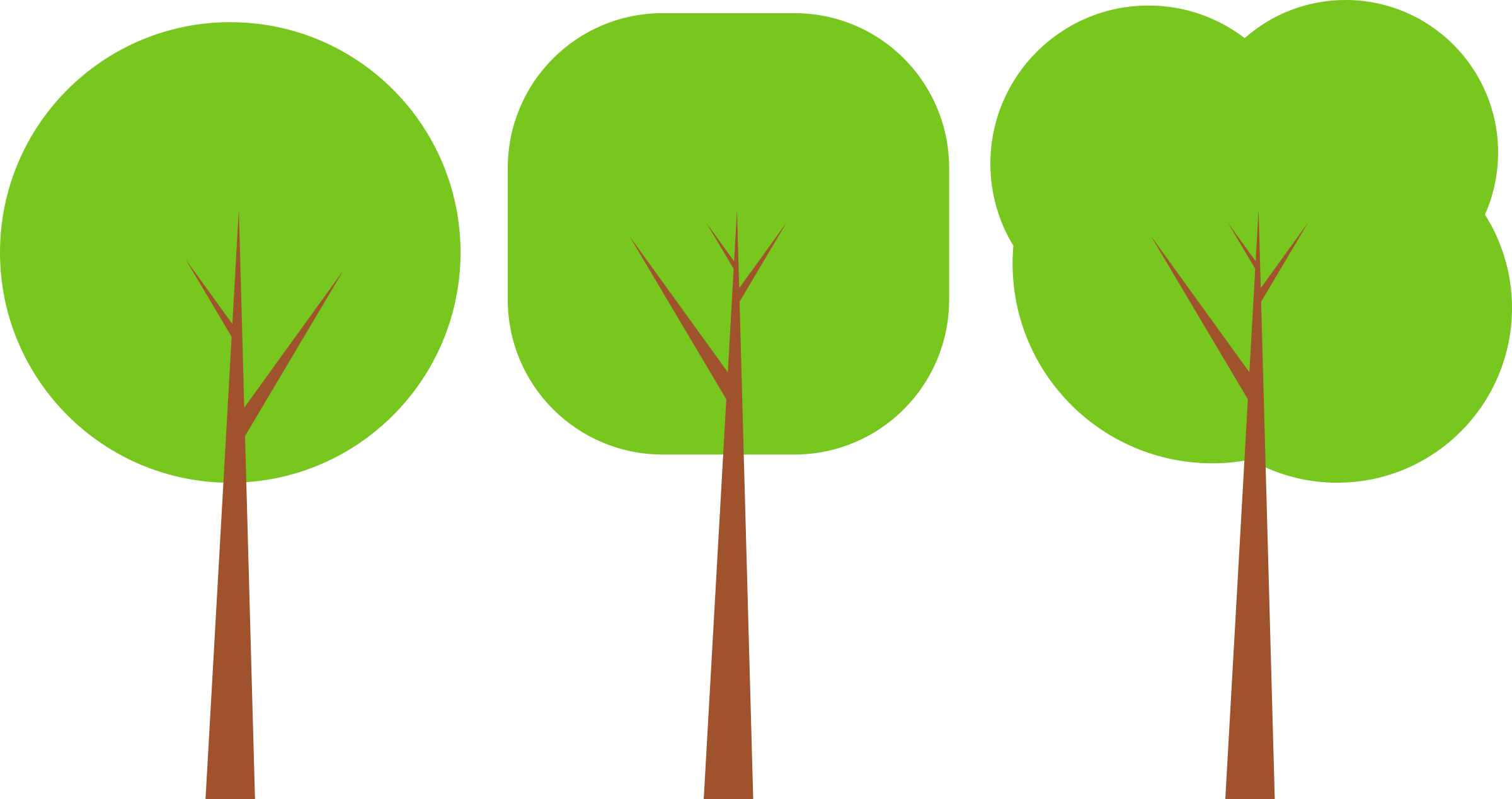
**Monthly Environmental Activities to help celebrate our planet**

**September 27th is National Tree Day!**

***“Let nature be your teacher.” William Wordsworth***

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**Celebrate National Tree Day on September 27st 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/*](http://www.nationaltreeday.ca/)

“*Children today spend less time outdoors than any generation in human history.”* [*http://getbackoutside.ca/*](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/*](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/*](http://30x30.davidsuzuki.org/)
* Do a Google search: “What to do on a nature walk” or “Arbour Day activities”