



TD Tree Days 2021 Activity Guide

Five ways to fall in love
with nature this autumn

TD READY
COMMITMENT



How TD Tree Days is moving forward safely



Until we can get together again to celebrate TD Tree Days in person, I encourage you to explore the outdoors in your local community. We have designed this 2021 TD Tree Days activity guide to help you, your families and friends enjoy the outdoors and rediscover nature safely this fall.

TD has proudly held TD Tree Days events since 2010 and, for the second year of our *TD Tree Days Fall in love with nature* campaign, we are thrilled to continue to highlight the importance of green space and invite you to connect with nature as a way to contribute to a healthier and more sustainable environment for all.

Until we can get together again to celebrate TD Tree Days in person, I encourage you to explore the outdoors in your local community. We have designed this 2021 TD Tree Days activity guide to help you, your families and friends enjoy the outdoors and rediscover nature safely this fall. Courtesy of several environmental community organizations we support through the TD Ready Commitment, this guide features a variety of fun activities that can help you find new ways to get outside and connect with nature. I want to thank Nature Conservancy of Canada, Ecosource, Park People, les amis de la montagne and Edmonton & Area Land Trust for their participation in this year's activities.

I hope you will have as much fun using this guide as we had putting it together for you.

Fully committed to build a more vibrant planet so our communities and economies can thrive, TD is proud to be a champion of trees, parks and open spaces. Our target is to plant 1 million trees by 2030 through TD Tree Days and other initiatives, while remaining committed to the support of the community organizations that are working to keep our green spaces healthy and vibrant. For TD Tree Days 2021, we are working with 72 community-based organizations to fund over 105 planting projects. We have allocated more than \$700,000 to support the planting of over 24,000 trees and shrubs across Canada and the U.S this fall. This year's TD Tree Days projects build on the \$104,771,200 in funds already awarded to 28,850 community-based environment projects through the TD Friends of the Environment Foundation since the foundation's inception over 30 years ago. There are therefore many reasons for us to celebrate and I hope you are inspired to fall in love with nature again this fall,

Norie Campbell
Group Head and General Counsel

Nature's Treasure Hunt with NCC



Nature Conservancy of Canada

Since 1962, the Nature Conservancy of Canada (NCC) and its partners have helped to protect 14 million hectares (35 million acres), coast to coast to coast. NCC leads and inspires others to join in creating a legacy for future generations by conserving important natural areas and biological diversity across all regions of the country.

Geocaching is a global outdoor treasure hunt where you use GPS (global positioning systems) to find hidden “treasures” known as caches that have been secretly tucked away by more than 3 million geocaching enthusiasts around the world. It’s a great excuse to connect with nature while getting outside for a hike, enjoying the fresh air and exploring new environments.

Participants use GPS devices to download the coordinates of each cache, which is usually a sealed container hidden in a natural setting such as a park or conservation area. It holds a log book and often small trinkets like a sticker, pin or badge that you can take only if you replace it with a trinket you brought. **It’s important to safely plan for this like any other hike, with proper footwear, weather-appropriate clothes and water. Be sure that someone else knows your route, destination and time of return. Also be sure that children are supervised and not left alone.**

What you need

A handheld GPS device or a smartphone equipped with GPS.

What to do

1. Create a free account at [geocaching.com/play](https://www.geocaching.com/play) or download one of the many geocaching apps to view a map of geocaches in your area. There may be applicable fees associated with using geocaching apps.
2. Once you select the geocache you want to find, use GPS coordinates to safely navigate to its location. Remember that caches are hidden in plain sight and may be cleverly camouflaged. Please do not dig, move rocks or otherwise disturb the natural environment.
3. Open the cache and see what’s inside. You can take the trinket only if you replace it with another trinket you brought, so others can enjoy this activity as well. Sign and date the logbook and share your experience online.



Enjoy nature respectfully

Stay on marked trails,
and be sure to not
leave any belongings
or litter behind.

Activity 2

Get Growing Indoors with Ecosource

Ecosource

Ecosource helps people become better environmental citizens by learning how to change their daily habits to reduce waste, connect with nature, promote urban agriculture and more. Staff work in diverse Ontario schools and communities delivering fun, interactive learning experiences that emphasize our interdependence on one another and the environment.



Anyone can become an urban farmer and grow food in their own kitchen by growing microgreens. Microgreens are young plants with edible stems and leaves. They are fresh, delicious and rich in nutrients. With a quick turnaround time from planting to harvesting, growing microgreens at home is a great way to source your own fresh food.

What you need

A large jar, a shallow container, potting soil, green pea sprouting seeds, a spray bottle and water.

What to do

1. Soak the pea seeds in clean lukewarm water for six to eight hours or overnight in a jar (the bigger the jar, the more peas you can grow). Fill the jar a third of the way with seeds, then add clean water to top up the jar.
2. Add potting soil to the shallow container so that it is about two-thirds full. Tip: this is a great way to reuse clean, sturdy food containers.
3. Gently place your pea seeds in a single layer across the surface of the soil, making sure that they do not overlap.
4. Place the shallow container near a sunny window. Spray the soil and seeds with water from the spray bottle every day.
5. In two or three weeks, your peas will grow into edible shoots. Trim off the top of the plant (leaving 2.5 cm of stem) for a tasty, simple and delicious snack! Or, try them in a salad, sandwich or stir-fry. Some of the pea shoots may re-grow, giving you a second harvest.



Did you know?

You can also grow sunflower, arugula and broccoli microgreens.

Be sure to purchase seeds made for sprouting, as some gardening seeds may be coated with chemicals. You can buy sprouting seeds online and at some health food stores.

Visit [ecosource.ca](https://www.ecosource.ca) to learn more about events, volunteering and community gardens.

Activity 3

Art, Naturally with Park People



Park People

Park People is a national organization that empowers Canadians to use parks to improve their quality of life by fostering meaningful social connections, civic engagement, health and well-being. Since 2011, Park People has helped community park groups facilitate more than 5,000 events, attended by 275,000 people.

You don't need a trip to the beach or the mountains to appreciate nature: you can connect with the outdoors at your local park, green space or right in your backyard. Using a small handful of natural materials found in your neighbourhood, you can create art that keeps you connected to nature and can help remind you why it's important to be a good environmental citizen year-round.

What you need

Scrap paper or newspaper, a stack of heavy books, water-based glue, or a water-based glue-and-sealer product (optional), natural materials like leaves or flowers.

What to do

1. In your backyard, neighbourhood or local park, collect fallen leaves, flowers, ferns and other natural materials you find. **Take only a small amount from nature and do not cut live plants, snap leaves or twigs from a tree, or pull any plants out of the ground.**
2. Be sure to consider ethical harvesting techniques, which means you take only what you need and only if the plant is growing abundantly in the area. Before taking anything from nature, consider its role in the ecosystem—even fallen leaves can provide a shelter for insects and salamanders on chilly fall days.
3. When you're back home, gently wipe off your natural items. Place them, in a single layer, between a folded scrap piece of paper or newspaper.
4. Tuck your plant arrangement into a book and stack more heavy books on top.
5. Wait for your plants to dry. Your project may take anywhere between one to four weeks to fully dry.
6. Get creative! Using some water-based glue or a water-based glue-sealer product and your imagination, use your pressed plants to create a bookmark, decorate a printed version of your favourite poem, or simply display your plants on their own in a frame.



Use a plant or tree identification book, or an app like iNaturalist, to identify the plants and leaves that you've pressed.

Get involved! [Park People](#) has a national network made up of 954 volunteer-based park groups and grassroots non-governmental organizations (NGOs) in 120 cities across Canada.

Follow Your Nose with Les amis de la montagne



Les amis de la montagne

Les amis de la montagne protects, improves and promotes the sustainability of Montréal's Mont Royal through community involvement. For more than 35 years, this non-profit organization has fostered direct contact with nature in its educational programs, sharing a love of nature and the importance of conservation of the mountain with thousands of citizens each year.

The scents of crisp fallen leaves, grasses, wildflowers and evergreens are only a few of nature's fragrances. What odours can you detect in nature? Which ones are your favourites? By taking the time to be a scent detective you can forge a closer connection with your natural surroundings.

What you need

A small blanket, five or six small plastic or metal containers, a blindfold.

What to do

1. Spread a blanket on the ground and sit down. Close your eyes and focus on the smells in the air by breathing through your nose four times. Can you smell anything special in the air today? What is it?
2. Using the small containers, on your own or with a group, collect a few natural items. **Take only a small amount from nature and return the items when you're finished. Be careful to avoid sharp objects.** Some ideas include:
 - Something with a scent that you like
 - Something with a scent of the forest
 - Something with a scent that reminds you of the season
3. Each person presents their collected scents to the others and invents a perfume name for each scent.
4. Wearing a blindfold, try to identify two or three of the natural scents.
5. Become a perfumer: Combine several of the natural items to create an original new scent (hint: carefully use a small stick to crush them a little and release their scents). Return the items to nature when you're done.

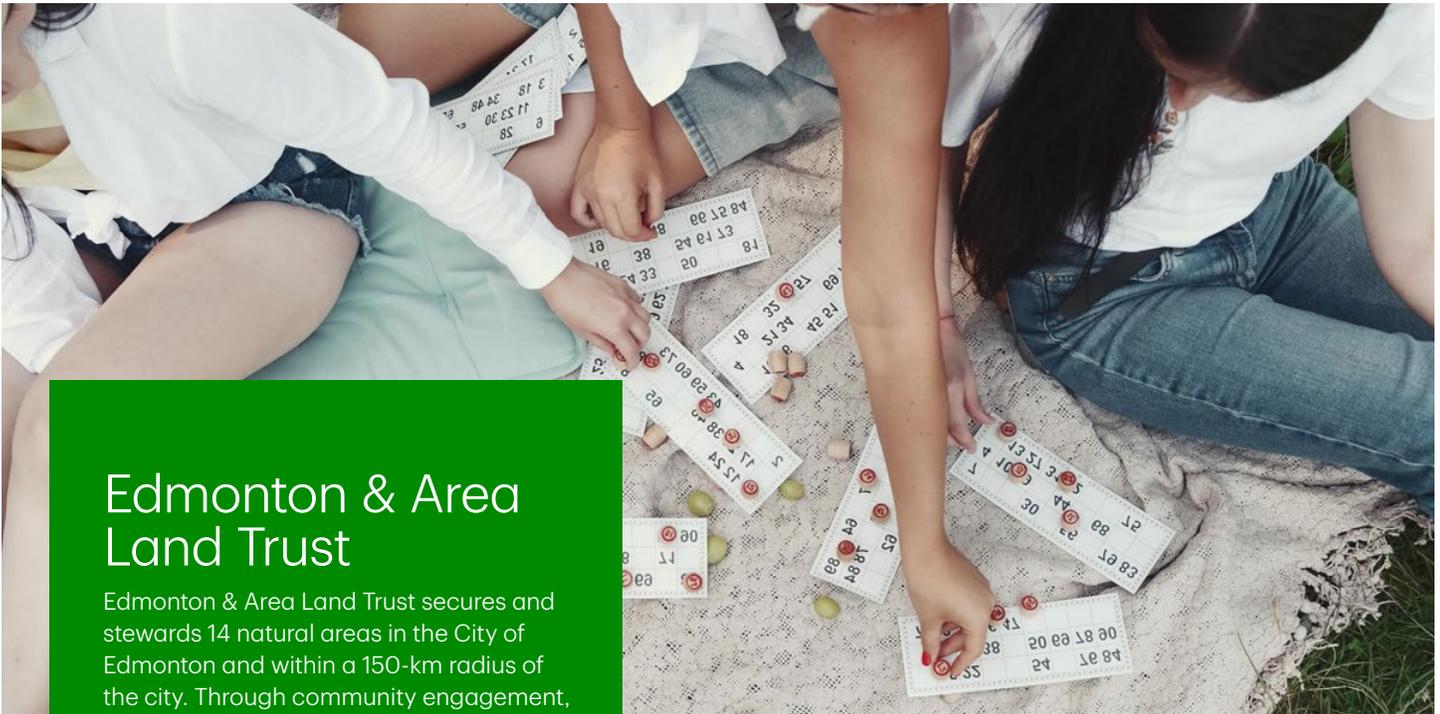


Taste test at home

Smell and taste some natural foods from your garden or pantry, such as fresh thyme or basil, herbal tea, or honey. Does their taste match up to their scent? Do they bring back memories of something specific?

See and do: Discover other easy nature activities at [Les amis de la montagne](#).

“Say bingo” with EALT



Edmonton & Area Land Trust

Edmonton & Area Land Trust secures and stewards 14 natural areas in the City of Edmonton and within a 150-km radius of the city. Through community engagement, they raise awareness of land conservation, helping to create a network of forests, river valleys, wetlands, lakes, and farmlands in Edmonton and area that is conserved as a legacy for future generations.

EALT’s nature bingo is a fun way to encourage you to slow down and look closely at the natural world. Once you start looking, you’ll be amazed at what you can find! Use your eyes, your ears and maybe even your nose while you search. **Remember to take only a small amount from nature and to return the natural items when you’re done. Be sure to avoid sharp items.**

What you need

Sticky notes or removable stickers, a marker or pencil, a camera or smartphone, sample nature bingo sheet (next page).

What to do

1. Print off your sample nature bingo sheet, draw your own, or bring your device with you to use the digital version.
2. Pick a natural area to explore to find the items listed on the bingo sheet. You could stay right in your backyard, or go to a park or other public natural area.
3. When you spot an item, put a sticky note, sticker or checkmark on the square on the grid. Or, you can take a picture of each item.
4. If you find five items that complete a row, column, or diagonal, you’ve won! For extra fun, try to find everything on the nature bingo grid.



Ask yourself

Did you find some of the items multiple times? Were some items harder to find than others? Were there any animals, plants, or tracks you were surprised to find?

Play with nature: Visit ealt.ca/resources for more easy nature-inspired ideas.

Activity 5

Sample Nature bingo sheet

1 Any Animal Tracks	2 Twigs or Branches (either on the ground or in a tree) 	3 Canada Goose 	4 Stones or Rocks 	5 Any Animal Tracks
6 Winter Berries 	7 Branch or Tree with a Hole 	8 Squirrel 	9 Soaring Bird 	10 Aspen Tree or Leaves 
11 Tree Stump 	12 Chickadee 	FREE SPACE		13 Bird Feather 
14 Pine Cone or Any Seed Pod 	15 Raven 	16 Trail Marker or Sign 	17 Any Animal Tracks	18 Any tree with needles 
19 Bird in a Tree 	20 Any Animal Tracks	21 A nest or signs of a nest 	22 Birch Tree or Leaves 	23 A trail or footpath 
24 Any Animal Tracks				

While enjoying this activity, please be sure that children are supervised and are not left alone. Please do not dig, move rocks or otherwise disturb the natural environment. Please do not consume fruits, berries, nuts, or any other plants found in nature. Enjoy nature respectfully, stay on marked trails, and be sure not to leave any belongings or litter behind.