TD Tree Days 2021 Activity Guide

Five ways to fall in love with nature this autumn

TD READY COMMITMENT

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TD Tree Days, 2021

Dear Participant/Nature Enthusiast,

Over the past 10 years, our dedicated Community and Colleague volunteers have proudly planted tens of thousands of trees and shrubs across our North American footprint. As the TD Bank, America's Most Convenient Bank® Executive Sponsor for the <u>Vibrant Planet pillar of the TD Ready Commitment</u>, I am truly inspired by your efforts to improve the quality of our environment and address environmental inequities so we can work toward a more inclusive and sustainable tomorrow.

Like last year, we're unfortunately not able to participate at TD Tree Day events in person, but we remain committed to planting one million trees by 2030 and supporting the community organizations that are working to keep our green spaces and natural areas healthy and vibrant. Like me, I'm sure many of you turned to the outdoors for refuge from the pandemic and to gain mental clarity. And with studies indicating that nearly three-fourths of Americans expect to spend more time outdoors post-pandemic, our green spaces are more important than ever. This is why I'm particularly pleased that we will still be funding more than $200,000 in grants to support 21 tree planting projects from Maine to Florida.

In addition to planting trees, I know that TD Tree Days is also about experiencing the outdoors and nurturing our environment. I encourage you, your families and friends to take advantage of this year's TD Tree Days Activity Guide, designed to inspire Colleagues, Customers and Communities to Fall in Love with Nature and to educate and engage people about the importance of trees, parks, and open spaces through physically-distanced activities and materials. These activities and resources offer a great opportunity to connect with nature this fall, and I'm SUPA* excited for the Schenk family to take advantage of everything that's offered.

Until we can get together again to celebrate TD Tree Days, I encourage you to use this TD Tree Days Activity Guide to explore the outdoors in your local community with imagination and care. Courtesy of environmental community organizations we support through the TD Ready Commitment, this guide features a variety of fun activities for you to enjoy.

I hope you are inspired to Fall in Love with Nature again,

Stephan Schenk
Head of Shared Services and Data & Analytics,
TD Bank, America's Most Convenient Bank®

*For those who don't know, SUPA is my personal philosophy and it stems from the way I pronounce the word "super" with my Austrian accent. It has become an acronym for my leadership brand and the key aspects of leadership I value the most. SUPA stands for Strengths, Uniqueness, Purpose, and Authenticity.

10th Anniversary of TD Tree Days

A good reminder: "Never take the first. Never take the last. Take only what you need," explains Robin Wall Kimmerer, environmental educator, plant ecologist and author of *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*.

This year marks the 10th anniversary of TD Tree Days here in the U.S., and we have a lot to celebrate. For ten years, TD has helped beautify neighborhoods, made the communities we serve more sustainable and resilient and built a more vibrant planet.

None of this would have been possible without the hard work and dedication of thousands of volunteers who helped plant tens of thousands of trees in more than 80 cities and towns over the last ten years. These volunteers, many of whom returned year after year, deepened their relationships with their neighbors and communities, and experienced the fulfilling feeling of giving back. Those experiences are deeply rooted in all of them.

While we are unfortunately unable to participate at TD Tree Days events in person this year, TD will continue its commitment to building a more vibrant planet by providing funds to support community partners and their 21 tree planting projects from Maine to Florida. And, like last year, we invite everyone to Fall in Love with Nature through physically distanced activities included in the TD Tree Days Activity Guide.

These activities were provided by longtime TD Tree Days partner organizations and is designed to encourage you to get outside and enjoy all that Mother Nature has to offer. Participate in one — or all! — of the activities.

ID That Tree

Arbor Day Foundation®

Arbor Day Foundation

The Arbor Day Foundation (ADF) educates and engages stakeholders and communities across the globe to involve themselves in its mission to inspire people to plant, nurture and celebrate trees. Since 2015, TD Bank and the Arbor Day Foundation have planted over 9,500 trees from Maine to Florida through the TD Tree Days program.

Everyone has a favorite tree, whether it's in your yard or located along a well-traveled path in your neighborhood. Through this online tool, you'll follow an intuitive, illustrated process that will help you get to know the name and features of your green neighbors, all while building a greater appreciation for the many benefits trees provide.

What to do

1. Look around your neighborhood. Pick a tree that you would like to know more about.

2. Go to Arbor Day's free, online "What Tree is That?" tool. Use the step-by-step guide to identify the species of your tree of choice.

3. Share what you've learned with your family or a member of your group.

Did you know?

Roadside trees may reduce particulate matter found indoors by at least 50%, which can improve indoor air quality.[1]

Tree benefits

Trees cool cities by shading our homes and streets, and releasing water vapor into the air through their leaves.[2]

Learn more: Visit the Arbor Day Foundation to discover tree projects in your area.

[1] https://pubs.acs.org/doi/abs/10.1021/es404363m

[2] https://www.epa.gov/heatislands/using-trees-and-vegetation-reduce-heat-islands

Meet a Fruit Tree

ReTreeUS

ReTreeUS plants orchards on school grounds and provides educational programs that empower people to grow their own food and be healthy environmental stewards. TD Bank has partnered with ReTreeUS on TD Tree Days projects since 2017, planting more than 225 trees to create fruit orchards at four schools in Maine.

By using your senses, you can discover a tree in a whole new way.

What you need

A scarf or something similar that can be used as a blindfold. Have one for each person.

What to do

1. Go to an orchard or forested area. Choose a partner. One person is the explorer and the other person is the guide.

2. The explorer puts on their blindfold. The guide carefully spins the explorer around a few times then slowly leads them to "meet" a tree. **Be careful that the explorer does not get dizzy or trip.** The explorer uses their senses to learn about the tree: What do the bark, branches and leaves feel like? Does the tree have any scents? Does it have fruit?

3. The guide leads the explorer back to the starting point, taking an indirect route. **Again, walk carefully and slowly for safety.** Then, the explorer takes off the blindfold and guesses which tree they met. Repeat, with the explorer and guide switching places. How well did you both do in identifying your trees? What did you learn about your tree?

"If you are thinking a year ahead, sow a seed. If you are thinking ten years ahead, plant a tree. If you are thinking one hundred years ahead, educate the people."

—Kuan-Tzu, Chinese poet, 500 BCE

Learn more: Go to ReTreeUS to discover more fun nature activity ideas.

Forest Bingo

Photo Credit: Mathew Foglino

The Bronx River Alliance

The Bronx River Alliance (BxRA) works to protect, restore, and connect communities to the Bronx River, including hands-on educational activities, on-the-water paddling trips, and ecological volunteering events. Through TD Tree Days and other tree planting programs, TD Bank and BxRA have partnered together since 2014, planting over 2,000 trees in the Bronx!

Scientists depend on their observation skills: to notice wildlife, changes over time, and new threats to forest health. Practice your powers of observation by taking a walk in your favorite natural area and playing Forest Bingo. **Important reminder: Don't take home, harm, touch or move any of the things you find. They are important to their ecosystem.**

What you need

Sticky notes or removable stickers (optional), a marker or pencil (optional), a camera or smartphone (optional).

What to do

1. Print off the Forest Bingo card, draw your own, or bring your device with you to use the digital version.

2. Pick a natural area to explore to find the bingo items. You could stay right in your backyard, go to a park, or visit another 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 four items that complete a row, column, or diagonal, you've got a bingo! For extra fun, try to find everything on the bingo grid.

Ask yourself

Did you see more plants and animals or trash? How do you think the trash you found affects wildlife? What can you do to help?

Head to **Bronx River Alliance** to check out their nature learning resources.

Forest Bingo Card #1

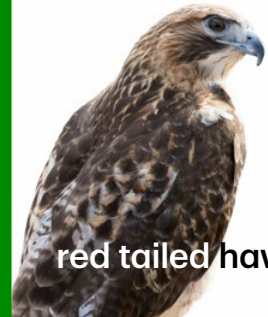|			
red-eared slider (turtle)	monarch butterfly	dragonfly	Canada goose
snowy egret	mummichog (killifish)	mallard duck	cottontail rabbit
robin	pumpkinseed sunfish	field mouse	red tailed hawk
poison ivy	bee	black squirell	red winged black bird

Forest Bingo Card #2

bronx river alliance

chip bag	plastic water bottle	drink straw	plastic bag
candy wrapper	tissue	soda can	tennis shoe
balloon	tire	cigarette butt	sports ball
pen/pencil	clothing	metal scrap	paper cup

Tree Planting 101

FAIRMOUNT PARK
CONSERVANCY

TreePhilly

FIND YOUR PATH
PHILADELPHIA
PARKS & RECREATION

TreePhilly

Clean air, clean water and peaceful neighborhoods: these are just a few of the benefits that trees can provide and why they are one of the best investments that any city can make for its future. The goal of TreePhilly is to increase Philadelphia's tree canopy coverage to 30% in all neighborhoods by planting street trees and yard trees. TD Bank and TreePhilly have been partners since 2016 planting over 12,000 trees in Philadelphia through TD Tree Days, the Community Yard Tree Giveaway and other tree planting programs.

Are you interested in planting a tree in your own yard this fall, but aren't exactly sure about the steps you need to take? Watch this video we created with TreePhilly to make sure you are planting that tree correctly.

Know your zone

Choose plants and trees that will thrive based on the climate in your region. Find your Plant Hardiness Zone here.

Want to learn more about caring for trees? Go to TreePhilly to explore their how-to resources.

Be a Citizen Scientist

Citizens for a Better South Florida

The mission of Citizens for a Better South Florida is to provide environmental education, particularly to underserved communities, which inspires active stewardship and the preservation of the South Florida environment. TD has partnered with Citizens for a Better South Florida through TD Tree Days and other tree planting programs since 2012, planting more than 600 trees in seven Miami-Dade County communities.

Thanks to apps like iNaturalist, you don't need special training or equipment to identify wildlife around you or to help contribute to citizen science. By adding photos of plants and animals found in your backyard or neighborhood, you'll create important research-quality data for more than a million scientists working to understand and protect nature. The iNaturalist app is a joint initiative by the California Academy of Sciences and the National Geographic Society.

What you need

A device such as a tablet or smartphone.

What to do

You can start being a Citizen Scientist right away by adding your observations, or click "Explore" to check out other observations, species, etc. to see what others have contributed

1. Download the iNaturalist app to your device and create a profile.

2. Upload an observation about one species at a time by tapping "Add Observation." To add evidence of your observation, click one of the icons for "No Media," "Take Photo," "Choose Image," "Record Sound," or "Choose Sound."

3. Add a name and/or description by filling out the "What did you see?" box to identify the organism in your observation. iNaturalist will provide suggestions for you if you want to try to teach yourself, but you can also add a general description like "plant" or "bird," and other users will help you narrow it down.

4. Location info should be added automatically (if not, add location manually or check your Privacy Settings).

5. On an iPhone, tap the button to save your observation, then send your observations to iNaturalist; on Android, tap sync to save and share to iNaturalist (best done over WiFi). If you don't have cellular service while outdoors, feel free to take a picture and later add your observations to iNaturalist when you have an internet connection.

Important reminder

Remember to avoid disturbing all wildlife while taking photos.

Visit Citizens for a Better South Florida to view their quick, helpful short videos, with topics like taking great nature pictures and learning about the benefits of trees.

Disclaimers

Engagement in the activities identified in the TD Tree Days Activity Guide is voluntary and at your own risk. TD, its affiliates, and any entities identified in this guide, as well as any of their directors, partners, employees, or agents, are not responsible or liable for any property damage, personal injury (including death), or any other loss or harm in connection with engaging in any of the activities.You are responsible for your own safety and actions, including the exercise of sound judgment before engaging in any of the activities in the guide.

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