Fall in love with nature

Your guide to peacefully exploring and enjoying the great outdoors while social distancing.

TD READY COMMITMENT

Working together for a more inclusive and sustainable tomorrow.
Dear Participant/Nature Enthusiast,

Over the last decade, more than 40,000 dedicated Community and Colleague volunteers have proudly planted more than 430,000 trees and shrubs across our North American footprint through our annual TD Tree Days program.

This year, due to COVID-19, TD Tree Days looks a bit different since we’ve had to shift our programming to be entirely virtual. While we are unable to participate at TD Tree Days events in-person this year, we will still be funding over $200,000 in grants toward 18 tree planting projects. 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.

For me, and I know for many of us, TD Tree Days is also about experiencing the outdoors and nurturing our environment. This is why, as the TD Bank, America’s Most Convenient Bank® Executive Sponsor for the Vibrant Planet pillar of the TD Ready Commitment, I’m particularly pleased to introduce our Fall in love with nature campaign. This virtual campaign is designed to educate and engage Colleagues, Customers and our Communities on the importance of trees, parks and open spaces through physically-distanced activities and materials. This is a great opportunity for you, your families, and friends to connect with nature in new ways 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 Fall in love with nature 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, including an introduction to forest bathing therapy, a practice which I find helps bring me into the present moment and provides an opportunity to de-stress and relax.

I hope you are inspired to Fall in love with nature.

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.
Trees and Streams

Why should you just read your way through the Table of Contents, when you can play!

**Object:** Be the first player to land on the TROPHY square

**What you need:** All you need are some game pieces and dice. Cut out the playing pieces to the right or be creative and upcycle by using pieces from old games, pebbles or pinecones found on nature walks. You can use an [online tool](#) if you don’t have any dice handy or a spinner from another game.

**How to play:** Each player begins at the START arrow. Roll dice and move the number of spaces shown. If you land at the base of a TREE square, you have to climb back up to the top of the tree! Land on a light blue STREAM square and follow downstream to the bottom of the water. The first player to reach the land on the TROPHY square wins!
If you’ve ever felt peaceful in the woods, you’ve discovered one of the benefits of forest therapy and forest bathing. There’s no bathtub required: inspired by a Japanese practice to reduce stress in the 1980s, forest therapy invites us to slow down and tune into our senses in nature. Connecting with nature is also an ancient and modern practice used by Indigenous Peoples to cultivate a deep relationship with the land. Keep reading to learn how it’s done.

Meet your Forest Therapy Guide

Carolynne Crawley is a certified Forest Therapy Guide, former guide trainer and founder of Msit No’kmaq, an organization that helps support people in reconnecting with themselves, each other and the land through workshops, walks and retreats. Infusing her Indigenous heritage into her practice, she hosts regular forest therapy walks in the Greater Toronto Area for the general public and corporations. She also shares traditional skills such as bird language and harvesting foods and medicines from the land. “Msit No’kmaq” means “All my relations,” reflecting Carolynne’s Mi’kwaw heritage as well as her African and Irish background.

“We are all a part of nature, and nature is all around us in this moment—the sun, the sky, the birds. From an Indigenous perspective, we see the land and the beings as our relations, and it’s important for us to treat them with as much love and respect as our human relations.”—Carolynne Crawley

Try it for yourself!

Scroll to the next page to try two simulated forest therapy activities created by Carolynne Crawley.
De-stress with a forest therapy activity by Carolynne Crawley

How does forest therapy help?
According to scientists, the benefits may include:1,2,3

- Lowering levels of the stress hormones cortisol and adrenaline;
- Reducing levels of depression and anxiety;
- Increasing self-reports of health and well-being; and
- Boosting immune system cells that fight cancer and viruses through exposure to natural tree oils called “phytoncides” in the air.

How it’s done
A trained Forest Therapy Guide leads participants through a gentle, therapeutic experience in a natural area such as a forest or a forest trail. The Guide leads everyone through a series of verbal suggestions designed to strengthen your feelings of connection to the earth by engaging the senses. These include deep breathing, watching and/or listening, noticing fragrances in the air and slow movement (in a typical session, you may move less than 500 metres). Many participants find the practice to be relaxing and meditative. Be sure to stay aware of your surroundings throughout your time in the forest.

Bring the outdoors in
Take a wellness break and tune into this two-minute video simulation guided by Carolynne Crawley to get a sense of what a forest bathing experience is like. Engage your senses, listen, breathe and relax. See if you notice a difference in how you feel after the experience.

Take it outside
Want to try forest therapy? Simply download this free 12-minute podcast created by Carolynne Crawley and take it with you next time you head outdoors to any natural setting. It features audio invitations from Carolynne as well as pauses to allow time for you to tune into your senses and enhance your experience while connecting with nature. Feel free to extend the pauses and remove one or both headphones to tune into your surroundings. Be sure you are standing or sitting safely while you listen to this podcast.

Not able to get outdoors?
You can experience the benefits while you sit inside: look out your window, imagine a natural setting, gaze at a plant or look at a photo or video of nature.

1https://www.health.harvard.edu/blog/can-forest-therapy-enhance-health-and-well-being-2020052919948
3https://nationalparks.forestry.ubc.ca/chinas-nfga-national-parks/forest-therapy-and-recreation/
TreePhilly

City: Philadelphia, PA

About 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.

TreePhilly is a program of Philadelphia Parks & Recreation in partnership with Fairmount Park Conservancy and supported by TD Bank.

Activity

Tree journaling

Tree journaling is a great way to engage with nature and unwind. Whether you're visiting a park, walking down the street or looking out your window, you can enjoy this stress releasing activity.

Choose a tree that catches your eye. Grab your favorite notebook and writing utensil. Find a comfortable place to sit, settle in and begin. Spend some time observing the tree's details and either sketch or write out what you see.

On the following page, you'll find a sample journal page with instructions.

Which tree are you most compatible with?

Branch out and find your SoulTree with TreeHarmony.

Adopt a new tree

Many cities offer programs providing free trees to residents. To learn more about Philadelphia's free tree programs, visit TreePhilly.
1. Sketch out the entire tree: either a simple outline or detailed drawing will do.

2. Branches: Do the branches of the trees grow opposite each other? Do they grow in an alternating pattern?

3. Bark: Describe and draw a detailed picture of the bark. Is it rough or smooth or something else? What color is it?

4. Leaves: Are the leaves broad and flat or are they needle-like? Do they grow one-by-one or in groups? What color are they? Draw a detailed picture of one of its leaves.
   *Depending on the season, you may find its leaves on the branches or scattered around the base of the tree.

5. Anything else: Does the tree have seeds, nuts or flowers? What do you notice about its location? Is it shady or sunny? Wet or dry? Are there any animals or insects living near or on the tree? Note and/or draw any final observations.

6. ID the tree: use a tree identification guide and the data you’ve collected in your journal to find out what type of tree you’ve discovered on your adventure. The Arbor Day Foundation provides a helpful tree identification tool.

7. Continue to add observations to your tree journal choosing different trees in your region. Over time, you will be able to identify more trees and become attuned to their unique features.
The High Line

City: New York, NY

About The High Line: The High Line is a public park and garden built on a historic, elevated railway. The High Line’s planting design is inspired by the self-seeded landscape that grew wild for 25 years after the trains stopped running. The park has over 400 different plant species, including 50 different species of trees planted in its garden beds. On the High Line, there are sections of the park modeled after woodland, wetland and grassland habitats.

TD Bank is the Presenting Green Sponsor of the High Line, providing essential funding to maintain the park’s sustainability practices and help care for more than 100,000 plants annually.

Looking for more?
Learn more about the High Line’s history, design, construction and gardens.

Explore the High Line from Anywhere!
Download the High Line App to explore the gardens, design and art in the park.

Make art with tree textures
Embark on a material hunting expedition by exploring your neighborhood! Gather fallen pieces of bark, leaves, small twigs and any other materials from trees with textures and shapes that you find interesting.
Natural texture art

Use your natural materials and items from your home to practice these tree texture projects.

1. Leaf Texture Prints
   Dip a leaf into paint and press it onto paper for shapes and patterns.

2. Tree Texture Rubbings
   Lay a piece of paper against a tree trunk and rub with the flat side of a crayon or pastel for cool tree textures.

3. Vegetable Stamping
   Press the cut end of a vegetable into ink and stamp onto a piece of paper.
About Million Trees Miami: Miami-Dade County’s Million Trees Miami initiative is aimed at achieving a 30% tree canopy. They envision a Miami-Dade County in which every community is a clean, green, and beautiful place to live. Through targeted plantings, giveaways, and cleanups, they hope to promote environmental justice, food security, and a green recovery.

TD supports Million Trees Miami in planting shade trees in and around playgrounds and fitness zones across Miami-Dade County. These efforts help decrease high surface temperatures and allow children safely enjoy park equipment that reaches temperatures of up to 165°F in direct sunlight.

Activity

Unbe-leaf-able eco-friendly confetti

Traditional confetti and glitter is pretty and fun, but is often made with micro-plastics, making them harmful to the environment. These micro-plastics can break down and wash into local water sources, damaging the aquatic life and ultimately, the entire food chain.

With a little creativity and imagination, you can make your own eco-friendly confetti!

See instructions on the next page.

Grow your own materials

Consider growing your favorite trees and flowers in your backyard. You can beautify your landscape, increase your property value, create environmental benefits...and produce your own materials for eco-friendly confetti and other art projects!

To give plantings the highest chance of success, you should always ensure you’re planting the right material in the right place. Before deciding what and when to plant, it’s important to know your hardiness zone.

A hardiness zone is an area defined by the US Department of Agriculture that helps gardeners and growers to determine which plants are most likely to thrive based on your climate. Knowing your zone will help you save time, money and a lot of frustration since the plants you’ll choose are able to grow properly. Find your hardiness zone.

Looking for more? Learn more about Million Trees Miami’s mission, goals and projects.
Make your own eco-friendly confetti

Tips to celebrate using biodegradable materials:
1. Wander your garden, park and neighborhood to collect fallen tree leaves, flowers and herbs—the more colors the better
2. Dry your materials out: use a dehydrator, air-dry or place in a warming oven
3. Use different shaped hole punches or scissors to cut out small pieces and make confetti

Pro-tips:
• Add some glitz and glam: cut shapes out of seed paper to add different colors and textures
• Use a layer of edible glitter paint over leaves to add sparkle that’s not harmful
• Lavender seeds make a great addition to biodegradable confetti! They are environmentally friendly and smell great wafting through the air. If you’re outside, these seeds could even blow away and turn into a lavender plant
City: Boston, MA

About The Trustees: The Trustees’ network of 56 community gardens are hubs for community gathering, food access and green space across Boston. They run free, education workshops and bring creative community projects and programs to the gardens.

TD Bank sponsors the Community Grown program with The Trustees to expand the breadth and reach of Seed, Sow & Grow, a program comprised of skill- and community-building workshops and events in community gardens across Boston.

Activity

Hike-and-seek scavenger hunt

This scavenger hunt encourages children and families to pay attention to their natural environments and to think about the connections between different parts of the ecosystem, including plants, seeds, minerals and animals. Looking at your surrounding through this lens will help explorers of all ages gain a new appreciation for the wonders of nature.

Use the scavenger hunt on the next page to guide your search.

Looking for more?
Find family-friendly ways to get engaged with The Trustees and on the Boston Community Garden Facebook page.
<table>
<thead>
<tr>
<th>Nature Hike-and-Seek Hunt</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Rock] Find something that is over a thousand years old</td>
</tr>
<tr>
<td>![Grass] Find something that a rabbit would eat</td>
</tr>
<tr>
<td>![Flower petals] Find two flower petals</td>
</tr>
<tr>
<td>![Bird's nest materials] Find two things a bird might use to build a nest</td>
</tr>
<tr>
<td>![Flowering weed] Find a flowering weed</td>
</tr>
<tr>
<td>![Branch] Find something the length of your arm that a deer might eat</td>
</tr>
</tbody>
</table>
At TD, we believe that a healthy environment is foundational to feeling confident about our future. That’s why through the TD Ready Commitment, we are helping to elevate the quality of the environment so that people and economies can thrive.

We know that the health of our planet is a worry for the majority of the population and that in an increasingly urban landscape, access to green space helps our cities to be more sustainable and enjoyable. Parks can be a future source of innovation for social, economic and health needs that have been amplified from the COVID-19 pandemic.

The Vibrant Planet driver of the TD Ready Commitment focuses on two specific areas.

**Low-carbon economy**
TD has contributed over $43 billion through our business and philanthropy since 2017 as part of our target of $100 billion by 2030 in support of the transition to a low-carbon economy.

**Parks and green spaces**
TD will continue to lead in enhancing urban green spaces across our footprint so that individuals, families and communities can enjoy the benefits of green spaces.

**Opening doors for a more inclusive and sustainable tomorrow**
As part of our corporate citizenship platform, the TD Ready Commitment, is a multi-year global initiative to help open doors for a more inclusive and sustainable tomorrow. TD is targeting $1 billion in total by 2030 towards community giving in four areas—Financial Security, Vibrant Planet, Connected Communities and Better Health.

Through the TD Ready Commitment, TD aspires to link its business, philanthropy and people to help everyone feel more confident in their ability to achieve their personal goals in a changing world.

For further information, visit [td.com/tdreadycommitment](http://td.com/tdreadycommitment).