

## Mother Earth



Mother Earth is our giver of life. Everything we require for a healthy and happy life comes directly from Mother Earth. One such item that she gifts us are trees. Trees are an essential part of living healthy and happy lives. Trees reveal our connection to Mother Earth through the root system that is intertwined between all trees in each forest. That connection teaches us that when we are connected to others in our homes, friendships, schools and communities we gather knowledge, strength and support from each other. Trees show us the gift of generosity, by giving habitats and nutrients to other plants and animals. They in return are given the resources from those plants and animals to continue to grow strong. Trees help us by cleaning our environment and giving us clean air to breath, in return we give thanks by keeping our forests and land clean by reducing, reusing and recycling our waste. Another wonderful thing the tree does for us is to help our heart and mind; they give us a calm place to sit and listen to the breeze rustle through the trees as we think about the good things in our lives, a comfy shaded spot to read or sit and watch the beauty that is all around us.

### **Trees are renewable, biodegradable and recyclable!**

1. **Trees are renewable, biodegradable and recyclable!** Think about this statement. Explain how this is true. How are trees renewable? How are they biodegradable? How are they recyclable?
2. Did you know that there are **32 different kinds of trees in New Brunswick**? Put on a timer for 1 minute: list as many kinds of trees as you can in one minute. Put the timer on again and ask a friend or family member to do the same. Who could name more?
3. Put on a timer for 1 minute: list as many animals that live in trees as you can in one minute. Put the timer on again and ask a friend or family member to do the same. Who could name more?