

Planting a better tomorrow™

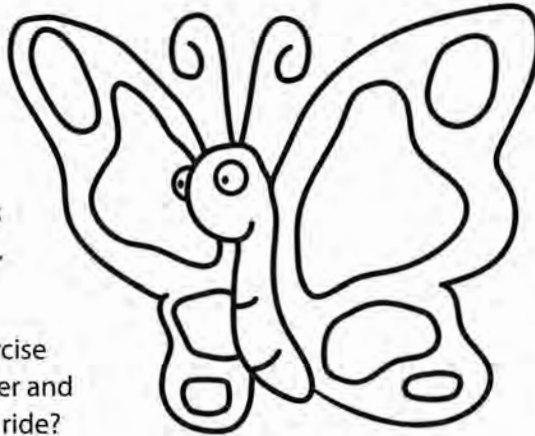


TREES FOREVER

It's **FUN** spending time outdoors!

Kids! Grab a friend or your parents and start exploring the great outdoors! Have a picnic in a park, take a walk along a tree-lined street, or venture into a nearby forest. The possibilities are endless...

- Look for birds, butterflies, moths, squirrels, and other creatures. What kinds of wildlife are in your neighborhood?
- Go on a color scavenger hunt. Can you find every color of the rainbow?
- Find a local orchard or plant a few fruit trees in your own yard. Eat the fruits and nuts that grow on trees. Don't they taste delicious?
- Get lots of fresh air and exercise outdoors to become stronger and healthier. How about a bike ride?
- Grab a blanket, a set of crayons, and this coloring book and spread out under a shade tree. Did you know that just spending time outdoors can make you smarter? Even having a view of a tree from your window can help you be a better learner.



Parents! We hope you are also excited to get outdoors and play with your children. Enjoyable outdoor play can help your entire family feel healthier, less stressed, and happier.

The following websites provide more information on how trees and natural areas in your yard, neighborhood, and community help encourage outdoor activity and better living. Plus, they're packed with ideas – from individual activities to creating outdoor playspaces.

Nature Explore and the
Dimensions Foundation
www.natureexplore.org

Children & Nature Network
www.childrenandnature.org

USDA Forest Service
www.fs.fed.us/kids

Acorn Naturalists
www.acornnaturalists.com

Alliance for Community Trees
www.actrees.org

Trees Forever
www.treesforever.org



Trees Are Great!

Trees are part of our lives every day. In nature, trees live in groups that we call forests. When people plant trees and plants for a specific use, we cultivate or grow them, much the same way we grow things in our gardens. We use things made from trees all the time. The rest of this coloring book will teach you just how many things come from trees!





Maple Syrup

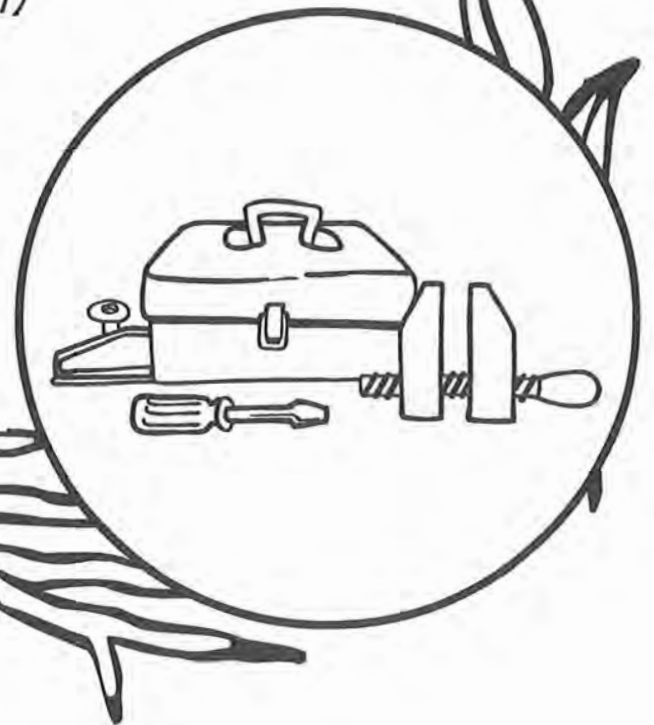
M

Maple syrup is made from the sap of maple trees. We enjoy maple syrup on pancakes and waffles.



Tools We Use

Tools we use everyday like brooms, wooden spoons, hammers, shovels, rakes and saws all have handles that are made from wood. Baseball bats are usually made from white ash trees!









Nuts

N

uts are a yummy treat to eat that comes from trees! Walnut trees make walnuts that are good in cookies and brownies. Have you ever had a delicious pecan pie?







Honey Bees

H

oney bees make sweet honey from the flowers of basswood and wild black cherry trees. Honey bees can also make their homes (or hives) in trees of all kinds.







Windbreaks

Trees and shrubs are planted in rows as windbreaks along farmsteads and fields to help slow down the wind. Trees help keep our houses and animals warm in the winter, cool in the summer and protect crops and livestock from the sun and wind.

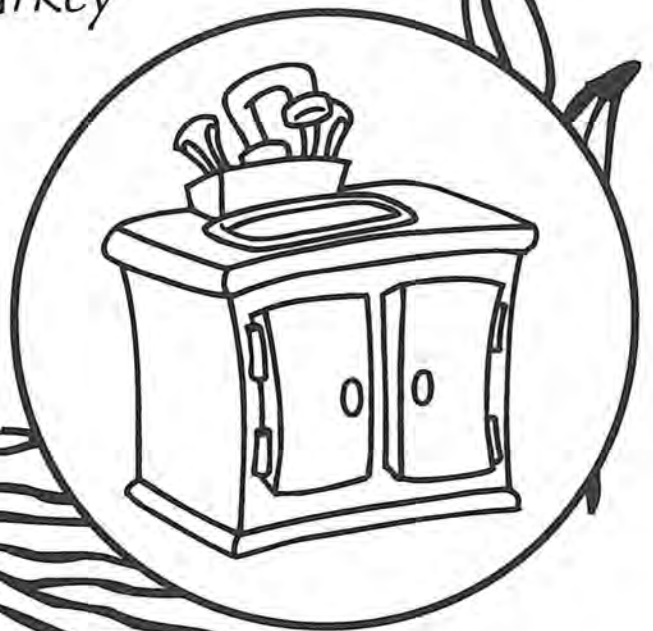




Clean Water

T

rees and shrubs that are planted along streams and rivers clean our water and prevent erosion. These areas also attract an abundance of wildlife including birds, butterflies, wild turkey and deer.

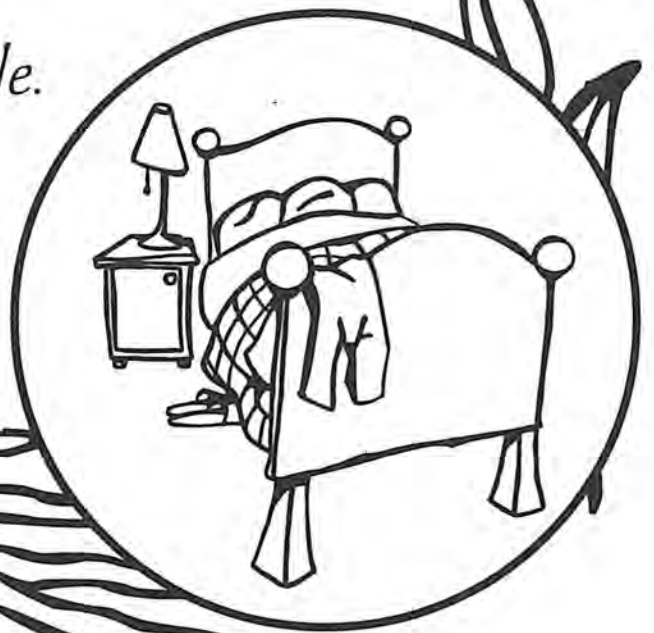


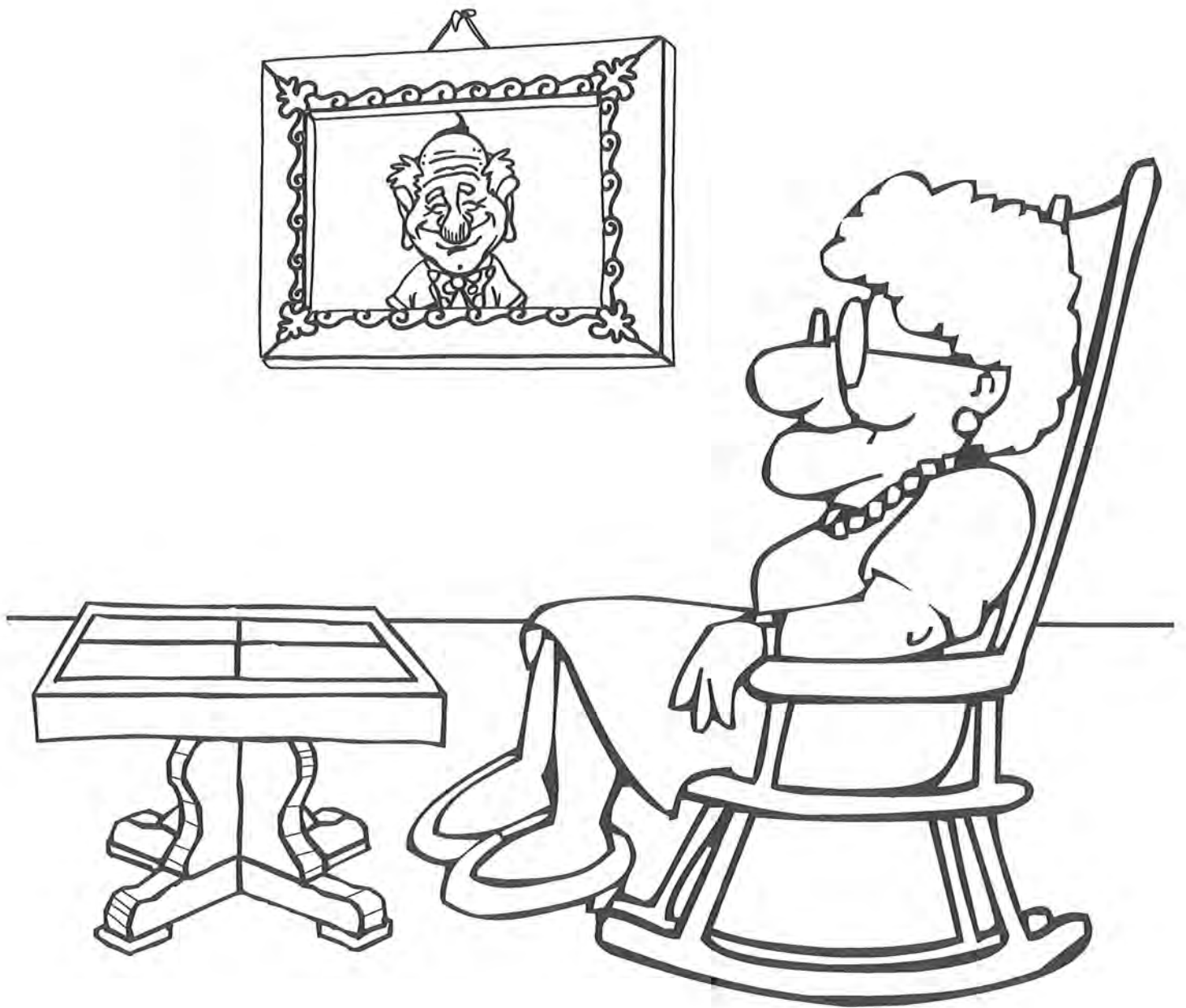




Solid Oak

Oak trees are used to build furniture that we regularly use like desks, tables, bookshelves, beds and chairs. Wood from oak trees makes good solid furniture because it is very strong and durable.



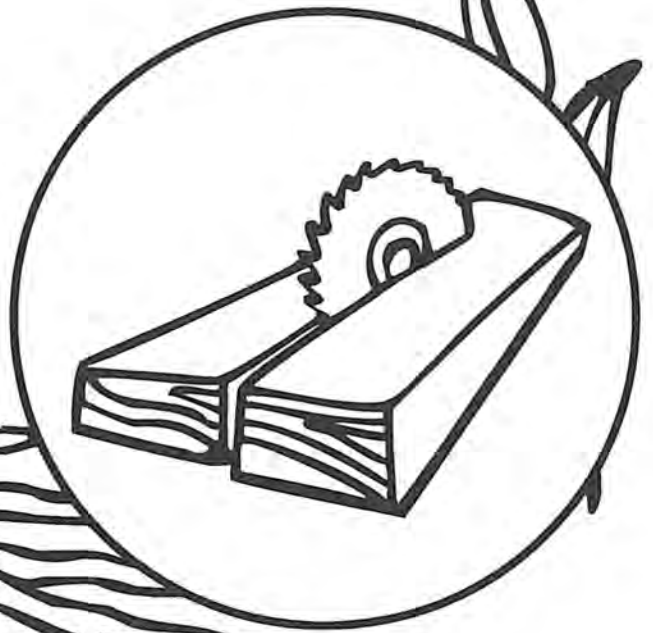




Lumber

W

e build our houses with lumber which is made from trees. Some homes have shingles (roof tops) or siding made from red cedar trees because it is rot resistant.







Willow

W

Willow branches can be made into baskets and patio furniture. Stems of willows such as pussy willow are also used as decorations in flower arrangements.







Shade

T

rees are planted along homes, barnyards and in pastures to keep people and animals out of the hot summer sun. Have you ever noticed how much cooler it seems when you are standing in the shade rather than in the sun?







Fruit

Did you know that fruits are from trees and shrubs? Apples, cherries, pears and peaches grow on trees. Really, they do! Fruits like raspberries, gooseberries and grapes grow on shrubs.





Windows & Doors

W

indows and doors are often made of wood or wood products to beautify our homes.

Not only are today's wooden windows and doors pretty, they are also built to keep out the winter wind and summer heat, which helps to save energy, cost, and the environment.





Plant Trees

Planting trees is a fun activity that helps the environment. Think about all of the many things that we make from trees. New trees always need to be planted to make sure that we can enjoy the things that they do for us and give to us.





Trees Forever Mission:
To plant and care for trees
and the environment by
empowering people,
building community and
promoting stewardship.

Trees Forever is a nonprofit organization headquartered in Marion, Iowa. Each year we engage 7,000 volunteers in a down-to-earth and open-hearted approach to conservation that helps grow a healthier world for future generations.

Since 1989, we have completed more than 50,000 projects and planted more than 3,000,000 trees; as well as thousands of native shrubs, grasses, and wildflowers. We love what we do, and we show it through our energy, commitment, and inspiration.

While most of our on-the-ground work is in the Midwest, partnerships with several generous sponsors and organizations help us provide educational materials which are distributed nationally and even internationally. Frequently requested items have included this coloring book, and the six-part educational video series, *Spirit of the Trees*, which explores the link between trees and forests and Native American cultures.

Help Us Grow!

Please visit our website to learn how you can become a Trees Forever member by donating towards growing a healthier future. Together, we are truly *Planting a better tomorrow.*™


www.treesforever.org

(319) 373-0650 or (800) 369-1269

80 W 8th Avenue • Marion, IA 52302

Coloring book designed by Greg Westrom
through the Workplace Learning Connection and
Cedar Rapids Washington High School.

Copyright ©2011, 2015 Trees Forever, All Rights Reserved



This coloring book is made possible by the
generous support of:



INTERNATIONAL  PAPER

 **UNION-HOERMANN**
P R E S S



TREES FOREVER
Planting a better tomorrow™

www.treesforever.org

(800) 369-1269