

# TAKING ACTION

*Ideas to Inspire You!*

rebecca clapperton law

**C**an you feel the cool breeze? Have you noticed crisper air in the mornings, leaves changing colours, or starting to fall from trees? It's time to get back to school and take out our warmer sweaters.

We know seasons are behaving a little more unpredictably due to climate change across the globe. As we begin to recover from the heat of the summer, perhaps this season you and your family want to find ways to be climate heroes right where you live, encouraging your children's peers to do the same! Taking action for the climate and nature preservation can be as simple as looking after your little corner of the earth—your backyard, balcony, nearby park, or community garden. Your "naturehood" is any place you go to connect with the earth's natural wonders—from watching a bee pollinate a flower to feeding wild birds, or witnessing the trees change with the passing seasons.

Wonder how to get involved? Here are some ideas to inspire you:

## PLANT A TREE

Autumn is a grand time to plant a tree! National tree planting day in Canada (Sept 21, 2022) celebrates the natural beauty of our lands and the critical role that trees play in improving our health and lives. The benefits of trees are numerous, from their cooling effect and their ability to manage stormwater, to their role in creating habitat for wildlife—trees are so important to our well-being and the fight against climate change. You can learn more about National Tree Day from *Tree Canada*.<sup>1</sup>



## NEIGHBOURHOOD STEWARD

Stewardship just means taking care of the natural areas around you, like parks, beaches, forests, or your own backyard; it's a way to ensure the continued existence of our wild spaces, but also a fantastic opportunity to learn about the natural world and make a tangible difference. Making a difference can be as simple as finding and engaging with local programs that organize activities like "plant a tree" or "remove invasive plant species", for example.



## A LITTLE LOVE!

A little nature love can go a long way. Any shoreline near you (e.g., local lake, stream, seashore) will be happy to have you and your friends organize a morning clean up.

Plant an herb garden to make a connection with something green. What sorts of herbs does your household cook with? Ask your young gardeners to interview family members to discover which herbs they currently use for cooking and other uses, and which types were traditionally used by their ancestors. Create a family or class cookbook of favourite herb recipes—that's cool!

Do you need an excuse to get out of raking leaves this fall? Nature advisors tell us to leave fallen leaves alone in the autumn to help support backyard biodiversity. The leaves provide a habitat for butterflies, moths, and different kinds of insects that can overwinter under them—it's good for frogs and toads too.

Whatever you choose, your actions make a difference to your community and our earth's climate. We can all be a part of creating our healthy, sustainable future. •

For references visit [ecoparent.ca/EXTRAS/FALL22](http://ecoparent.ca/EXTRAS/FALL22)

*The Exploration Club for Families...* NatureKids BC helps children get outdoors to play, imagine and explore in nearby nature. Join a family nature club near you or become a free-range member. Find out more at [www.naturekidsbc.ca](http://www.naturekidsbc.ca). If you are already a member you can use this activity as part of your Action Awards Quest!

