



## HOW TO MAKE RECYCLED PAPER

1. Tear up scrap paper into small pieces. Using different colours and types of papers will add colour and texture to your recycled paper.
2. Put pieces in a bowl and add warm water.
3. With the help of an adult, pour into a blender or mash to make a pulp (looks like porridge).
4. Put a screen (window screens work well) into a large pan (a cake pan is perfect) or box with a garbage bag.
5. Add a few centimetres of water in the pan to cover the screen.
6. Pour pulp onto the screen and spread evenly.
7. Lift screen out of water slowly, let water drip from paper.
8. Lay a tea towel over the screen and press evenly.
9. Keeping the towel pressed down over the pulp, carefully lift and turn the screen and lay down on a flat surface.
10. Carefully, lift the screen from tea towel.
11. Place a second tea towel over the layer of pulp.
12. Use a rolling pin to gently squish out excess water from the paper.
13. Remove from tea towels and let dry for 24 hours.

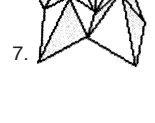
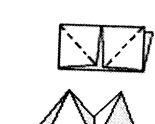
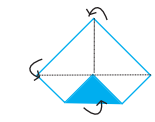
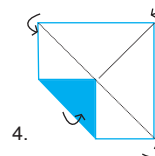
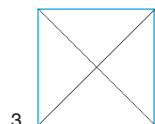
## DECORATING YOUR RECYCLED PAPER

1. Evenly spread shaving cream on cookie sheet (must be foam shaving cream not gel).
2. Add 8-10 drops of food colouring (maximum of 3 colours).
3. Make swirly designs in cream with a toothpick.
4. Lay your dried, recycled paper on top.
5. Lift off and use rubber scraper to remove the shaving cream.
7. Let dry.

# Cookie Catcher

## DIRECTIONS

1. Cut on the dotted line.
2. Place the cookie catcher face down.
3. Fold the square diagonally both ways to create creases in the shape of an "X". These will be your guides for folding.
4. Using the guides fold all four corners into the centre. This will make a smaller square.
5. Flip over and fold all four corners to the centre again.
6. Fold your square in half to make a rectangle.
7. Stick pointer fingers and thumbs into the pockets.
8. Push together to join the four corners in the middle.



## HOW TO PLAY Very Important

Follow the colours to learn about trees.

(Lodgepole - blue, White Spruce - pink, Aspen poplar - orange, and White birch - purple)

1. Pick a tree. Spell out the name.
2. Pick the statement that is the same colour as the tree's name.
3. Answer the statement—True or false? Move the number of times written beside the answer.
4. Flip the same coloured flap and read the answer. Make sure the statement number matches the answer number.

TADA!! You have just learned some cool stuff about trees.

# How Knotty are You?

Take this fun test to find out if you are knotty or nice to trees. Read the questions and keep track of your answers to calculate your final score.

Did you ever break a tree's branch?

1	2	3	4	5	6	7	8	9	10
Never				A few times				All the time.	Who cares? Trees can't feel it.

Have you ever carved or damaged the bark of a tree?

1	2	3	4	5	6	7	8	9	10
Never				A few times				Sure! Who hasn't?	

Have you ever played amongst the trees?

1	2	3	4	5	6	7	8	9	10
All the time				Sometimes				I don't even like playing outdoors.	

Have you ever planted a tree?

1	2	3	4	5	6	7	8	9	10
Yes! Many!				I think I did once.				Never	

Do you know at least five reasons why trees are important?

1	2	3	4	5	6	7	8	9	10
I know more than five.				Umm...I know a few reasons.				Trees are important?	

Have you ever picked up litter you found in the forest?

1	2	3	4	5	6	7	8	9	10
All the time.				Sometimes				No! Pick up your own garbage!	

Do you always put out your campfire properly?

1	2	3	4	5	6	7	8	9	10
All the time				I think I did once.				No. I never use water and stir the ashes.	

Have you ever destroyed a nest or animal's home that was in a tree?

1	2	3	4	5	6	7	8	9	10
I would never do that.				I think I did once.				Can't they just make another one?	

Have you ever walked or driven your bike over a tree's roots?

1	2	3	4	5	6	7	8	9	10
No, I go on marked trails only.				Sometimes				Of course! They are in my way.	

Do you love trees?

1	2	3	4	5	6	7	8	9	10
Yes, they are wonderful.				Like them, don't love them.				Why would I?	

## YOUR SCORE

Add all your answers for your grand total. Then find out whether you are knotty or nice to trees by comparing your score to the categories.

### 10 to 35

The twinkle in your eye tells everyone that you love and respect trees! It's because of people like you that the earth will continue to be green and full of trees.

### 36 to 70

You have good intentions but don't always follow through. Make a change by learning more about the importance of trees and how you can make the earth a greener place.

### 71 to 100

You make trees sad! We live in a world surrounded by the beauty of nature, and with your help we can keep it this way.

**Lodgepole PINE**

Alberta's forests... Something to Celebrate!

**1** I can help you get well, but don't get sappy on me.

True 6, False 5

**2** Ouch! Peeling off my paper-thin bark hurts me.

True 4, False 3

**3** Oops! Incorrect Answer

Move 3 to see correct answer

**4** Move 3 to see correct answer

True 4, False 3

**8** The other trees think I'm a pushover.

True 10, False 5

**6** Oops! Incorrect Answer

Move 5 to see correct answer

**1** Move 3 to see correct answer

**1** True! My sap was traditionally used as a base for medicines.

**2** True! My bark is my skin, protecting me from infection, insects and weather.

**3** False. The forest isn't scary! The shape of my leaves makes them tremble in the wind.

True 5, False 4

**4** True! I'm often used for popsicle sticks because my wood has no smell.

**5** False. The forest isn't scary! The shape of my leaves makes them tremble in the wind.

True 5, False 4

**7** I can make bread.

True 8, False 7

**6** Oops! Incorrect Answer

Move 5 to see correct answer

**1** Move 3 to see correct answer

**7** True! My inner bark can be mashed and used to make bread.

**8** It's true! My roots are shallow so I can be easily blown over by a strong wind.

**9** True! Deer, sheep, goats and cows love to eat my leaves.

**4** True! I'm often used for popsicle sticks because my wood has no smell.

**5** True! Deer, sheep, goats and cows love to eat my leaves.

**White SPRUCE**

Alberta's forests... Something to Celebrate!

**6** You can make cookies out of me.

True 2, False 3

**3** Oops! Incorrect Answer

Move 3 to see correct answer

**8** Move 3 to see correct answer

True 10, False 11

**5** Got the munchies? I'm the favorite snack for many animals.

**BIRCH**

Alberta's forests... Something to Celebrate!

**3** I tremble because the forest can be a scary place.

True 5, False 4

**5** False. The forest isn't scary! The shape of my leaves makes them tremble in the wind.

True 5, False 4

**2** Oops! Incorrect Answer

Move 3 to see correct answer

**5** Move 3 to see correct answer

**4** You can find me in the frozen food section of your grocery store.

True 8, False 7

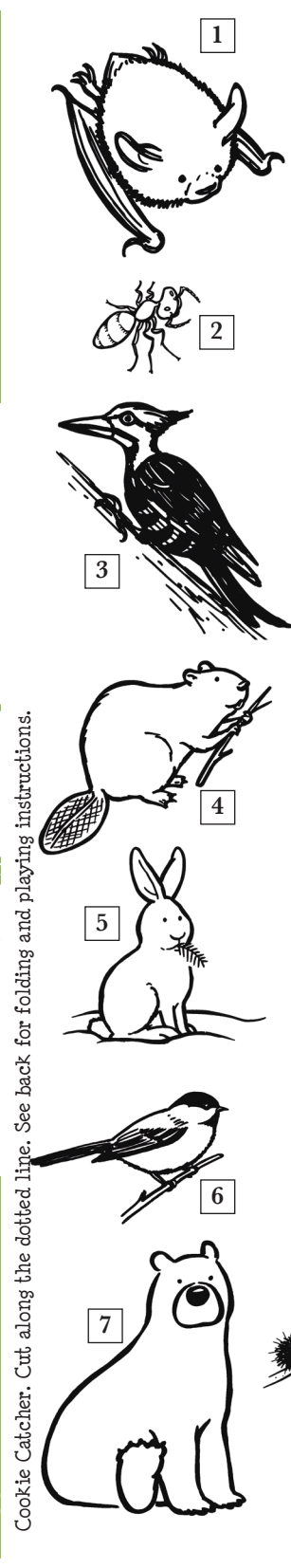
**2** Oops! Incorrect Answer

Move 5 to see correct answer

**5** Move 3 to see correct answer

**Aspen POPLAR**

Alberta's forests... Something to Celebrate!



Cookie Catcher. Cut along the dotted line. See back for folding and playing instructions.

# Yippee For Trees!

Alberta's forests give us oxygen and contribute to the water cycle. They are homes for birds, insects, animals and amphibians. They protect the soil and give us shade. Trees give us wood to build our homes and furniture, and pulp to make paper. Trees create jobs and places to play.

Match the animal to the correct picture.

## Get to know Alberta's forests!

Like a good friend, be nice to them and visit them. They are a lot of fun.

Visit our website — we are dedicated to Alberta's forests.

