

A photograph of two young children playing in a forest. The ground is covered in a thick layer of fallen autumn leaves in shades of yellow, orange, and red. The child on the left is a toddler with curly blonde hair, wearing a red long-sleeved shirt and blue pants, looking down at the leaves. The child on the right is a girl with blonde hair, wearing a blue shirt and a colorful tiered skirt (yellow, green, blue, red), holding a handful of leaves. The background is a dense canopy of trees with vibrant autumn foliage. The overall scene is bright and cheerful, capturing a moment of nature play.

2026

National Forest Week Forest Fun Booklet



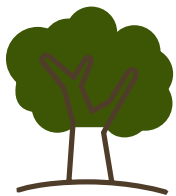
**Forests
Canada**

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PARTS OF A TREE



CROWN

The crown of a tree is composed of branches, twigs, and leaves. The branches and twigs support the leaves, allowing them to receive sunlight, which is vital for food production. In addition, branches and twigs also support the flowers and fruit of a tree.



FLOWERS

Tree flowers produce fruit, which encase seeds. Within each seed lies the beginning of a new tree. Tree seeds are dispersed by wind, wildlife, and water



TRUNK

The trunk is the main stem of a tree and has two primary functions: to support the crown of branches, twigs, and leaves and to transport food and water throughout the tree. Cutting through the outer bark would expose many different layers. The outer bark of a tree protects the inside of the tree from injury and acts as an insulator against cold and heat. The phloem is soft and serves to distribute the food produced in leaves to every living cell in a tree. The xylem, or sapwood, distributes water up the trunk to the leaves, where food is manufactured. The Cambium is the thin growing layer found between the xylem and the phloem. The heartwood is the accumulation of older wood which no longer carries sap.



LEAVES

Leaves are the manufacturers of food for trees. Food is produced through the process of photosynthesis, which means “putting together with light”. Powered by sunlight, the green substance in leaves called chlorophyll uses carbon dioxide and water to produce carbohydrates. Also, through the process, oxygen is released through tiny pores called stomata and water is released through the process of transpiration. In a way, trees act like a giant air conditioner, cooling the air with water vapour and expelling oxygen, which we need to breathe. Leaves come in many different shapes and sizes and are attached to the twig in different patterns. For example, some leaves, like the maples, are attached opposite one another. Others, like the oak, are arranged alternately on the twig. Observing shapes and the arrangement of leaves helps identify trees.



ROOTS

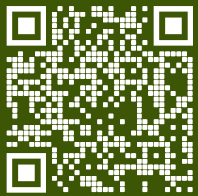
Roots are the network found underground that helps to anchor the tree. In addition, roots help absorb water and nutrients from the soil, which the trees use to manufacture food and grow.

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For decades, we have connected Canada's youth to nature, transforming curiosity into knowledge and inspiring the next generation to care for the forests Canadians rely on.

Through hands-on learning, meaningful experiences, and interactive educational resources and tools, we're growing more than forests.

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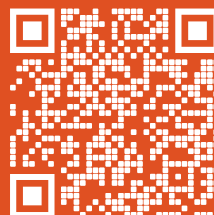
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Each year, Forests Canada connects with thousands of students, educators, and families through our educational programs, tools and resources for all ages.

**Explore our educational
programs and resources.**



LEAFO Bingo

With more than 80 native tree species growing in Ontario, it is no surprise that tree leaves come in a wide variety of shapes, sizes, and arrangements. Each species of tree has its own unique set of leaves with characteristics that distinguish it from the rest. By learning common leaf characteristics, you can improve your tree identification skills!

Next time you are heading out for a walk, print out a copy and see how many you can find. Can you complete a single line, just the borders, fill the whole card or even make an X? Many leaves will display more than one of the listed characteristics; challenge yourself to find a unique leaf for each box. Remember to leave living leaves on their trees. Good luck!

 Alternate leaves	 Asymmetrical Base	 Coniferous	 Cordate (Heart Shaped)	 Curved/Twisted Needles
 Deciduous	 Deltoid (Triangle Shaped)	 Double Compound	 Lobed	 Narrow
 Needles	 Palmately Compound	Free Space!	 Opposite Leaves	 Oval
 Not Lobed	 Pinnately Compound	 Oak	 Rough Edges	 Scales
 Smooth Edges	 Maple	 Symmetrical Base	 Wedge	 White Pine

UNSCRAMBLE THE FOREST

Ready, set, unscramble!

Rearrange the jumbled letters and discover the hidden forest words.

No.	Scrambled Letters	Your Answer
1.	ROCNA	
2.	RBKA	
3.	AERB	
4.	ERVABE	
5.	DSYOIVETRIIB	
6.	EHSRNCBA	
7.	ROACNB	
8.	ECON	
9.	IERCONF	
10.	OCRNW	
11.	EUDOCUDIS	
12.	EDRE	
13.	EWORFL	
14.	EFORST	
15.	RGOF	
16.	XFO	
17.	AFEL	
18.	OSOEM	
19.	SRUOMOHM	
20.	LDEEN	
21.	NSET	
22.	BRTBAI	
23.	ROSTO	
24.	SALIPNSG	
25.	EEDS	
26.	SSBHRU	
27.	SAINL	
28.	OLIS	
29.	RRUQLEIS	
30.	EERT	

SCAVENGER HUNT

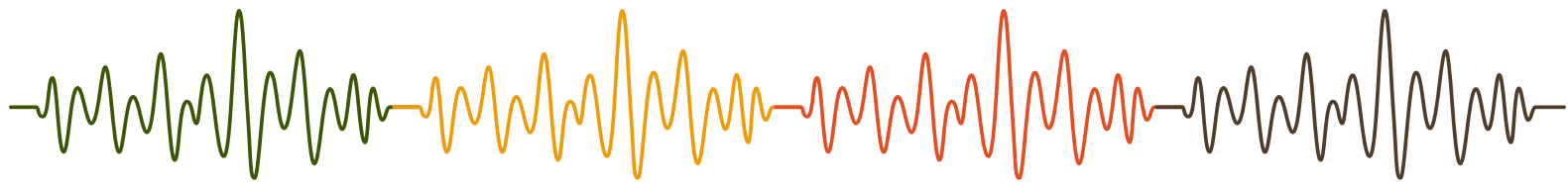


Our forests are beautiful, so be gentle as you walk through them. If you are collecting any of the items below, make sure that they have already fallen on the ground. For those items that are not on the ground, just observe and check off that you've found them.

Let the searching begin!

ACORN	LEAF	FLOWERS	TWIG
BARK	SEED	NEEDLE	CONE
MUSHROOM	SOIL	MOSS	BRANCH
TRUNK	FEATHER	ROCK	BUD

DRAW A SOUND SCAPE



Close your eyes and let the sounds of the natural environment around you wash over you. What do you hear? Take a few minutes to absorb the sounds of the forest around you, and write down what you hear or feel, or draw whatever catches your eye.

IN THE FOREST

WORD SEARCH

Can you find all the words related to our forests?

g	x	j	p	x	d	s	o	x	c	m	a	m	t	x
y	b	x	n	c	k	d	p	y	z	m	t	s	h	o
c	u	b	c	e	n	e	e	e	c	e	w	h	a	f
a	d	c	r	a	e	a	c	c	c	d	i	r	r	o
r	t	n	o	a	m	d	t	b	i	i	g	u	v	r
b	c	r	d	l	n	i	l	i	r	d	e	b	e	e
o	o	a	u	g	o	c	h	e	v	w	u	s	s	s
n	n	x	w	n	y	u	h	d	g	e	r	o	t	t
c	e	s	o	k	k	n	r	e	t	y	g	a	u	i
o	b	i	o	d	i	v	e	r	s	i	t	y	c	s
n	o	h	d	r	d	b	a	r	k	t	r	e	e	l
i	s	u	s	t	a	i	n	a	b	l	e	r	o	e
f	p	s	h	j	f	s	d	x	q	j	v	j	v	a
e	l	p	q	w	o	t	i	a	c	x	d	n	t	f
r	l	m	c	r	o	w	n	c	n	r	o	o	t	s

bark

colour

forest

roots

trunk

biodiversity

cone

harvest

shrubs

twig

branches

conifer

leaf

species

wood

bud

crown

native

sustainable

carbon

deciduous

needle

tree

NATURE TEXTURE RUBBING

What You Will Need

- Crayons with the paper wrappers peeled off
- Natural objects with bumpy textures (leaves with prominent veins, flat pieces of bark, pine needles)
- Clipboard or hard surface (optional, for stability)

Instructions

1. Go outside and collect flat, textured items from the ground. Pick gently without harming plants.
 2. Place the object on a flat surface with the bumpy side facing up.
 3. Cover it with paper. Hold a crayon sideways and gently rub over the paper to reveal the texture.
 4. For tree bark, tape paper to the trunk and gently rub with the side of a crayon.
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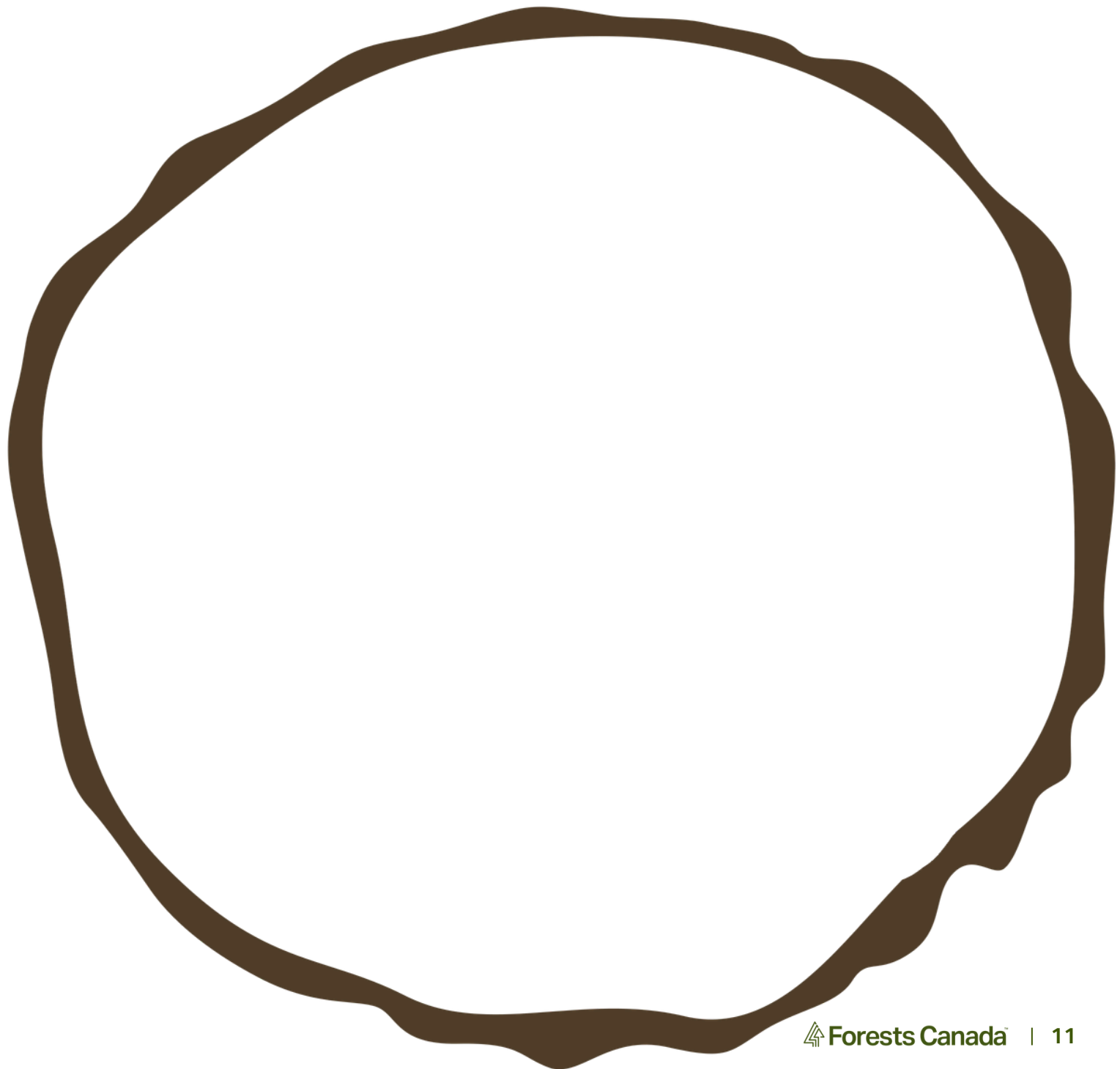
LIFE AS A TREE

Tree rings are the circles found inside a tree trunk. Each ring usually represents one year of the tree's life, almost like a tree's very own calendar! By looking at the rings, we can learn how the tree grew and what the weather was like, such as whether a year was wet, dry, or difficult.

You will create your own tree rings to represent your life! Your tree rings can show how many years you have grown, learned, played, changed, and experienced new things. Every section is a part of your story.

Instructions

1. Draw a small circle in the middle of your tree trunk.
2. Add one tree ring for each year of your age. (If you are 7, draw 7 circles.)
3. Colour and decorate each section.
4. Add colours, patterns, pictures, or symbols that represent your memories, interests, and experiences.
5. Be creative and make your tree uniquely you!





Red Maple

Distinguished by the red leaf stem and bright red colour in the fall

Fun Fact: Red Maple sap is about half as sweet as Sugar Maple sap, but can still be used to make syrup



Red Oak

Leaves have sharp lobes that are deeply notched; the tree provides a lot of shade

Fun Fact: The bitter acorns, when consumed in large quantities, can be toxic



White Ash

Compound leaf with seven to nine leaflets making up one leaf

Fun Fact: The strong wood is commonly used for baseball bats





White Birch

Leaves are triangular; bark is white and paper-like

Fun Fact: First Nations Peoples used the bark to make canoes



Trembling Aspen

Leaves are dark green on one side and lighter on the other, and they shake in the breeze, making the tree look like it's trembling

Fun Fact: Reproduces by growing new, genetically identical trees out of its roots



White Cedar

Leaves are flat scales and the tiny cones and seeds are an important food source for squirrels and birds

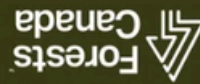
Fun Fact: Some Eastern White Cedars in Ontario are more than 700 years old

Pocket Tree ID Guide



www.ForestsCanada.ca

250 Bayview Drive, Unit 1
Barrie, Ontario
L4N 4Y8



Fun Fact: The leaf that inspired the maple leaf on Canada's flag

Leaves have five pointed lobes with deep, round notches between them

Sugar Maple



White Pine

Needles are arranged in bundles of five-think of the number of letters in the word 'WHITE'

Fun Fact: Ontario's provincial tree



Black Spruce

Single needles attached to the twig

Fun Fact: One of the most common trees in Canada — found in all provinces and territories



Tamarack

Needles are short and arranged in tight bundles of 15-60 needles

Fun Fact: The only coniferous tree that sheds its needles every fall



ANSWER KEY

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No.	Scrambled	Answer
1.	ROCNA	ACORN
2.	RBKA	BARK
3.	AERB	BEAR
4.	ERVABE	BEAVER
5.	DSYOIVETRIIB	BIODIVERSITY
6.	EHSRNCBA	BRANCHES
7.	ROACNB	CARBON
8.	ECON	CONE
9.	IERCONF	CONIFER
10.	OCRNW	CROWN
11.	EUDOCUDIS	DECIDUOUS
12.	EDRE	DEER
13.	EWORFL	FLOWER
14.	EFORST	FOREST
15.	RGOF	FROG
16.	XFO	FOX
17.	AFEL	LEAF
18.	OSOEM	MOOSE
19.	SRUOMOHH	MUSHROOM
20.	LDEEEN	NEEDLE
21.	NSET	NEST
22.	BRTBAI	RABBIT
23.	ROSTO	ROOTS
24.	SALIPNSG	SAPLINGS
25.	EEDS	SEED
26.	SSBHRU	SHRUBS
27.	SAINL	SNAIL
28.	OLIS	SOIL
29.	RRUQLEIS	SQUIRREL
30.	EERT	TREE

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g	x	j	p	x	d	s	o	x	c	m	a	m	t	x
y	b	x	n	c	k	d	p	y	z	m	t	s	h	o
c	u	b	c	e	n	e	e	e	c	e	w	h	a	f
a	d	c	r	a	e	a	c	c	c	d	i	r	r	o
r	t	n	o	a	m	d	t	b	i	i	g	u	v	r
b	c	r	d	l	n	i	l	i	r	d	e	b	e	e
o	o	a	u	g	o	c	h	e	v	w	u	s	s	s
n	n	x	w	n	y	u	h	d	g	e	r	o	t	t
c	e	s	o	k	k	n	r	e	t	y	g	a	u	i
o	b	i	o	d	i	v	e	r	s	i	t	y	c	s
n	o	h	d	r	d	b	a	r	k	t	r	e	e	l
i	s	u	s	t	a	i	n	a	b	l	e	r	o	e
f	p	s	h	j	f	s	d	x	q	j	v	j	v	a
e	l	p	q	w	o	t	i	a	c	x	d	n	t	f
r	l	m	c	r	o	w	n	c	n	r	o	o	t	s



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