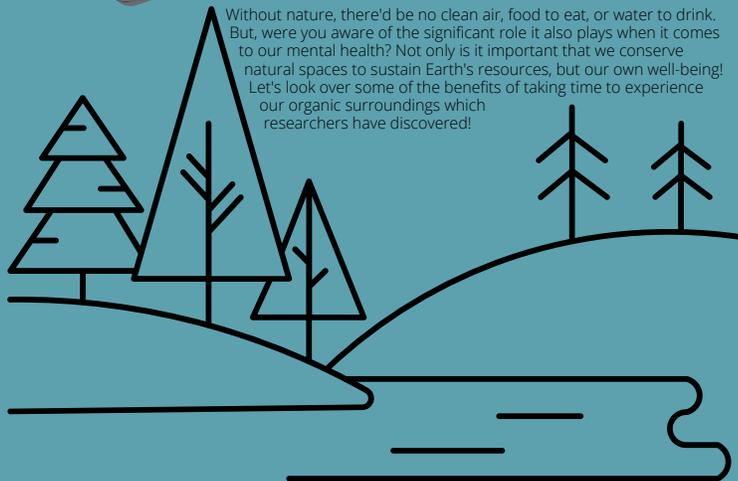
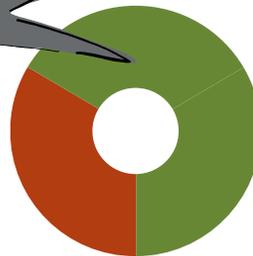


ROOTED

by (You)th Environmentalists



Without nature, there'd be no clean air, food to eat, or water to drink. But, were you aware of the significant role it also plays when it comes to our mental health? Not only is it important that we conserve natural spaces to sustain Earth's resources, but our own well-being! Let's look over some of the benefits of taking time to experience our organic surroundings which researchers have discovered!



Did you know that **2/3 of people choose to retreat to a natural setting when they feel stressed?**

What we see, hear, and experience can have an effect on our mood. Being in a pleasing environment where the body does not feel the need to tense up can relieve stress and anxiety. It's been found that exposure to nature can reduce blood pressure, muscle tension, heart rate, and stress hormone production! There was a study that had half a set of patients who had undergone gallbladder surgery get a room with a view of trees, while the other half, a wall. It found those with the view of trees had a stronger pain tolerance and recovered quicker! Research has shown that having even one plant in a room can diminish stress and anxiety significantly, imagine how impactful it would be if we immersed ourselves with more natural environments!



Plants produce an antibacterial and antifungal chemical called phytoncides. Scientists believe when we breathe it in, it increases activity in a type of white blood cells and helps fight diseases!

When we're shown a natural landscape or image, the parts of our brain associated with empathy and love light up.

Being active for 20 minutes outside can give an energy boost equivalent to drinking one cup of coffee!

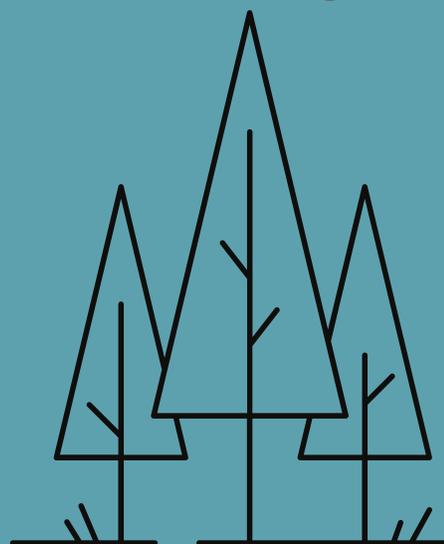


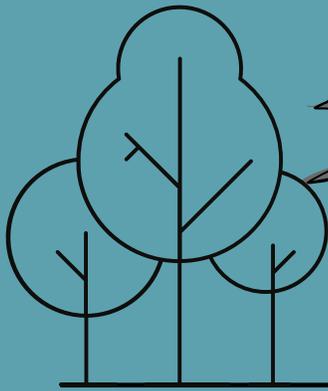
Safety first!

Getting Outside During a Pandemic

It's very important to get outside and experience the wonders of the world in a safe way. Here are precautions that you can take when you're out getting fresh air to continue to help flatten the curve:

- Go alone or with members of your household
- Stay at least two metres away from people outside your household
- Refrain from touching a lot of stuff in case others may have come in contact with it as well
- Only walk around your neighborhood
- Wash your hands





A lesson from nature

Spring has sprung! Flowers are poking out of the ground, trees budding. With this new season comes a fresh beginning. In the times we're living in, it may be tough to keep a positive attitude. Spending time with nature can remind us that after a harsh winter, the snow must eventually start to melt; after a rainy day, comes a rainbow. The environment always finds a way to bounce back, and so can we!



Want to experience nature from your home? Open up your window for some fresh air and do some bird watching!



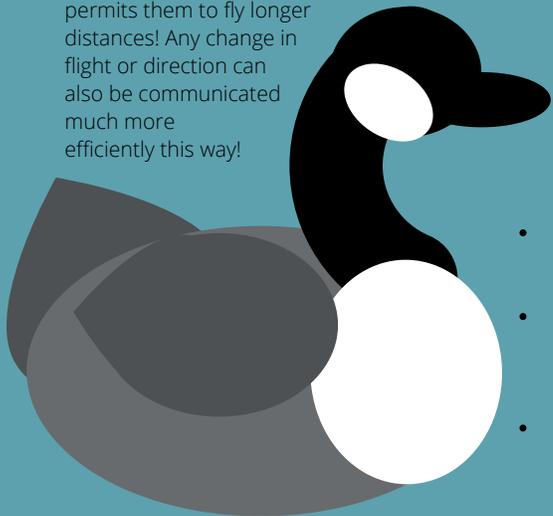
Ruby Throated Hummingbird

Often mistaken for a large moth, this 7.5-9cm bird can beat their wings 55 to 77 times per second producing a distinct humming sound as they flap! Unlike most other bird species, hummingbirds can hover in place when in the air.

Birds to keep an eye -- or ear -- out for

Canada Goose

You may have seen these birds before, flying in their unmistakable "V" formation with a chorus of honks as they return from their southern migrations of the Winter, marking the arrival of spring. This arrangement allows for "drafting" where followers can benefit from the passing air currents of the leader of the wedge - a team effort which helps them to save energy and permits them to fly longer distances! Any change in flight or direction can also be communicated much more efficiently this way!



Did you know that the Canada Goose can travel over 1000km in one day? Here are some other facts:

- Geese mate for life, only finding a new mate if their other one dies.
- Every year, they will molt their feathers and are unable to fly for a period around 6 weeks.
- The Canada Goose came in fourth place in a vote deciding Canada's national bird.

Have you ever heard a rapid drumming coming from outside? It was probably the sound of a Downy Woodpecker as they rap their beak against a tree trunk, something which they do for one of the following reasons:

- **Mark territorial presence,**
- **Attract a mate, or**
- **Search for food behind the tree bark.**

These birds have long barbed tongues, as well as sticky, glue-like saliva that helps them catch bugs.



American Robin

- Largest type of thrush in North America
- One of the first calls to be heard in the morning and last to be heard at night



Now you know how to identify four different birds in our area!

Click on a bird to get a video of what it sounds/looks like!



Click the flower to the right to check out the **WRDSB Backyard Bird Count 2020**

