

A photograph of Jane Goodall, an older woman with grey hair, wearing a green button-down shirt. She is looking upwards and to the right, holding a small branch with green leaves in her right hand. The background is a lush green forest with sunlight filtering through the trees.

Jane's *Green Hope* Regreening Guide



Jane Goodall Institute
Canada

Forests & You

As Dr. Jane Goodall has shared, everything is interconnected and we must live in harmony with nature to survive and thrive.

From forests to the individual tree and pockets of green space, plants are the “root” of our planet’s health and survival. Trees and other plants have the power to draw down from our atmosphere carbon dioxide – CO₂ – a heat-trapping gas released through human activities, like burning fossil fuels and deforestation. By trapping CO₂, forests and green spaces can be one of our greatest solutions in fighting climate change ([U.S. Forest Service](#)). Not only that, plants and forests provide oxygen, and improve the health of communities who live and work near them ([ArborDay](#)). There have even been studies on the tremendous mental health benefits ([Washington Post](#))!

Trees and green spaces also provide critical habitats to other animals who share this planet with us, help clean waterways, and protect the soil. We cannot survive without trees and green spaces. In fact, they’re our greatest hope!

Unfortunately, deforestation around the world is happening at an alarming rate. Most of the biodiversity loss worldwide, which includes thousands of species every year, is driven by habitat loss – the destruction of these forests and green spaces. In turn, more CO₂ is put in the atmosphere, driving climate change. Plus, as forests diminish, the likelihood of disease spread increases.

Around 2.2 billion people depend on forests for their livelihoods, including approximately 300-500 million Indigenous Peoples.

([source](#))

Forests are **home to more than 80%** of all terrestrial species of animals, plants, and insects.

([source](#))

100 million hectares of healthy, productive land was degraded every year from 2015-2019. Women in rural areas are especially affected by their depletion.

([source](#))

The good news? You can help!

At the Jane Goodall Institute, community-led conservation, collaborative forest program partnerships, and awareness and action engagement campaigns are growing a greener world.

This includes training local forest monitors to survey forest reserves and protect against habitat loss, community-led land-use planning involving the earmarking and protection of forest reserves, and supporting sustainable livelihoods to reduce encroachment on native forests.

Our work also includes expansive partnerships resulting in millions of native tree plantings, regeneration and restoration, as well as the native tree planting and green space advancements made by the young members of our Roots & Shoots program in more than 60 countries around the world. All we need now is you!

Are you ready?

Follow the steps to get started! Remember to take the pledge at [JaneGoodall.ca!](https://www.JaneGoodall.ca)

"It is the peace of the forest that I carry inside."
– Dr. Jane Goodall



Step 1: Explore your space to find out if you can plant native trees.

Making sure you know exactly where and when you can plant is vital. Some areas may already have native plant species that need special conditions, and adding plants, especially non-native ones, could possibly be harmful! To help green our world in the most responsible way, here are some things to consider:

- > **Consider your community's needs.** Find out where green spaces are and are not, and find out how you can responsibly help! Make sure to [familiarize yourself with which plants are native to your area](#).
- > **Start at home.** The easiest way to start your regreening journey is to plant native species on your own property.
- > **Get permission to plant.** If it's not your property, who do you need to ask and what do you need to do? Is this area the right place to plant a native tree species?
- > **Look into city programs.** In some locations, the city will provide you with free trees appropriate for your area! Do a quick search to learn more about your city's programs.
- > **Measure the sunlight.** Full sun consists of 6+ hours of sunlight. Part sun consists of 3-6 hours of sunlight. Full shade is considered any area with less than 3 hours of sunlight.
- > **Find water sources.** If there is not easy access to water, brainstorm your watering plan. In some regions, water is limited and you'll want to be responsible – so make sure you're finding a place that will be the least water-intensive or use native plants that require less water to thrive.

Unable to find a location to plant?
You can still help! See Step 2, Option 2 for more on how you can take action.

Step 2:

Option 1 – Take action!

- > **Have somewhere to plant?** Select an appropriate, native tree for your area. Native plants will support more natural ecology than a non-native plant. Invasive plants can do much more harm than good! To find out which trees work in your region, [click here](#). Make sure you're also matching your tree's needs to the amount of sunlight and water of your location.
- > **Do some research.** Look up the best technique to plant and grow the tree you've chosen. [Check out this website](#) for some instructions, and tend to your tree regularly to make sure it grows to maturity!

Option 2 – Green your space!

- > **Influence policies.** Use [this list of elected officials](#) to find your federal representative – and then write to them. You can also find your provincial, territorial, and municipal representative and contact them about the urgent need to protect our green spaces. Write your own message or [use this template](#).
- > **Participate in local initiatives and groups.** Find out what's going on locally – from getting involved in urban farming and gardening initiatives, to volunteering with parks and restoration, there are many ways you can take action in your own backyard!

Option 3 – Donate to the Jane Goodall Institute of Canada!

- > **Support the Jane Goodall Institute's Canadian chapter.** Invest in comprehensive greening and forests protection programs by donating safely and securely [on our website](#).
- > Your support will directly benefit all of our programs – including our holistic efforts to collaborate with local communities, partners, and young people to green the globe! This includes all of our community-centred conservation initiatives – which involve training forest monitors, land-use planning focused on forest reserve designations, sustainable livelihoods in agroforestry, native tree plantings, natural regeneration, and so much more.





Step 3: Map your impact.

- > **Let us know what kind of difference you've made.** If you've planted a tree or helped protect green spaces in your community, let us know! Head back to the [Jane's Green Hope page](#) on our website and add your action to our map – so we can measure your collective impact and see how extraordinary all of you are.

Step 4: Share your work and inspire your friends!

- > **Motivate your network.** Show off your hard work, and let your friends and family members know how you're making the world a better place. Post on social media, either using the suggested language below or by putting together your own post. Make sure you tag us so we can share your work with our followers, too!

> **Suggested social media language:**

Forests are one of our greatest hopes in the fight against climate change. But deforestation is happening at an alarming rate around the world. Most of the planet's biodiversity loss (including thousands of species every year!) is driven by habitat loss – the destruction of forests and green spaces. The good news? You and I can help! Join me and @JaneGoodallCAN in greening our world: www.janegoodall.ca/take-action/janes-green-hope/



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