



Plant a tree, grow a mind

**Teach TICCIT at Home
Complete Programme guide**



PRO CARTON
PACKAGING FOR
A BETTER WORLD



T R E E S

I N T O

C A R T O N S



C A R T O N S

I N T O

T R E E S



What's TICCIT at Home?

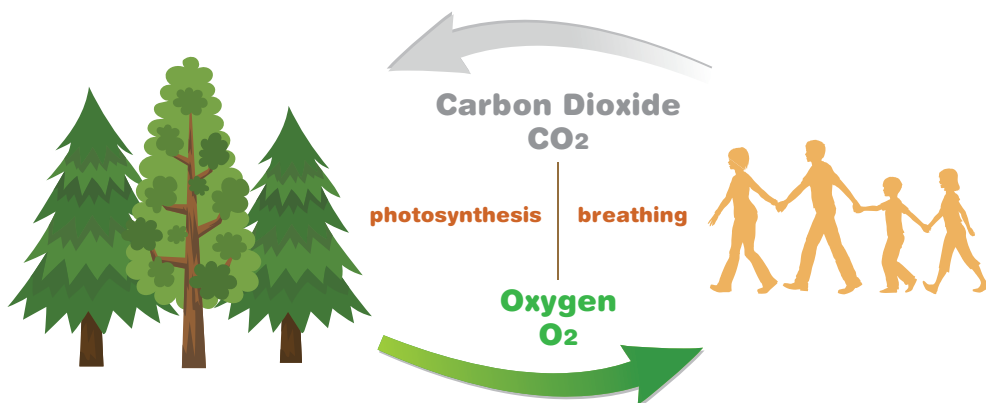


TICCIT (pronounced tick-it) is an educational programme all about trees, sustainability and the environment. TICCIT stands for Trees Into Cartons, Cartons Into Trees. The TICCIT Programme has been taught in schools around the globe for over 10 years with great success - over 100,000 children have taken part so far.

TICCIT at Home is aimed primarily at children aged between 7 and 12. It is a fun way to teach them about trees, recycling and paper and shows them how to plant a tree sapling (or a cutting or some seeds) inside a recycled carton or box, and then when the time is right out into the ground.

When you teach TICCIT at Home, you learn alongside your child, aided by a complete set of FREE online support materials. When you are done the teaching part you get to roll up your sleeves, get creative, get outside and get planting!

How do Trees help us breathe?



You start the teaching by working together through the PowerPoint Presentation. After that, the real fun begins. You'll make your own recycled carton planter, then plant your own tree sapling or cutting or some seeds and finally create your own TICCIT at Home poster from the template provided. Your carton planter can go directly in the ground as is - because paper is biodegradable. Then you can witness the "trees into cartons, cartons into trees" cycle complete before your eyes as your child grows into the next generation of consumers and environmental stewards. We've heard from past participants how incredible it is to see the kids get it - that they can make a difference in this world by recycling and being friendly to the environment. It will be a powerful experience for them, and for you too.

From the PowerPoint presentation, your child should understand the:

- Benefits of trees to the earth's lifecycle
- Benefits of paper based packaging over plastic and other less sustainable forms of packaging
- How paper is made
- How a carton is made from paper
- How a carton will biodegrade over time

What will I teach?



Don't worry! We've got you covered when it comes to what to teach. The content of TICCIT at Home has been developed with the broad school sustainability curriculum in mind and there are 4 activities that make up the whole activity:

1. PowerPoint Presentation
2. Make your own carton planter
3. Time to Plant – and turn Cartons into Trees
4. Make your TICCIT at Home Poster

PowerPoint Presentation

1. The first thing you will do is work through the PowerPoint presentation that has been created for you. The information below will help you talk through the slides, which also have supporting notes. Of course, this is **your** presentation, so do add to it or remove things if you think they are too complex or too simple for your child. The key is to make the presentation as interactive as possible, so be sure to ask lots of questions as you go!

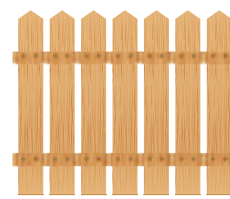
The Importance of Trees:

- A tree breathes in the carbon dioxide we exhale and breathes out oxygen, which is very important to us as we cannot live without oxygen.
- Trees give birds, squirrels, insects and other creatures homes.
- Trees hold the soil in place and keep it from washing away (erosion).
- The leaves that trees drop enrich the soil as they biodegrade.
- Tree roots and leaves clean pollutants from the air and soil.
- They are a source of food (berries, fruit, nuts).
- Forests attract outdoor recreation activities.

We Use Trees to Make:

- Timber for making houses, furniture, guitars, pencils etc.
- Paper products such as paper towels, toilet paper, newspaper and cardboard packaging.
- Logs and charcoal for cooking and heating.
- By-products of wood are used in making a wide range of other products ranging from turpentine and paints to medicines and foods!

Trees are used to make...



What will I teach? CONTINUED



The trees used in Europe to make paper come from sustainably managed forests. When a tree is harvested to make paper, new trees are planted to take its place. Typically, 3-4 new trees are planted in Europe for every one that is used. In fact, European forests are growing by the equivalent of 1,500 football pitches every day! Think of trees as a crop just like the fruits and vegetables that you eat.

How paper is made:

- The wood is cut into small pieces about the size of a small coin.
- Water (which makes up half of the wood chips!) is “cooked” out, leaving a mixture of tiny wood fibres as well as “lignin,” a natural glue that holds the fibres together.
- The lignin is removed, leaving just the wood fibres.
- The wood fibres (or pulp) are formed together and dried into paper.

Paper Recycling

- When we recycle paper and cardboard, we make new paper products from material that has already been used instead of throwing it away.
- Recycled paper is made of old newspapers, cartons, cardboard boxes, books, documents, and magazines.
- Approximately 50% of all the cartons used in Europe are made from recycled fibre.
- More paper is recycled than any other material including glass, plastic and metal.
- Paper can be recycled about five to seven times before the fibres become too weak to be used again.



Pine Forest

Image courtesy of © Iggesund Paperboard.



Iggesund Workington Mill

Image courtesy of © Iggesund Paperboard.



Reels of cartonboard

Image courtesy of © Iggesund Paperboard.

Make your own carton planter

Recycle a dry food, or other dry goods, carton to make your sapling planter



Cut down a used carton (a cereal box is ideal) approx. 13cm height.



Cut in half.



Slot one half inside the other.



The planter is nearly ready.



Carefully make holes in the base and sides. When planting seeds or cuttings, you will need to make very large holes in the base and sides to allow the fast-growing roots to spread.



Line with newspaper, tissue or kitchen towel to prevent the soil falling out before planting.

**Your planter is now complete.
Time to plant.**

Time to Plant and turn Cartons into Trees



Now you'll show your child how they can use cartons to grow new trees. This part of the program reveals the "trees into cartons, cartons into trees" lifecycle, so do be sure to explain the "lifecycle of a carton".

1. A tree is harvested from a managed forest like any other fruit or vegetable.
2. The tree is turned into paper and paperboard at the paper mill.
3. The paperboard is made into a carton, which is filled with the product and sent to the shop.
4. When the product has been used, the carton can be recycled or can biodegrade into healthy soil and help a sapling grow into another tree.

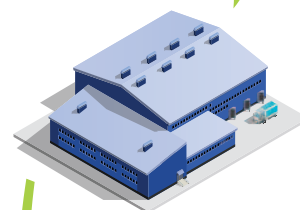
The Importance of Trees



A tree first gets harvested from a forest in a similar way to how wheat is harvested from a field on a farm.



The tree is turned into timber for building houses and furniture whilst the thinnings and offcuts go to a paper mill and are turned into paper and cartonboard.



The cartonboard is then made into a carton.



When you plant the seed or sapling in the carton and then in the ground, the carton will "biodegrade," or turn back into healthy soil.



What you'll need to do the planting

- A tree sapling, plant cutting or some seeds *
- Your carton planter
- Soil for potting
- Garden tools
- Newspaper for keeping surfaces clean

***In order to carry out this part of the TICCIT at Home programme, you will want to have something ready to plant. Perhaps you have a few seeds available or you could make a plant cutting in advance or maybe buy a tree sapling online.**



Planting Instructions

1. First prepare the area you will be using by laying down old newspapers and have your carton planter at the ready.
2. For planting a Tree Sapling, you should fill your planter to about one inch from the top with potting soil and then plant your sapling about half way down into the soil
3. Water the carton and then if necessary, place it in a protected area out of the wind or sun for a few days to harden it off.
4. Choose a location outside with enough space to contain what will become a mature tree. If you do not have room outside to plant a tree, you could use a large bucket or decorative pot.
5. To avoid drying out the root hairs, it's best not to plant the sapling on a bright sunny day or try to plant it out later in the afternoon or early evening when the sun has gone down.
6. Dig a hole in the ground large enough to contain the carton planter.
7. Place the carton in the hole with about one inch of the planter projecting above ground and lightly pile the soil up around the carton. The sides of the carton will force the water down into the soil and the roots will follow through the bottom of the carton.
8. To start, water your plant or tree everyday, moving to every few days and then once a week.
9. Eventually the carton will decompose, leaving a growing plant or tree.

For Cuttings and Seeds, refer to their planting and aftercare instructions, as these will vary greatly. Some seeds and cuttings may need to be grown indoors. You can still plant them in your planter but you may need to cut bigger holes in the bottom and sides to allow their roots to spread. When planting seeds and cuttings indoors, you could use a large bucket or decorative pot. If you plant your carton about one inch projecting above ground, as you water your plant the carton will force the water down into the soil to the roots. Be sure to remember to water your plant. Eventually the carton will decompose.

Make your TICCIT at Home Poster

It is now time to create your poster from the template over the page which you can print out. This will serve as a record of your TICCIT activity. Older children can design a TICCIT at Home poster from scratch, please send us your designs, whilst younger children can use our template.

1. Using colouring pens, pencils, chalks and paints, first colour in the TICCIT at Home logo at the top of the page
2. Ask your child to write their name on their picture and to date their work as they would do in school.
3. In the bottom half of the poster, let your child be as imaginative and creative as they wish - maybe they want to draw a picture of themselves doing the planting or of you teaching them about trees or a picture of how their plant will look when it grows. They could write a short story about what they enjoyed most about TICCIT at Home or explain something new that they learned.
4. Then share your TICCIT at Home Poster and any photos you have taken during this activity with friends and family online.

We would be delighted if you would email us some photographs of your TICCIT at Home activity and the completed poster to our email address: **ticcit@procarton.com**. We shall add the photos that we receive to our TICCIT at Home Gallery, so make sure to include in your email the country that you live in to make it easier for you to find your picture/s on our website.



TODAY'S DATE IS:



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Pro Carton is the Association of European Cartonboard and Carton Manufacturers with the aim of promoting cartonboard and cartons as an economically and ecologically balanced packaging medium with an important role to play in our society.

For further information please see www.procarton.com/ticcit/