Schools Tree Day – How to plant a tree!

Background information

Encourage your students to venture into the great outdoors and connect with nature. There has been a dramatic shift in childhood activity from outdoor play to indoor activity in the space of one generation. Planting Trees: Just What the Doctor Ordered research found that 1 in 10 young people today play outside once a week or less. There is an emerging body of local and international research linking childhood contact with nature with a range of health and wellbeing benefits, including:

- Positive mental health outcomes
- Physical health benefits
- Enhanced intellectual development
- A stronger sense of concern and care for the environment in later life.

Taking part in Schools Tree Day is an essential way to connect young people to nature.

How to plant a tree

The video clip will demonstrate to your students the correct way to plant a tree.

Step 1. Prepare your planting site. Clear any debris (leaf litter, sticks etc) and dig a hole deep enough to plant your tree into.

Step 2. Take your tree in your tub and squeeze the sides of the tub

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gently to loosen the tree from its tub (if your tree is grown in a biodegradable tub then you can place your tree straight into the ground).

Step 3. Place your tree into the hole and use the soil that has been dug out to fill the hole around the tree, making sure the soil covers the roots.

Step 4. Water generously. Continue to water frequently.

How to plant a seed

Step 1. Fill a small tub with soil using a spoon to fill the tub almost to the top.

Step 2. Create a small hole with your finger about 2-3 cm deep. Place your seed inside, cover with soil and press the soil down lightly.

Step 3. Place your tub in or close to sunlight and water frequently.

How to plant a tree poster

Fun ideas to increase biodiversity

Project	Description	Resources
Nesting Boxes	Many birds and mammal species rely on hollows in trees for shelter and breeding. Natural hollows in trees take years to develop and nesting boxes can be a great alternative.	How to build a nesting box Nesting box construction guide.
Frog bog	Help increase the biodiversity at your by building habitats for	CERES hub

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	frogs.	
Build a bug house	For schools with limited space this bug box is a great way to help our smallest friends.	[Build a bug house instruction sheet](#)
Wildlife corridors	Contact your local council about connecting your school to wildlife corridors in your area.	[Locals Creating Wildlife Passages](#) or your local Council.
Indigenous Garden	Increase biodiversity at your school by planting a habitat garden.	[How to plant a native garden](#)
Butterfly garden	Design and plant a butterfly garden for your school.	[ActWild - Get Grubby](#)
Biodiversity walk	Create a guided walk of the biodiversity at your school (this is an excellent opportunity to incorporate IT engagement into learning by using QR codes).	[CERES Sustainability Hub](#)
Weed removal	Contact your local council about identifying weeds at your school and create an action plan for their removal.	Your local Council
The day of...	Other than Schools Tree Day, get involved with a National or International Day of...	e.g. [SeaWeek](#), [International Day for Biological Diversity](#), [World Turtle Day](#), [National Biodiversity Month](#), [National Bilby Day](#), [World Habitat Day](#).

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Check out the [Cool Australia Biodiversity Toolbox](#) for more resources.

Inspiration

East Bentleigh Primary School has developed a range of gardens to improve biodiversity and provide experiences for its students and community.

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