



Time in nature helps develop naturally brighter kids. Plant the seed early at your local library.

Recharging a child's brain may be as simple as stepping outside.

Research shows that contact with nature helps kids thrive.* **So get outside and grow:**

- **Intellectually**
By improving creativity, concentration and academic performance and by diminishing symptoms and severity of ADHD
- **Emotionally**
By lowering levels of stress and depression and by increasing confidence and self esteem
- **Physically**
By reducing risks of obesity and myopia and by improving healing and recovery
- **Ethically**
By developing environmental stewardship and a stronger sense of concern and care for the environment in later life

* Research from Planet Ark's Planting Trees report available for download at treeday.planetark.org

Join over 2,000 schools, kindies, preschools, day care centres and libraries in taking part in Australia's largest nature-care event.

SCHOOLS TREE DAY FRI 28 JULY
NATIONAL TREE DAY SUN 30 JULY

You'll be branching out to the community in a meaningful way, fostering a child's love of nature and inspiring the environmental champions of the future.

Nothing so simple could be more important for the planet or the future health and wellbeing of our children.

national
tree day 
PLANETARK  **TOYOTA**

treeday.planetark.org
1300 88 5000