



# Time in nature helps develop naturally brighter kids

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

Research shows that contact with nature helps kids thrive.\* **So get into nature 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 2012 Planting Trees report available for download at [treeday.planetark.org](http://treeday.planetark.org)

Join over 2,000 schools across the country in the largest nature-care and tree planting event in Australian schools.

## SCHOOLS TREE DAY FRIDAY 25 JULY 2014

Schools Tree Day is not just about trees. You can help develop bright green kids by incorporating the outdoors into your lesson plans, going for a bush walk, growing native seedlings with your class, creating a veggie garden or beautifying your school grounds with shrubs, grasses and flowers.

schools  
tree day

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Get into nature. Grow.

[treeday.planetark.org](http://treeday.planetark.org)

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