



Time in nature helps develop naturally brighter kids

Research shows that time in nature helps kids thrive and enhances development*:

- Intellectually**
 By improving academic performance across all key learning areas (math, literacy, science, geography, history, english, health/physical ed, art, civics & citizenship, sustainability, critical and creative thinking). By developing creativity, concentration, problem solving and by diminishing symptoms 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 world we live in

* Research from Planet Ark's 2012 Planting Trees report available for download at treeday.planetark.org

Join thousands of amazing educators in fostering young people's love of nature, creating positive environmental action and making a difference. Take part in the largest nature-care event in Australian schools and help plant the seed of environmental consciousness in the hearts and minds of our future leaders.

SCHOOLS TREE DAY
THE WEEK OF FRIDAY 28 JULY

be inspired
 it's in our nature

national tree day

PLANETARK  **TOYOTA**

hotline 1300 88 5000
treeday.planetark.org
 #nationaltreeday