



## 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](http://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](http://treeday.planetark.org)  
 #nationaltreeday