Trees do more than just make our towns and cities look nice. They provide numerous benefits. Trees can...

**MAKE US HEALTHIER AND SMARTER**

1. Help us live longer
   Green spaces help reduce health complaints which in turn adds years to our lives, helping us live longer.

2. Provide play areas for kids
   Play is important for children. Trees and green spaces provide great areas for kids to play.

3. Make us go outside and walk more often
   Having green spaces around us makes us feel like getting out and walking more, which is a great form of exercise. Being outside also helps us get fresh air that makes us feel less stressed and more relaxed.

4. Help us reduce stress
   Looking at trees helps to reduce stress within just a few minutes.

5. Help us concentrate
   When we can see trees, we feel calmer. Being calm helps us to concentrate and pay attention.

6. Help students improve grades and test scores
   Research has shown that students who can see trees and greenery from their classroom windows tend to have better grades.

7. Shade us from the sun
   Trees provide shade and help keep our cities cool by shading buildings, roads and sidewalks, so that less heat is absorbed.

8. Save on heating and cooling costs
   Trees keep cool. Trees should be planted on the sunny sides; on a hot day a tree that can shade our home means we don’t need to use the air conditioning, saving us costs down. Trees can stop cold wind and air from reaching your home, making it warmer inside.

9. Protect us from the rain
   Trees can help us stay dry on a wet day by giving us a place to stay out of the rain. They also absorb a lot of water which is stored in their trunks and help reduce flooding.

10. Reduce noise
    Too much noise can make us feel more stressed and makes it tougher to concentrate and to get a good sleep.

11. Reduce crime
    Trees make us feel at home so that we spend more time outside and walk more often. This also helps keep us safe, as more people are out and about around us.

12. Slow down traffic
    Trees near roads help slow traffic by making the road appear as a street where people live and not a freeway. Slower traffic makes it safer for us to walk and also for other road users like bicyclists.

13. Make places feel safer
    Trees make places feel safer. People enjoy shopping more when there is greenery about. In fact, people like to go to streets that are lined with trees, which is great for the businesses in the area.

14. Reduce crime
    In housing developments with gardens and trees, crime rates drop. Places with high levels of green space had less property crimes (break-ins, vandalism, etc) and less violent crimes than those surrounded by empty, open spaces.

15. Help us live longer
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16. Save on heating and cooling costs
    Trees keep cool. Trees should be planted on the sunny sides; on a hot day a tree that can shade our home means we don’t need to use the air conditioning, saving us costs down. Trees can stop cold wind and air from reaching your home, making it warmer inside.

17. Reduce noise
    Too much noise can make us feel more stressed and makes it tougher to concentrate and to get a good sleep.

18. Attract more customers
    People enjoy shopping more when there is greenery about. In fact, people like to go to streets that are lined with trees, which is great for the businesses in the area.

To learn more about what trees can give us, visit our websites or follow us on social media.

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