

# National Tree Day





# What is National Tree Day?

National Tree Day is annual event which began in 1996 and has since become the biggest tree planting event in Australia.

The day encourages people from all around Australia to help show their commitment and care for the environment by planting trees.



# When is National Tree Day Held?

Planet Ark's National Tree Day is held each July with two different events on offer; a Schools Tree Day on the last Friday in July and National Tree Day on the last Sunday in July.

The event takes place in July because this is the best time to plant new trees in Australia's climate.





# When Happens on National Tree Day?

People from all around Australia volunteer their time to plant trees or learn more about the importance of and need to protect natural environments.

It is a great chance to get outside, make a valuable difference and have some fun.



# The Impact of National Tree Day

Click the pictures below to uncover the role National Tree Day has played in improving our natural environments since 1996.



# Schools Tree Day

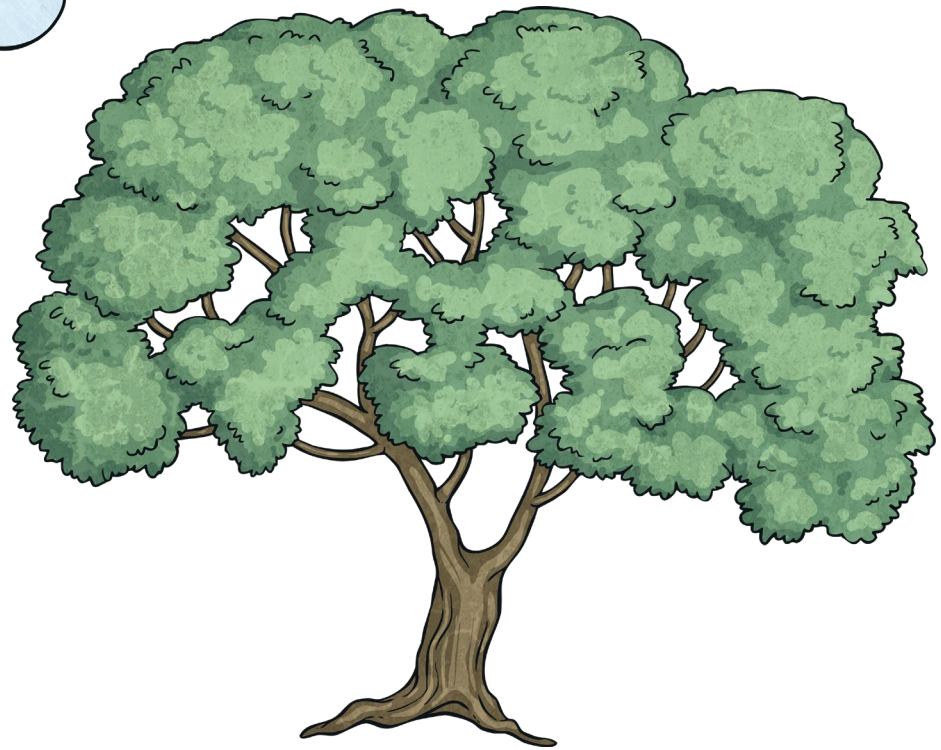
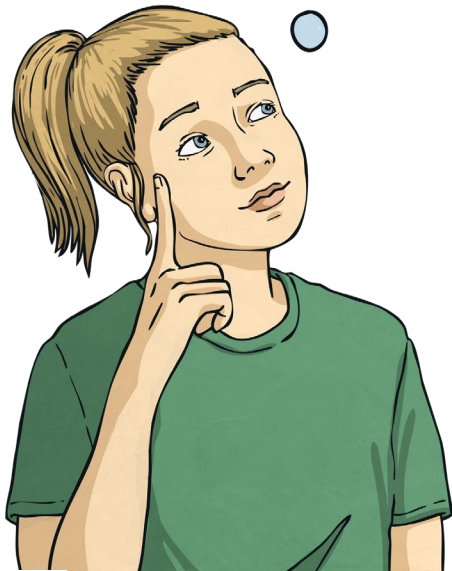
Over 3000 students from all around Australia take part in Schools Tree Day. Students take part in a variety of activities, including planting trees and bush tucker gardens, creating habitats for wildlife and spending quality time outdoors in nature.





# Why Are Trees So Important?

Why do you think trees are so important? Click the tree to watch a video to find out more.



# Health Benefits of Trees

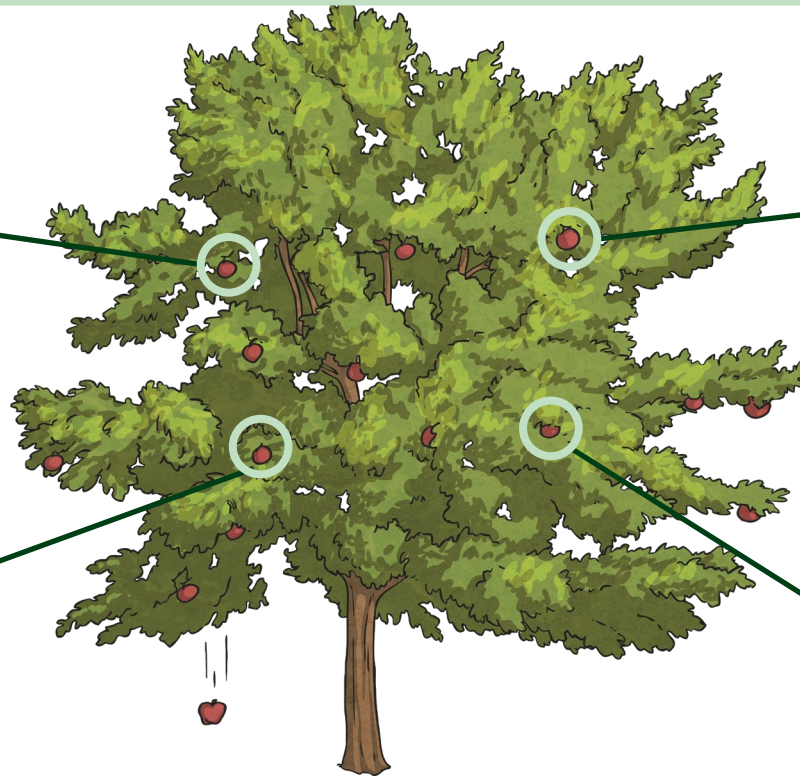
Click the pieces of fruit to find out more about the health benefits of trees and forested areas.

They can help improve your focus and concentration.

They provide oxygen for us to breathe.

Being outdoors in nature can help reduce stress.

Being outdoors in nature can help increase your energy.





# How Can I Get Involved?

## Try the following:

- Plant a tree or seedling in your garden, local park or at school.
- Plant some flowers to attract native wildlife, such as bees.
- Teach others about the benefits and importance of trees to the environment by hosting a talk or creating a poster.
- Hold a fundraising event and donate towards National Tree Day.



1. Trees are the longest living species on Earth.  
True or False?

True

False



## 2. What are the two main types of tree called?

A.

Leafy green  
and fruit tree

B.

Evergreen and  
deciduous

C.

Sycamore and  
poplar

### 3. Which of the following are examples of the benefits of trees?

A.

They produce oxygen.

B.

They filter out carbon dioxide.

C.

They provide a habitat for wildlife.

D.

All of the above.



## 4. What is the process that trees use to make their food?

A.

Photosynthesis

B.

Chlorophyll

C.

Glucose

## 5. Where is the world's tallest tree found?

A.

Germany

B.

Indonesia

C.

United States  
of America



## 6. What percentage of the Earth's land is covered by forests?

A.

31%

B.

50%

C.

25%

7. How many trees does it take to absorb a year's worth of carbon dioxide produced by a car?

A.

300 trees

B.

460 trees

C.

220 trees



## 8. What are the stages of a tree's life cycle?

A.

Seed, tree,  
adult tree.

B.

Sprout,  
sapling, seed,  
tree.

C.

Seed, sprout,  
sapling, small  
tree, mature  
tree.



