GROWING TREES MAKE GREAT NEIGHBORHOODS

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

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

5. Help us concentrate
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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 protect us from the sun on hot days, helping to cool us off and also by providing a screen which helps guard against sunburn.

8. Clean the air
   - Trees remove carbon dioxide from the air. They store the carbon in their trunks and branches and release oxygen as a result.

9. Clean the water
   - Trees help clean our water by absorbing dirt and chemicals flowing into our drinking water.

10. Reduce heat in cities
    - Cities are made of buildings, roads and sidewalks, all things which absorb heat from the sun, making the city hotter. Trees provide shade and help keep our cities cool by shading buildings, roads and sidewalks, so that less heat is absorbed.

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

12. Provide shade
    - Trees create a sound buffer and help to reduce noise pollution which can be helpful in our homes near busy roads.

13. Slow down traffic
    - Trees near roads help slow down 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.

14. Make places feel safer
    - Trees make us feel at home so that less heat is absorbed.

15. Reduce crime
    - Research has shown that homes are near busy roads.

16. 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.

17. Save on heating and cooling costs
    - Having trees near your home can help keep your heating costs down. Trees can stop cold wind and air from reaching your home, making it warmer inside.

18. Create jobs
    - Trees create jobs of many skill levels and incomes. People can work in nurseries growing trees, have landscaping jobs, or work to keep trees safe and healthy. Other jobs with trees include working for a city or country as an arborist or urban forester.

19. 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.

caufc.org
investfromthegroundup.org

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