

# Why we love trees

At CPRE Sussex we love trees! Not only do they look great but they help make us healthier and happier. Here's some of the top reasons we love trees:

## 1 They help keep the air clean

Trees take in carbon dioxide and release the oxygen we need to breathe.

## 2 Trees are the oldest things on earth

Some trees can live for hundreds or even thousands of years!

## 3 They make us feel happier

Scientists have found being around trees can help us feel calm and happy.

## 4 They make great homes

Trees provide shelter for birds, animals and other plants.

## 5 Trees can talk

Trees can communicate with each other to warn about threats like attacking insects.

### Did you know?

There are more than **12,000** street trees in Brighton and Hove.

### Did you know?

An oak tree can be home to **2,300** wildlife species.

Want to find out more about trees?

Check out our free tree activity sheets for Key Stage 1 and Key Stage 2



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The countryside charity  
Sussex