



Healthy Trees, Healthy Lives

How and why to get trees into our school communities

How can I get trees for my school?

- Oklahoma Forestry Services has a FREE Educational Seedling Program.
- Any school can get up to 200 free seedlings from our nursery in Goldsby.
- To reserve seedlings, contact Tricia Braden at Tricia.Braden@ag.ok.gov

Physical benefits

- Urban trees throw shade on your exposure to harmful UV rays, reducing your chances of developing skin cancer.
- Shade from a tree's canopy can reduce temperatures by up to 20°F, making it safer and more comfortable to be outdoors.
- Trees absorb pollutants so you can breathe clean, fresh air, decreasing the risk of respiratory illnesses.

Mental benefits

- Kids who are exposed to nature are more relaxed and attentive, this improves learning and performance in school.
- Play in nature is being looked at as a natural treatment for ADD/ADHD.
- Exposure to forests decreases mental fatigue by relaxing and restoring your mind as well as providing a sense of security.

HealthyTreesHealthyLives.org

Questions?

Contact Oklahoma Forestry Services
Education Coordinator, **Tony Pascall**
405.317.8322 | anthony.pascall@ag.ok.gov





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How can I use trees as an educational tool?

Project Learning Tree

- Activities and resources to engage children in learning about the environment through the lens of trees and forests.
- Pre-K, K-8, and high school curriculums are available.
- To schedule a workshop for your school or district or to find out when workshops are scheduled, contact Tony Pascall at Anthony.Pascall@ag.ok.gov
- For more information on Project Learning Tree, visit PLT.org



Tree Campus K-12

Tree Campus K-12 is an Arbor Day Foundation Program. This program encourages schools and educators to create opportunities for students to interact with trees by offering a framework for becoming recognized and celebrating their efforts with their community.

For more information on Tree Campus K-12, visit, arborday.org/programs/tree-campus-k-12/

Oklahoma Forestry Services Educational Lending Trunks

- Educational trunks are free resources that include premade lesson plans, work sheets, and slide decks.
- To schedule your trunk, contact Tony Pascall at Anthony.Pascall@ag.ok.gov
- For more information on OFS Educational Lending Trunks, visit ag.ok.gov/outreach-and-education/

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In the end, we conserve what we love.
We will love only what we understand.
We will understand only what we are taught.

– BABA DIOUM, Senegalese Poet

