



Forests are alive and working 24 hours a day and 7 days a week. You should be very happy that they never stop working because you need something 24 hours a day and 7 days a week that they provide for you — the OXYGEN in the air that you breathe! One large tree can make enough oxygen in one day for 2 people.



How many people live in the town or city nearest you?

How many trees are needed to make the oxygen for the people living there to breathe?

City Population





Total # of trees needed

US OR THEM: SHARING TREES

We aren't the only ones that need the oxygen from trees. Animals need it to breathe too.
Animals need trees for lots of reasons.
Aroreal animals are animals that spend most of their time in trees. A few of these animals are mammals like squirrels, bats and monkeys. Some are amphibians like frogs or snakes. A LOT of birds live in trees.

trees get

on the

List animals that live in trees near you.



Sometimes animals and humans use trees in the same way! Circle yes or no to answer whether or not humans and/or animals use trees in each of the ways listed. Some answers can be found in this booklet!

Ways to use trees	Humans	Animals			
Cut down trees to BUILD homes	YES / NO	YES / NO			
Live IN trees	YES / NO	YES / NO			
Eat fruit that grows on trees	YES / NO	YES / NO			
Use shade from trees to keep cool	YES / NO	YES / NO			
Store food in trees for the winter	YES / NO	YES / NO			
Raise babies in trees	YES / NO	YES / NO			
Gather honey made by bees from trees.	YES / NO	YES / NO			

Thanks To

Solve the puzzle to discover more ways we use trees.



TREE TERMS

Cellulose: a fiber found in plant cells. 50% of wood is cellulose. Lignin: an adhesive chemical that holds the fibers in wood together.

CROPS & TREES: Sharing Space

Agroforestry makes good use of both agricultural and forestry practices and brings lots of benefits to YOU! Trees and shrubs are grown around, or even in, crop fields or pastures.



What is Agroforestry?

practice that optimizes the benefits of interactions with trees and/or shrubs are deliberately combined with crops and livestock.

Agroforestry:

- increases soil fertility for the food crops YOU need.
- helps YOU have cleaner water by cutting down on nutrient and soil runoff.
- reduces deforestation so YOU have all the benefits you need from trees.
- cuts down on the need for toxic chemicals like insecticides, making the environment safer for YOU.

ACROSS

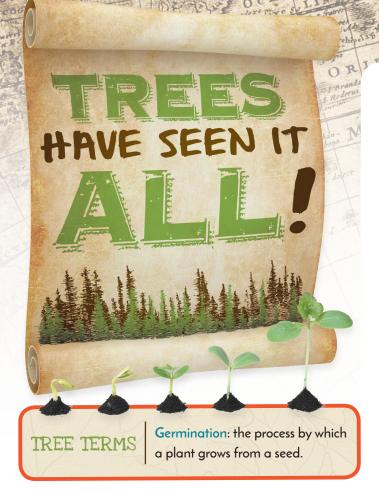
- 4. You might look a little messy after lunch if you didn't wipe your mouth with a _____ napkin.
- 7. Thanks to _____ you have a roof over your head!
- 10. Your dentist appreciates it when you use _____ every day, and it contains cellulose.
- 12. If you like to shop you need to pay attention to the _____
 tags made from paper.
- 13. That comfortable rayon shirt you wear is made with tree _____.
- 14. You couldn't play _____ without helmets and they contain wood products.

DOMN

- You wouldn't want your baby brother or sister to sit on your lap without a disposable _____, and they contain wood pulp.
- 2. Pancakes and _____ from a Maple tree are a great way to start the day.
- 3. The ____seat you sit on everyday could contain cellulose fibers mixed with other ingredients to make plastic.
- 5. ____ wouldn't taste so good without fruits that grow on trees.
- 6. Cellulose powder keeps the grated ______
 you sprinkle on your spaghetti from
 getting lumps in it.
- 8. Tar from pine trees is used by _____ players for a good grip.
- Nothing tastes better than a hamburger grilled over hardwood ______.
- 11. A lot of people depend upon_____ from trees used to treat diseases.

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Many forests and trees living in the United States today have been alive for hundreds and even thousands of years. They have survived through good times and bad, droughts and floods, and have shared shade with some pretty famous people!

3051 BC AND STILL ALIVE!

Well over 5,000 years ago a seed germinated on a mountain in what is now Inyo County, California. The seed grew into the oldest LIVING organism on earth, a Bristlecone Pine tree! This tree has grown through



BRISTLECONE PINE

generation after generation of the Native Americans that still call the area home. The name "Inyo" came about when the first white settlers asked the local tribe the name of area mountains and tribe members replied that it was the "land of Inyo".

INSPIRATION

Helen Keller is one of the most amazing women in history. Born in 1880, she was a writer, a political activist and a lecturer. She was also deaf and blind. She learned to communicate with Braille and was the first deaf and blind person to earn a bachelor degree in the U.S. She dedicated her life to helping those who suffered with the same disabilities all over the world. She often wrote about trees. One of her favorite trees is now over 200 years old and is living at the Ivy Green estate in Alabama. She wrote about how important this tree was to her as a child, feeling its bark and even crawling into a hollow of the tree!

Use the Braille Alphabet Key to fill in the blanks below and discover the name of one of Helen Keller's favorite trees.

A •0 00 00	B •0 •0	C 00 00	D •• ••	E •0 0•	F •0 00	G ••• ••
H •0 •0	 00 00 00) 00 00	K ●0 00 ●0	•0 •0 •0	M •• • • • •	N •• ••
• o • o • o	P • 0 • 0	Q •••	R •0 •0	\$ •• ••	T ••	U •0 •0
	• O • O	W •• ••	X ••	Y ••	Z •0 ••	

"To me a lush carpet of pine needles or spongy grass is more welcoming than the most luxurious Persian rug." - Helen Keller



On April 19, 1995 a federal

building in Oklahoma City was

bombed. Because
of the blast, 168
people lost their
lives, another
680 people
were injured
and over 300
buildings in

a 16 block area
were either destroyed or

damaged. An American elm tree stood across from the federal building and some of its limbs and bark were blown off, car parts and other pieces of debris were buried in the tree. But, it was still standing. People from the community worked with the Oklahoma Forestry Services to save the tree. It is now part of the memorial site for the victims of the bombing and has become a symbol of hope and resilience.

NOT ALL FORESTS ARE ALIKE

Forests are found all over planet Earth. One of the ways forests are classified is by the types of trees most commonly found in them. There are two basic types of trees to look for—deciduous and coniferous.



also referred to as hardwoods.

These trees have broad, flat leaves that change colors as chlorophyll production diminishes in autumn preparing the tree for winter. Their seeds are produced in clusters or in fruits.

Coniferous trees

Coniferous trees are referred to as softwoods. Most conifers have needle-shaped leaves that stay green year round and their seeds are produced in cones.

Unscramble the tiles and put them in order to find some examples of deciduous and coniferous trees that may grow in your neighborhood.

PRUC	OAK,	TRE	МАР	ARE	EROU	ES A
E, S	US.	ORY,	PIN	ONIF	S .	ніск
REES	R E C	ARCH	IR A	E, F	IDUO	
АРР	LE T	LE,	ND L	AND	DEC	MIN

SNACK TIME

Unless you are a certain type of beetle or maybe a termite, a tree cookie probably isn't what you'd like for a snack. A tree cookie is a slice cut from a tree trunk that shows the layers that make up a tree. The number of layers, also called rings, tells us the age of a tree. Each layer can also tell us something about the climate that year and any trauma the tree could have survived, like forest fires or insect invasions. The oldest layers of the tree are in the center and the newest layers are closer to the bark. Wider rings indicate a good growing season - plenty of rain, mild temperatures, etc. Narrow rings can indicate a poor growing season - drought, extreme hot or cold temperatures, etc. Dark, uneven spots can be a scar left by a fire or an injury to the tree from lightening. Small tunnels are usually a sign of damage done by insects. One light colored ring and one dark colored ring equals one year of growth.



In the year 2001 germination took place. Write "2001" on the line pointing to the center of the tree.



2. Write "fire" on the line pointing to a scar. What year did the fire occur?



3. Write "rainy" on the line pointing to the wide layer. How old was the tree that year?



4. Write "drought" on the line pointing to the narrow ring.

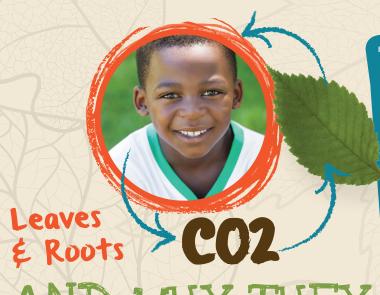


5. Pretend the growth of this tree represent your life, draw lines and label them with the year and event:you were born, you lost your first tooth, you learned to ride a bike and when you started school.



Trees help lower the temperature when it's hot outside with their shade and the evaporation of water through their leaves. The evaporation from a single tree can cool the air temperature as well as 10 room size air conditioners.





AND WHY THEY MATIER TO ME

THE CARBON CYCLE

Leaves + Me - Less Carbon Dioxide

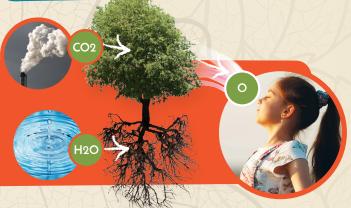
Less carbon dioxide is being put into the air when we burn fossil fuels, like coal and oil, to power our energy needs. Trees are an important part of the climate solution, because they take carbon dioxide from the air, and produce oxygen. Moving to use of renewable energy sources is another part of the solution. We breathe in oxygen - made by the leaves of plants and trees - and exhale carbon dioxide (CO2). We aren't the only thing putting out the CO2 - it is put into the air by furnaces, car exhausts, etc. During photosynthesis, CO2 enters leaves through tiny pores called stomata. Trees use the CO2 from the air + hydrogen from water (H2O) in the soil + energy from the sun to make sugars that they store in their tissues and use for energy they need to live and grow.

As a gallon of gasoline is burned by an engine, about 20 pounds of CO2 is produced. The average mileage for a vehicle is 12,000 miles per year. It takes 12 trees to remove that CO2 from the air if your car gets 30 miles per gallon.

THE OXYGEN CYCLE

Leaves + Me = Oxygen

Oxygen is required for <u>survival</u> and trees are required to make oxygen. In addition to the <u>carbohydrates</u> (sugar) made by trees during <u>photosynthesis</u>, they also make oxygen! During photosynthesis the <u>hydrogen</u> (H) molecules from water (H2O) are combined with the carbon (C) molecule from carbon dioxide (CO2) and the oxygen (O) <u>molecules</u> are released into the air. Just what we need to <u>breathe</u>!



THE WATER CYCLE

Roots + Me = Clean Water

Energy from the <u>sun</u> heats trees up like it does everything else. As trees warm up, they lose water through <u>evaporation</u>.

This water ends up as <u>vapor</u> in the atmosphere and when it cools we end up with <u>precipitation</u> – rain, snow, <u>sleet</u>, etc. As the water hits the ground some of it soaks through the soil and becomes <u>groundwater</u>. Some of the water becomes <u>runoff</u>. This happens in <u>urban</u> areas where there are a lot of sidewalks, streets and other <u>hard</u> surfaces. Runoff flows into lakes, <u>streams</u>, ponds and the ocean. Tree roots are great because they help hold <u>soil</u> in place which keeps chemicals from runoff from being carried into <u>surface</u> water and ground water. They also keep the soil itself from ending up in our water <u>supply!</u> The roots also soak up groundwater for the trees to use once again and the <u>cycle</u> continues!

TRICKY TREES Let's pretend you just bought 8 trees and you want to plant them in 4 rows with 3 trees in each row. How are you going to do it? Answer on page 8

Find and circle the words that are underlined in the puzzle as you discover why leaves & roots matter to YOU!

Ε	Ν	S	Т	R	Ε	Α	М	S	S	S	Ε	C	R	Р	
G	Е	0	Q	R	D	S	Ε	Z	U	U	Α	Н	Ε	Н	
Α	Ν	U	-1	R	Е	L	U	R	L	R	Ν	Υ	Т	0	
Ε	Е	G	Α	Т	U	D	٧	R	В	Р	Α	D	Α	Т	
L	R	Н	Α	С	Α	1	-1	0	F	Т	М	R	W	0	
-1	G	S	Ε	S	٧	R	Н	X	Α	Α	Т	0	D	S	
М	Υ	L	L	Α	0	Υ	0	М	0	R	С	G	Ν	Υ	
W	0	R	L	Ε	D	L	0	Р	Ε	1	Ε	Ε	U	Ν	
М	Χ	Χ	0	R	Е	Т	-1	Ε	Α	Χ	D	Ν	0	Т	
Ε	X	Н	Α	U	S	Т	S	Ν	Н	٧	W	R	R	Н	
Ε	Н	Т	Α	Ε	R	В	W	Α	Ε	K	Ε	0	G	Ε	
C	Е	С	Υ	С	L	Ε	L	R	U	N	0	F	F	S	
S	Ν	Α	В	R	U	Ε	Υ	L	Р	Р	U	S	C	1	
K	N	0	1	Т	Α	Т	-1	Р	1	C	Ε	R	Р	S	
U	Α	S	0	1	L	S	L	N	Ε	G	Υ	Χ	0	W	

DO YOUR PART!

We can't survive without trees and forests. They are disappearing quickly. We all need to do our part when it comes to conserve forests. Here are a few ideas to get you started:

L Cut down on the amount of paper you use. Use a box to collect reusable paper that can be used for scrap paper and always use both sides of paper.

2. Visit a forest and be sure to stay on marked trails. If you picnic or camp in a forest, always be very careful with grills and campfires.

FOREST TERMS

the name.

Cloud Forest: also called a fog

forest, are usually evergreen with

a warm, moist climate. They are

often covered with clouds, hence

Rainforest: a dense evergreen

forest usually found in tropical

climates with a yearly rainfall

between 250 and 450 centimeters.

Reduce, reuse and recycle.

Try to live in a way that creates as little waste as possible. Recycle what you can and buy recycled when you can.

Consider buying products with less packaging.

4. Go to Use organic and/ or natural solutions for pests, weeds or fertilizing your yard.



Plant a native tree! If you don't have yard space, then plant one in a large pot and place it on your deck or porch. Volunteer at a local forest and help pull invasive weeds.

ASKMAXINE



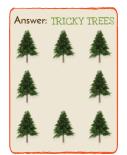
Maxine worked for NACD for 47 years. That's why we always ask Maxine.

Question: I read that frogs are one of the animals that live in trees. I didn't know that - I thought that all frogs lived in water. Do you know about any frogs that live in trees?

Answer: Why certainly! There are different species of frogs that live in trees all over the planet. One of my favorites is the Glass frog.

Glass frogs are an arboreal amphibian. Most of their body is a light green in color but the flesh over the lower surface of their body is transparent. They are so interesting because you can see their heart, liver and gastrointestinal tract. You can even see their heart beating!

These frogs are little critters - only 1.2 to 3 inches long and they live in the cloud forests of Central and South America, as well as the Amazon and Chocoan rainforests. We have many types of frogs in the United States. You can hear them a night in the spring and summer.







www.fs.fed.us/learn/kids





National Association of Conservation Districts (NACD) www.nacdnet.org Answer Key Pg 2: Us or Them-Cut down to BUILD, yes, yes. Live IN trees, yes, yes. Eat fruit, yes, yes. Use shade, yes, yes. Store food, no, yes. Raise babies in trees, yes, yes. Gather honey from trees, yes, yes. Pg 3:

Across-4 paper, 7 lumber, 10 toothpaste, 12 price, 13 fibers, 14 football.

Down-1 diapper, 2 syrup, 3 toilet, 5 smoothies, 6 cheese, 8 baseball, 9 charcoal, 11 medicines Pg4: Helen Keller's favorite tree: Water Oak

Pg 5: Not all forests are alike—Oak, maple, hickory, and apple trees are deciduous. Pine, spruce, fir and larch trees are coniferous. Pg 6: tree are deciduous. Pine, spruce, fir and larch trees are coniferous. Pg 6: tree

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NACD stewardship@nacdnet.org

Content Writer/Researcher: Teresa D. Southerland

Content writer/ nesearcher, leresa D. Southerland

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