

The Beauty Of Trees!

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Trees are a *really* big deal! They help humans in more ways than we could ever imagine. Just to name a few: they can create oxygen for us to breathe, they clean the air, they even provide food. Just stop and think about what your life would be like without all of those things. Naturally, It wouldn't be the most desirable life.

The benefits of trees go beyond just satisfying our basic needs, they also help improve one's serotonin levels. Scenes of nature and walks in the park can help reduce stress levels and help people cope with things going on in their life. They can serve as a moment of clarity for so many. Forests and beautiful parks simply make people happier! The clear air and fresh breeze are all things someone looks forward to when going out. Without trees, none of those things can happen. Not to mention the beauty of them. When the trees are as green as an emerald in the summer, the varying colors in the fall, and the small blossoms in the spring. Simply sitting against the trunk and reading a book can be a delightful experience. Why would we want to lose that?