



EcoNugget

Inspiring lessons from trees

- **Provide refuge.** Trees give food, shade and shelter. Be a source of comfort. Provide for others in need.
- **Share your fruits.** Proactively reach out to bring sweetness and sustenance to others.
- **Waste nothing.** Nature never wastes. Tree leaves fall and enrich the soil for new growth. Give back to the world to sustain others.
- **Be supple in the wind.** You're the product of billions of years of evolution. You may be stronger than you think. Bend like the willow to survive life's storms.
- **Be a team player.** In *The Hidden Life of Trees*, Peter Wohlleben says "a tree can only be as strong as the forest that surrounds it." Co-operate. Collaborate. Support each other.
- **Have a lasting impact.** Trees provide oxygen, clean air and water, enrich the soil and support other life after they fall. Leave the world a better place.

More lessons at <https://davidsuzuki.org/living-green/ten-inspiring-lessons-from-trees/>