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Can Planting Trees Really Help Stop Climate Change?



Trees do a lot more than give us shade and clean air—they also help fight climate change. But how does that work?

Climate change happens when too many greenhouse gases, like carbon dioxide, build up in the air. These gases trap heat, which causes Earth's temperature to rise. One big reason for this is burning fossil fuels, like coal, oil, and gas. Cars, factories, and power plants release a lot of carbon dioxide.

Here's where trees come in. Trees "breathe in" carbon dioxide from the air and use it to grow. This process is called photosynthesis. During photosynthesis, trees take in carbon dioxide and release oxygen. That's great for us and the planet! When we plant more trees, we remove more carbon dioxide from the air. This helps slow down global warming.

Forests are often called "carbon sinks" because they store so much carbon. But when trees are cut down, especially in large numbers, that carbon is released back into the air. That's why protecting forests is just as important as planting new ones.

Trees also help in other ways. They keep soil from washing away, give homes to animals, and even cool the air by providing shade. In cities, planting trees can reduce the need for air conditioning, which also helps cut down on energy use and pollution.

However, planting trees alone won't stop climate change. It's a helpful part of the solution, but we still need to reduce pollution from cars, factories, and other sources. People around the world are also working on using clean energy, like wind and solar power.

So, can planting trees help stop climate change? Yes—but only if we do it along with other smart choices. If we all work together to plant trees, protect forests, and use cleaner energy, we can make a big difference for Earth's future.