



To my great-nephew Guri, with love.

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Our Forests © 2026 Yuval Zommer
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FORESTS FOR THE FUTURE

How do forests help our planet?

Forests are not just an important source of food and shelter for people and wildlife, they are vital for the health of our planet. When forests are cut down, we lose much more than just trees.

Breathe in

Forests are Earth's big, leafy lungs. Trees and plants release oxygen, the gas that people and animals need to breathe to stay alive.

Happy homes

Forests are home to about 8 out of 10 of all living things that are found on land.

Cool down

Forests can slow down the effects of climate change. Trees absorb carbon dioxide, which is the gas that traps heat in the Earth's atmosphere and causes global warming.

Drink up

Forests help to prevent flooding because the roots of large trees suck up hundreds of litres of water.

WHAT IS A FOREST?

Forests are large spaces packed with trees and wildlife. Nearly a third of our planet's land is covered by them. It can take hundreds of years for a forest to fully grow.

Forest edge

The edge of a forest gets more sunlight than the deep, dark centre. The extra light allows more plants to grow here.

Grassy glades

A glade is an open area amongst the trees. You might find deer munching the grass here.

Forest maze

Some forests have paths between the trees, which make them easy to explore. But sometimes thick bushes, tangled vines and fallen trees can block the way.

Wood wide web

Underground, a complicated web of roots, fungi and bacteria connect all the trees together.