



Lean Into Trees

PAUSE. CONNECT. RELAX.



Lean Into Trees

Helping people pause, connect and relax

Thank You for Supporting the Lean Into Trees Movement

Lean Into Trees is a wellbeing initiative encouraging people to stop, connect with a tree for two minutes, and experience the calming benefits of nature.

Our vision is simple:

Let's normalise connecting with trees.

Research continues to show the benefits of spending time in nature, yet many of us walk past these remarkable beings every day without noticing them. A simple pause, a hand on a tree, a lean against the trunk, or a few mindful breaths can help reduce stress, regulate the nervous system and reconnect us with the natural world.

Your Mission

To place **10 Lean Into Trees cards** on suitable trees in prominent parks and public spaces around your city. (More can be printed from our website but might need to be printed on card or put in plastic)

Please:

-  Select **large, healthy, accessible trees**
-  Place cards at approximately **eye height**
-  Choose locations where people naturally pause, walk, exercise or gather
-  Use the supplied pins provided with the cards
-  Ensure cards are secure and clearly visible

Ideal Locations

- City parks
- Botanical gardens
- Walking trails



WEBSITE
leanintotrees.org



EMAIL
hello@leanintotrees.org

FOLLOW THE MOVEMENT



One person. One tree. One moment of connection.



Thank you for helping grow the Lean Into Trees movement.
Together, we can create a more connected world.



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- Riverside paths
- Community recreation areas
- Popular green spaces

Help Us Spread the Word

If possible, we'd love you to:

 Take photos of the trees where cards are placed

 Add geolocation tags

 Post to Instagram, Facebook or other social media

 Tag:

@LeanIntoTrees

 Include hashtags such as:

#LeanIntoTrees

#PauseConnectRelax

We'd love to repost your photos and celebrate the local community helping this movement grow.

Local Ideas Welcome

We're looking for people who genuinely connect with the idea and can help us identify opportunities in their community.

Some examples include:

- Local media stories
- Community groups
- Schools and universities
- Nature groups
- Wellness practitioners



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- Councils and park networks
- Local influencers and ambassadors

If you have ideas, we'd love to hear them.

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Thank you for helping us create a healthier, calmer and more connected world—one tree at a time.

Website: leanintotrees.org

Email: hello@leanintotrees.org



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