The Trees That Let Go

Deciduous Trees

Zara and Eli loved autumn walks with Ms. Bennett.

One bright morning, they stepped into the park and heard leaves crunch beneath their shoes.

All around them, trees were turning gold, orange, and red.

"But why," Zara wondered, "were the trees letting go of their leaves?"



Science Idea

Deciduous trees change with the seasons. They grow leaves in spring and summer, then let them go in autumn.

What Makes a Tree Deciduous?

Ms. Bennett knelt beside a pile of leaves. ‘These are deciduous trees,’ she said. ‘That means they grow broad leaves in spring and summer, then drop them when autumn arrives.’

Zara looked around. Some trees were still green, but many were glowing yellow, orange, and red. ‘So the trees are changing with the season,’ she said.

‘Exactly,’ said Ms. Bennett. ‘They are getting ready for winter.’



Science Idea

A deciduous tree is a tree that sheds its leaves each year, usually in autumn.

Five Trees to Find

The trail became a tree treasure hunt. First they found an oak, with strong branches and acorns below. Then they spotted a maple, its leaves shaped like little stars.

An elm stretched high above the path. Nearby stood an ash tree with leaves made of many small leaflets. At the edge of the trail, a birch tree shimmered with pale bark and golden leaves.

‘Oak, maple, elm, ash, and birch,’ Eli said proudly. ‘All of them are deciduous trees!’



Examples

Common deciduous trees include oak, maple, elm, ash, and birch.

Science Fables

Why Do the Leaves Fall?

Ms. Bennett held up a leaf. ‘In winter, water can be harder for trees to get, and sunlight is weaker,’ she explained. ‘Leaves lose water, so keeping them all winter would be difficult.’

‘So the tree lets them go to save energy?’ Zara asked.

‘Yes,’ said Ms. Bennett. ‘Dropping leaves helps the tree rest and survive the cold season. Then, when spring returns, new leaves can grow again.’



Science Idea

Deciduous trees drop their leaves to save water and energy during colder or drier seasons.

Resting Now, Ready Later

On the way back, Eli picked up an acorn and Zara found a spinning maple seed. ‘Even when the leaves fall, the tree is still preparing for the future,’ Ms. Bennett said.

She showed them tiny buds resting on a branch. ‘Inside these buds are the beginnings of next spring’s leaves.’

Zara smiled. ‘So the tree is not giving up. It’s just taking a smart winter rest.’

Crunching through the leaves, Eli grinned. ‘And when spring comes, the whole forest will dress itself again.’



Look Closer

Acorns, seeds, and buds help trees continue their life cycle.

Science Fables

Science Element

Deciduous trees are trees that shed their leaves each year, usually in autumn. They grow broad leaves during the warmer months, but when days become shorter and colder, they drop those leaves to conserve water and energy. In spring, they grow new leaves again.

Examples of deciduous trees include oak, maple, elm, ash, and birch.

Their yearly pattern helps them survive changing seasons.



The forest was not losing its beauty. It was changing for a new season.

Science Fables