

Plants Can Help us Feel Better!

L A N I G I R O B A U O S S T
G J B A F Q D K I P M E T E E
U D M E N O N G I Z V B D I G
D B I N A D J C L A W I R R P
W A B D E R P F E L H R O R Z
S Z T E E V B L A E A C V E N
B Y G F Q K G E A Z E H V B V
Z H J W B R P L R I R B E Q S
X E U I L A T C S R B Q Q R Y
T Y S Z E H N V H T Y L E E R
O F K T Y G Q X B C O D A D G
S W E E T G R A S S L O Y L H
Z S R G J S K G A E B T R H X
O W D W R B K Z T S A Q P A U
K F O I N U G G J B N J G S W

ABORIGINAL
BIRCH
LEAVES

BEARBERRY
ELDERS
ROOTS

BERRIES
HEALTHY
SWEETGRASS