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Many cultures all over the world have systems of traditional plant medicine.

Native American  
China  
Africa  
Greece  
Central and South Americas  
Iraq  
Turkey  
Japan  
India  
Iran

- Read and discuss: *The Shamans Apprentice A Tale of the Amazon Rainforest* by Lynn Cherry Mark Plotkin
- *The Legend of Ladyslipper* Use Lunge-Larsen Margi Preus
- *Song of the Seven Herbs* Walking Night Bear and Stan Padilla

### **How do you think people learnt about how to use plants for healing?**

Observation (Observing the animals, especially the bears and deer)

### **Exercise to enhance Observation**

Have you ever observed something closely. Can you spend one whole hour, 10 minutes etc (age appropriate time) observing you plant, your pet?

Pretend you are a cat (an ant, a bird etc.) Prowl around the yard carefully examining everything you come into contact with.

### **Plant Meditation and Movement**

Imagine being a plant. Let your toes grab the earth/ground. Send your roots deep into the soil in search of food and water. Imagine the fuel moving up you. Feel the sun shining on you, feel your growth. Feel your roots. Feel the rain sprinkle on you. Can you make up a dance for a plant in hot weather and a plant in the rain?

### **Yoga**

Teach your child the "Sun Salutation" Yoga routine. You'll find it in most good quality books. Encourage your child do several rounds of it daily in front of the garden before getting to work. It is great for the mind, body and spirit.