Keep It Wilde Missions

Name:

Week #2


New animal friends are being born all around our homes: birds, insects, rabbits, deer, slugs, snakes! Find one and observe it. How long can you track its growth? A day? A week? What other baby critters can you find?

Go watch the sunrise and feel the new day energy wash over your body! Now be a sunrise for someone else today... use your smile, laughter, warmth & gifts!

Take a cold water plunge, dip or swim! Feel the cleansing & invigorating effect on your body & mind!

Stinging Nettle is full of Iron & Vitamin A! Harvest a bunch and include it in at least one meal a day. BONUS: USE IN DESSERT!

Note: Cook or Dehydrate to eliminate the Sting.

Find a Big Leaf Maple Tree! Harvest some of its delicious flowers. Try eating them in pancakes, cookies or sprinkling them onto a salad.

Learn to ID these 5 common edible plants:
- Miner's Lettuce
- Sheep Sorrel
- Chickweed
- Bittercress
- Dandelion

Wisdom Of The Earth Wolf Kids

Thriving Roots Wilderness School