

# Plant Teachings

## Lighting the Way

November 7<sup>th</sup> 2020



Urban Indian  
Health Institute  
A Division of the Seattle Indian Health Board



Seattle Indian Health Board  
*For the Love of Native People*

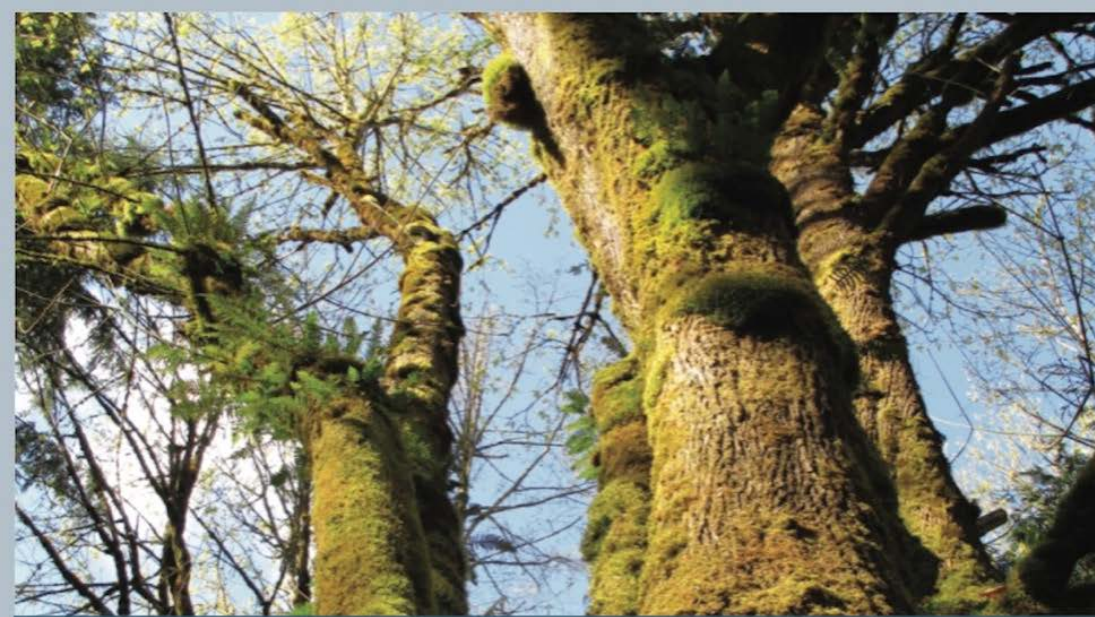


# PLANT TEACHINGS

## FOR GROWING SOCIAL-EMOTIONAL SKILLS

*Cultivating Resiliency and Wellbeing with Northwest Plants*

A COLLABORATIVE PROJECT BY  
GRUB AND NORTHWEST INDIAN TREATMENT CENTER





**PLANT TEACHING CARDS**

A Tool for Connecting with Plants,  
Cultural Traditions, and  
Social & Emotional Skills

**WILLOW**

*Flexibility*

**HAWTHORN**

*Courage*

**ALDER**

*Build Community*

**NETTLE**

*Build Inner Strength*

**LICORICE FERN**

*Find Your Voice*

**WILD STRAWBERRY**

*Embrace the Moment*

**CAMAS**

*Reciprocity*

**CEDAR**

*Kindness & Generosity*

**WILD ROSE**

*Love and Protection*

**BIG LEAF MAPLE**

*Willingness*

**DOUGLAS FIR**

*Adapt*

**YARROW**

*Boundaries*

**PLANTAIN**

*Self-Soothe*

**MINT**

*Clarity and Focus*

**USNEA LICHEN**

*Practice "Both/And" Thinking*



# DANDELION

A photograph of a field of yellow dandelions in the foreground. In the background, there is a body of water, possibly a lake or a wide river, with a rocky shoreline. The sky is overcast with grey clouds. The image is framed by a green border at the top and bottom.

*Problem Solving*





# Dandelion

*Taraxacum officinale*

Leaves, buds and flowers are edible and have been a prized food for centuries





# Dandelion bud pickles

With vinegar, garlic, and herbs







Try adding dandelion flowers to biscuits, bread, pancakes, casseroles and quiches. Pull them off the base and then chop if they are long. They add fluffiness and a pleasant floral taste.







# DANDELION

I am strong and resilient. My seeds can fly for miles in the wind and take root almost anywhere, including cracks in the sidewalk. Although some think of me as a weed, I improve the soil, and provide nutritious food and powerful medicine.



- *What are some creative solutions to my challenges right now?*
- *What are my forgotten strengths and how can I cultivate them?*
- *How can I break through obstacles and flourish?*



# Problem Solving Worksheet

**Step 1:** What is one challenge you face right now?

**Step 2:** What would you like to see happen with this challenge? Name your goal clearly.

**Step 3:** What do you think is contributing to the challenge? What are the facts? Look for as many perspectives as possible.

**Step 4:** Brainstorm solutions—be creative and think of as many as you can!

**Step 5:** Choose a solution best fits with your goal.

**Step 6:** Put your plan into action.

**Step 7:** Evaluate how it worked. What would you change next time?





# WILD ROSE



*Love and Protection*





Rose for Acceptance (grace)  
Love and Protection





Easy rosehip jam includes dried deseeded rosehips and apple juice





# Rose Infusions









# WILD ROSE



My delicate, sweet-smelling flowers offer beauty, love, and grace. Remember that I also have thorns and set boundaries to protect myself. I am good medicine to help you stay present during times of transition and hardship.

- *I can accept a person or situation, and also establish strong boundaries to protect myself.*
- *How can I act with grace (love and goodwill) when I am in an unstable situation?*
- *How can I be both compassionate and fierce?*

# FIREWEED



*Restore*











# FIREWEED

My seeds fly in the wind and take root on barren ground after fires, slides, or clear cuts.

I heal the land by stabilizing and enriching soil, providing food for animals, and creating a safe space where other plants can grow.



- *What can I do right now to heal myself?*
- *Is there something I can do to repair the harm I have caused others?*
- *What plants, places, and people can help me to heal my wounds and support my growth?*

# YARROW



*Boundaries*







# YARROW

I am known as Warrior Plant—medicine to help people hold strong boundaries in body, mind, and spirit. I help people to reclaim integrity.



- *When I communicate my needs, how can I be direct, clear, and truthful?*
- *How can I stay true to my values with no apologies?*
- *How can I protect myself?*