

Dear Earth Stewards,

A steward protects and takes care of something or someone. When you take care of nature, you're an Earth Steward. There are so many different ways to take care of the environment. Can you think of ways in which you protect planet earth?

Growing food for mental health is one very exciting way to develop your skills as stewards of the earth. We can learn all about our emotions and how they impact the world around us. We can practice mood-boosting exercises while we build strength and healthy habits.

Grow Happy® Day can be adapted to any size classroom or resources available.

Let us share some ways with you which treat the land with kindness while growing healthy food for happy brain chemistry.

Schools across the country are beginning to integrate gardening into their classrooms, but they are often met with challenges in maintaining these traditional raised-beds in the summer months, when food production is at its peak. This is why we have chosen permaculture as the most effective and efficient method of growing food.

Permaculture gardens are intelligently designed to trap rainwater and require little to no additional watering, once perennials are established. Companion-planting and mushroom spore injections employ each plant species to swap nutrients, eliminating the need for fertilizing. Soil layers grow rich with nutrients and your food production increases exponentially, year after year. Cardboard and mulch smother out weeds entirely. Just select a sunlit patch of grass and watch it evolve into a food forest, one small section at a time.

You will also learn about three main neurotransmitters responsible for a healthy happy brain. You will learn which foods boost these neurotransmitters, and why you want those boosted. You will discover that moods are contagious. Better still, you'll learn some strategies to shake a bad mood and fast.

Did you know that dirt makes you happy? There is a bacteria in soil known as *Mycobacterium Vaccae* that actually triggers the release of serotonin in the brain. While you are growing gardening skills, emotional intelligence and food, you're also boosting happy chemistry in sunshine, exercise, and dirt.

Explore the the GrowHappy® Day kit to see what options feel possible, and dig in. Share your progress with us on our GrowHappy® FB and IG pages for a chance to win organic seeds or GrowHappy® swag.

### Let's Plant It Forward!

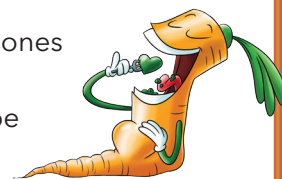
*Grow Happy® is the education outreach branch of Canadian Family Health Counselling.*

#### Your GrowHappy® Kit Includes...

- GrowHappy® Gardens
- Meet Rooty Storybook
- Rooty Colouring Pages
- Game of Mood Tag

#### In Addition You Will Need...

- Seeds and Soil
- Paper Cups, Egg Cartons, or Ice Cream Cones  
OR... Peat Pots and Pellet Greenhouses
- An area to plant your garden which can be smack dab on your front lawn.



## Health and Happiness Worldwide Tour



# MOOD TAG

**Moods are contagious. Pass it on!**



## **Sunshine (Serotonin)**

Brightens our mood, strengthens our immune system and regulates both sleep and appetite. Sunshine puts a spring in our step.



## **Stabilizer (Norepinephrine)**

Soothes both anger and anxiety, leaving us feeling emotionally balanced and strong. Stabilizer is our built-in stress management system.



## **Satisfaction (Dopamine)**

Become more content with the simple pleasures in life. Satisfaction also keeps us feeling focused and motivated.



## **Happy-Healthy Go!**

Happy vibes are highly contagious.

Let's Plant It Forward,  
together.



**NAME**

## Sunshine

(Serotonin)

Sunshine brightens our mood, strengthens our immune system and regulates both sleep and appetite. Sunshine puts a spring in our step.

## Stabilizer

(Norepinephrine)

Stabilizer simmers both anxiety and anger, keeping our emotions in balance. Stabilizer also helps us self-regulate and acts as our built-in stress management team.

## Satisfaction

(Dopamine)

Satisfaction combats restless addictions, allowing us to become more content with the simple pleasures in life. Satisfaction also keeps us feeling focused and motivated.

brussel sprouts  
cauliflower  
celery  
garlic  
green leafy anything  
mushrooms  
onion  
peas  
peppers  
sweet potato  
tomato  
turnip greens  
zucchini

all berries  
avocado  
bananas  
grapefruit  
kiwi  
oranges  
pineapple  
plums  
pumpkin  
sour cherries

all beans  
brown rice  
buckwheat  
chickpea  
millet  
quinoa  
tempeh

oils (olive, flax, walnut)  
pumpkin seeds  
sesame seeds  
sunflower seeds  
walnuts

dark chocolate  
green tea

cheddar cheese  
cottage cheese  
swiss cheese

eggs  
milk

asparagus  
broccoli  
garlic  
ginger  
onion  
yams

all berries  
apples  
apricots  
avocado  
bananas  
goji berries  
grapefruit  
guava  
lemons  
oranges  
papaya  
pears  
pineapple  
pumpkin  
watermelon

all beans  
tempeh

quinoa  
steel cut oats

almonds  
hazelnuts  
oils (walnut)  
peanuts  
pumpkin seeds  
sesame seeds  
walnuts

dark chocolate  
raw cacao powder

cheddar cheese  
cottage cheese  
cream cheese  
mozzarella cheese  
parmesan cheese  
provolone cheese

eggs  
milk

artichoke  
beets  
brussel sprouts  
carrots  
celery  
cucumber  
green leafy anything  
peppers

all berries  
apples  
avocado  
bananas  
prunes  
watermelon

all beans  
tempeh

almonds  
hazelnuts  
pumpkin seeds  
sesame seeds  
walnuts

dark chocolate  
green tea  
honey  
licorice  
peppermint tea

cheddar cheese  
cottage cheese

eggs  
milk  
yogurt



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Source local and organic, whenever possible.

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# MOODTAG

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Find a location for each of your Mood Stations to take up permanent residence.

There's a little magic in muscle-memory and we'd like these habits to stick.

You can choose between setting up a bundle of activities or simply leaving behind the sign to suggest what could happen in each Mood Station.

## **BOOST THE BLUES WITH BERRIES**

The kitchen is an obvious choice, but berries can be set out in bowls most anyplace.

Have a little fun with cooking, baking or planting a berry patch  
smack dab on your own front lawn.

## **YELLOW-BELLIED YOGA**

Yellow yoga mats are fun and easy to find but yellow towels or those interlocking foam squares also do the trick. Yellow sidewalk chalk works too.

## **RED - RIGHT - RETURN**

Red skipping ropes, hoola hoops, pogo sticks, beach balls are easy to find.  
But don't forget that pasta sauce and canned tomatoes are great workout aids as well.

## **GREEN MEANS GO!**

When we are full-up on feel-good energy, now that's a mood worth spreading.

Set up your Green Mood indoors or out with some soil and seeds,  
lots of crafty things for cards of gratitude and Plant it Forward!

This game can be a personal challenge to find your Mood Station when the need arises,  
or it can be played as a challenge between family members.

Simply put, the person with the most amount of visits to each station wins.  
Wins what? Well, we'll let you decide.

If you'd like to share a video of your family at play, we will send you a digital copy  
of our mini colouring book called Rooty, our happy carrot story.

You can email us at [grow@canadianfamilyhealth.ca](mailto:grow@canadianfamilyhealth.ca)

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## ADAPTATIONS

Mood Tag can be adapted to virtually any environment, whether you are in a classroom or at home. From using different corners of a single space to utilising multiple rooms around your house, indoor or outdoor, front yard or back.

Mood Tag is a game built for everyone.

For the Blue station, you have a variety of options. The main ingredient is berries, so you can create any inspired recipe using them. Choices range from berry salads, to berry shakes, combining the mood food's power will strengthen your neural pathways. Your materials can include a blender, cheesecloth for making berry juice, or simply tossing some berries into a bowl for a snack.

In the Yellow station, materials such as foam connecting mats, gym flooring mats, towels, blankets, and pillows are resources that may be readily available whether you're at home or in the classroom.

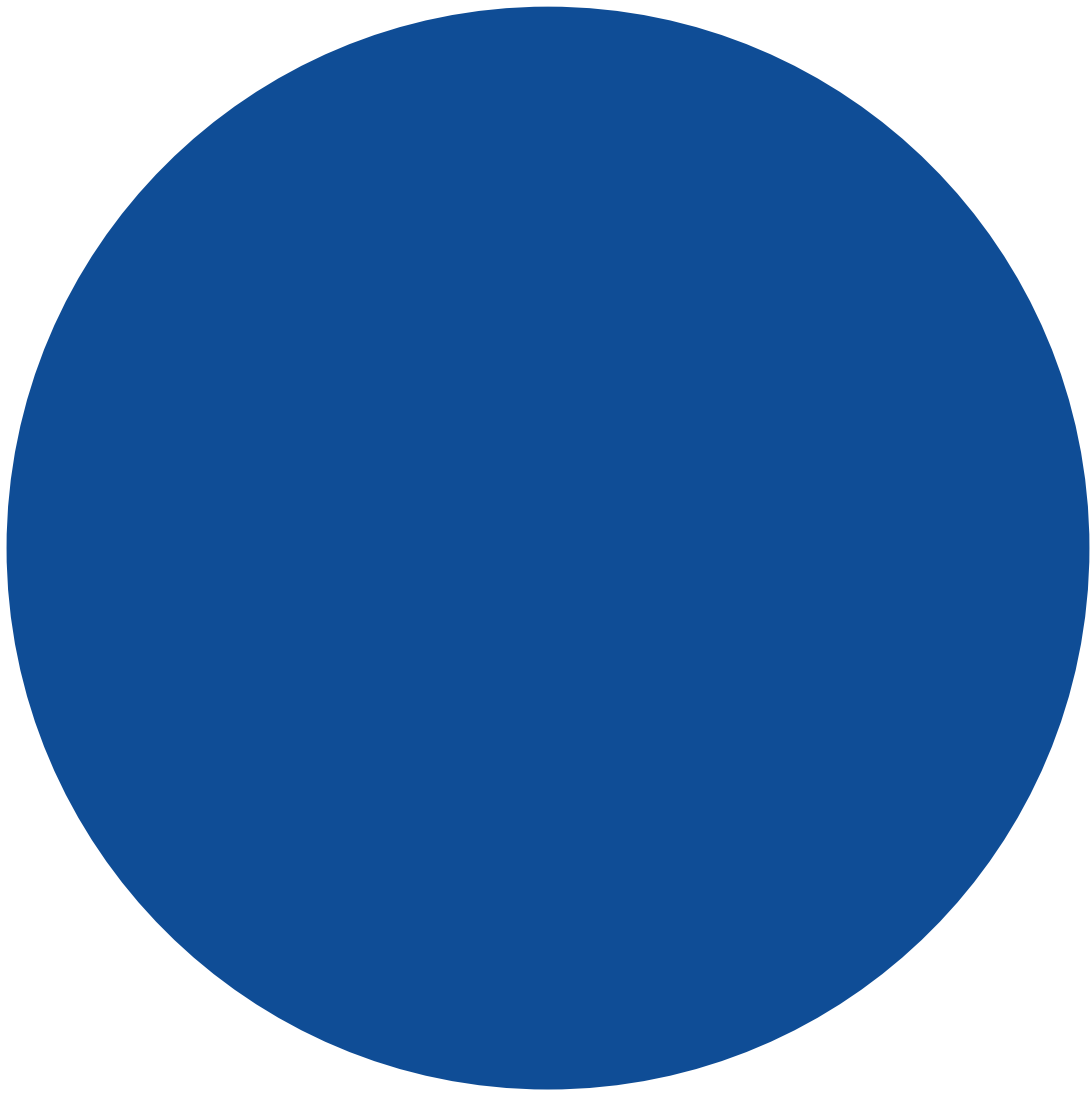
At the Red station, alternate materials that can be used are stress balls, trampolines, scooters, roller skates, or even creating your own obstacle course with whatever you have around you.

Lastly, at the Green station, you can utilise recycled materials and techniques to create your garden, as in using an egg carton to grow seedlings.

To share your happy mood with others, consider using construction paper and markers for making thank you cards or affirmations.

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## BOOST THE BLUES WITH BERRIES

Berries of all varieties offer a range of  
building blocks for happy brain chemistry.

Bowls of fresh berries are beautiful.

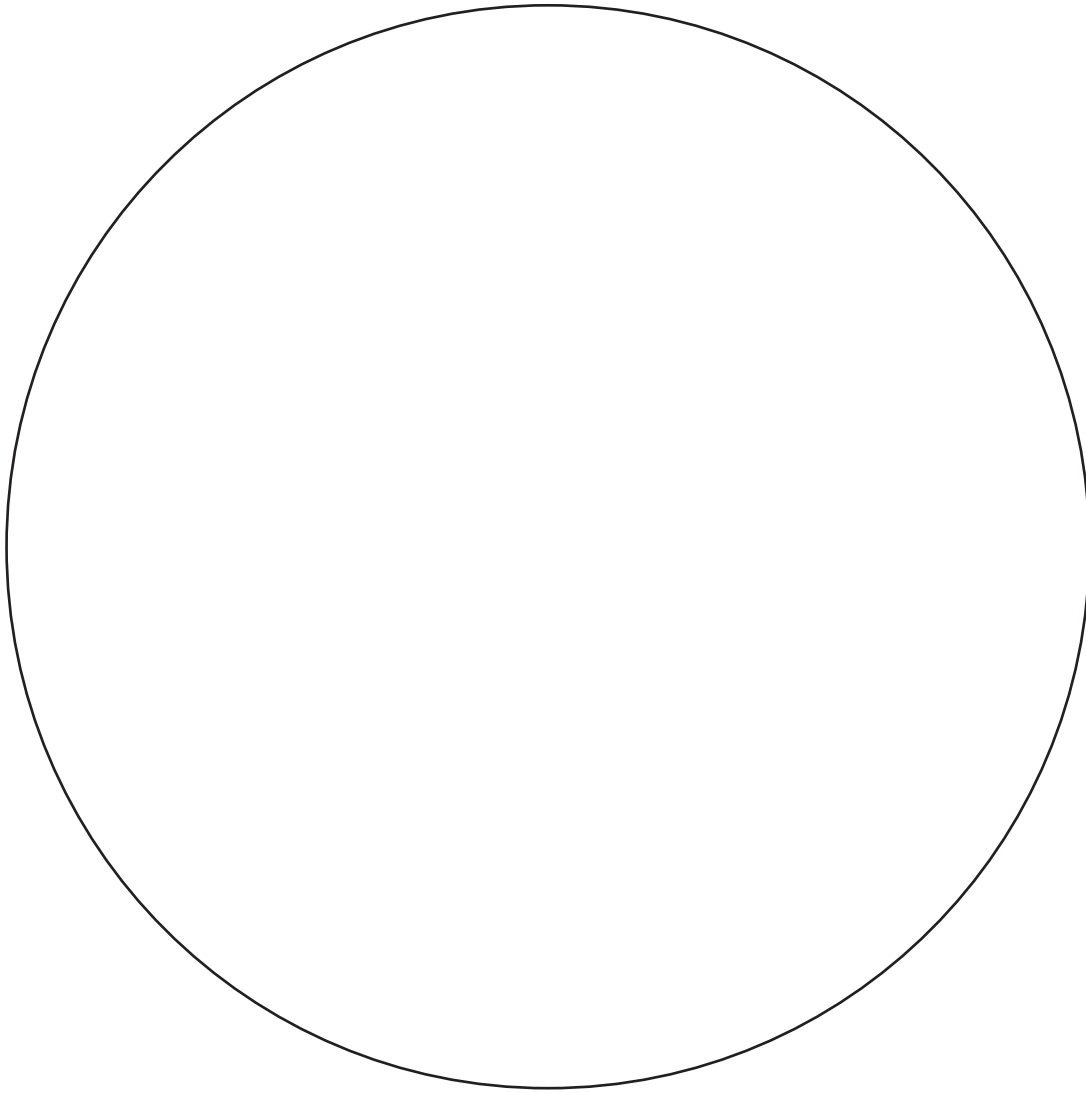
Frozen mixed berries make delicious shakes.

Share your favourite berry-rich recipes with us on Facebook.

Your blues don't stand a chance.

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# HAPPY SHAKE



1

## 1 CUP GREENS

High in iron, which increases energy. High in antioxidants, which blocks the negative effects of free radicals.

It is important to rotate greens, as plants have a natural defence mechanism that protects them from being eliminated by predation and are not to be eaten to excess.

Substitute for swiss chard, kale, or spinach.



2

## 1/2 CUP KEFIR

Really helpful for balancing the gut. 80% of Serotonin is produced there.

Substitute for coconut or water kefir.



3

## UNSWEETENED COCONUT MILK

High in protein to help stabilize the sugars in fruit. Also supplies the brain with up to 2/3rds of its energy requirements. Helps to repair the brain and regenerate new brain cells. Improves memory and learning performance.



4

## 1 FROZEN BANANA

Creates a creamy texture. Adds necessary potassium. Also, BEST EATEN with spots because it increases dopamine levels. Dopamine diminishes addictive tendencies.



5

## 1 TBSP NUTS

Necessary Omega 3's, which are very helpful with both anxiety and depression.

Substitute for hemp hearts, chia seeds, pumpkin seeds, etc.



6

## 1 CUP FROZEN MIXED BERRIES

Excellent source of antioxidants, preventing memory loss. Improves brain cell connectivity by reducing inflammation.



7

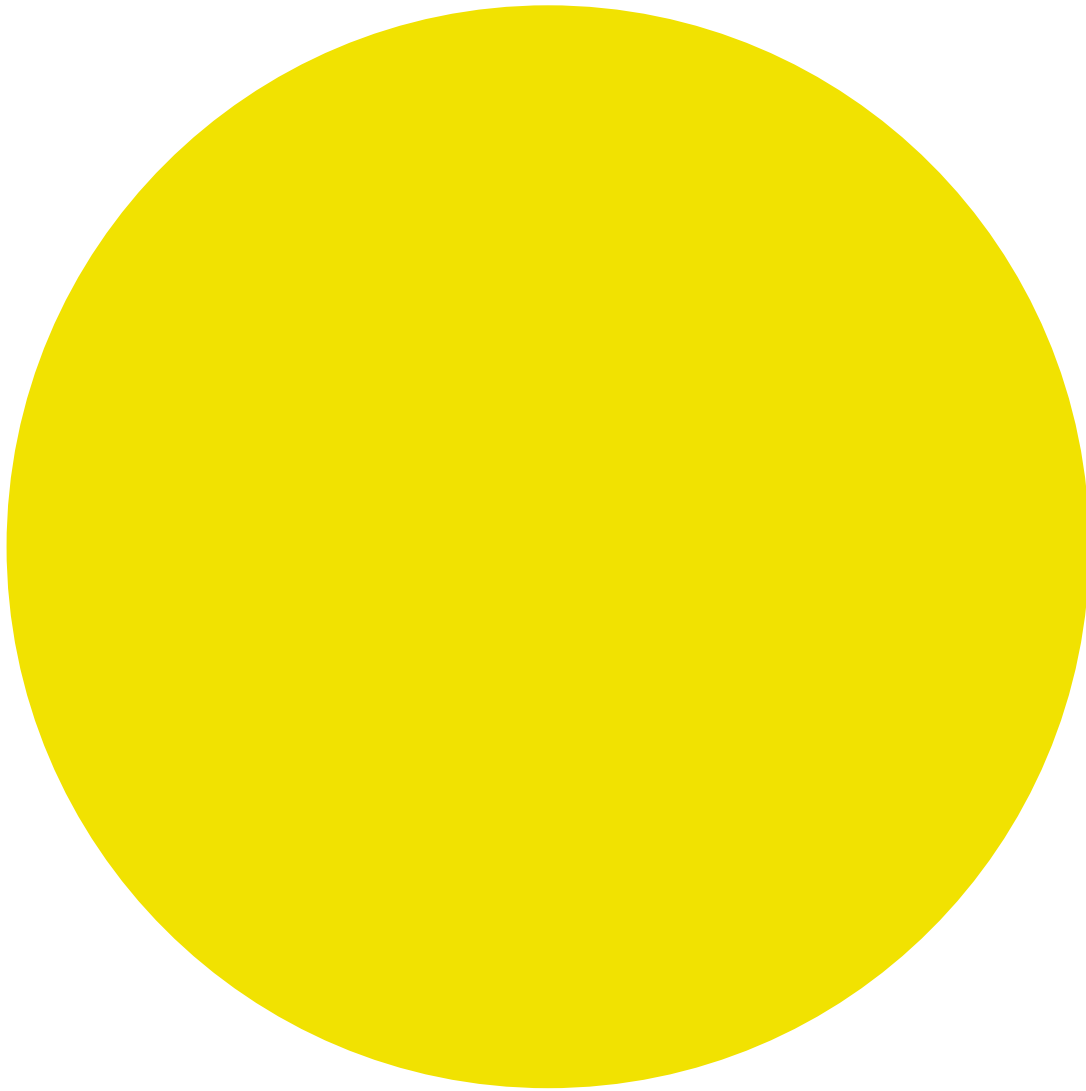
## TOP WITH WATER

The brain is approximately 75% water. Hydration maintains electrolyte balance, regulates body temperature, and balances pH levels.



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## YELLOW-BELLIED YOGA

That FLIGHT or FREEZE response can tangle up our tummies in a knot.

Yoga provides some ways in which to soothe the nervous system.

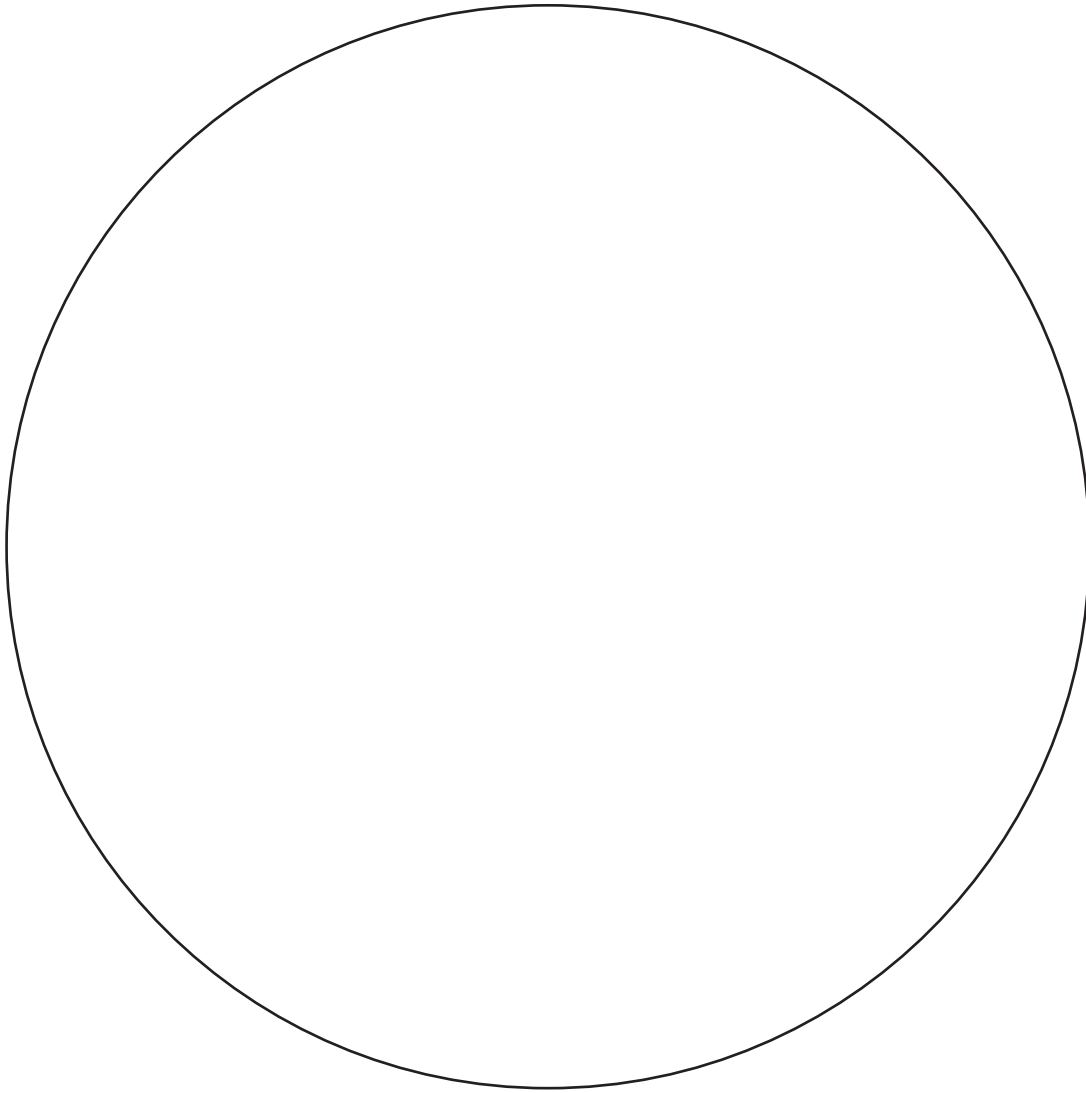
Search these poses and find your favourites: Seed or Child's Pose.

Grow those seeds into a Tree. Cat and Cow Pose. Happy Baby.

Find your favourites and yellow yoga mats, blankets or pillows  
that create some sunshine in your yellow station.

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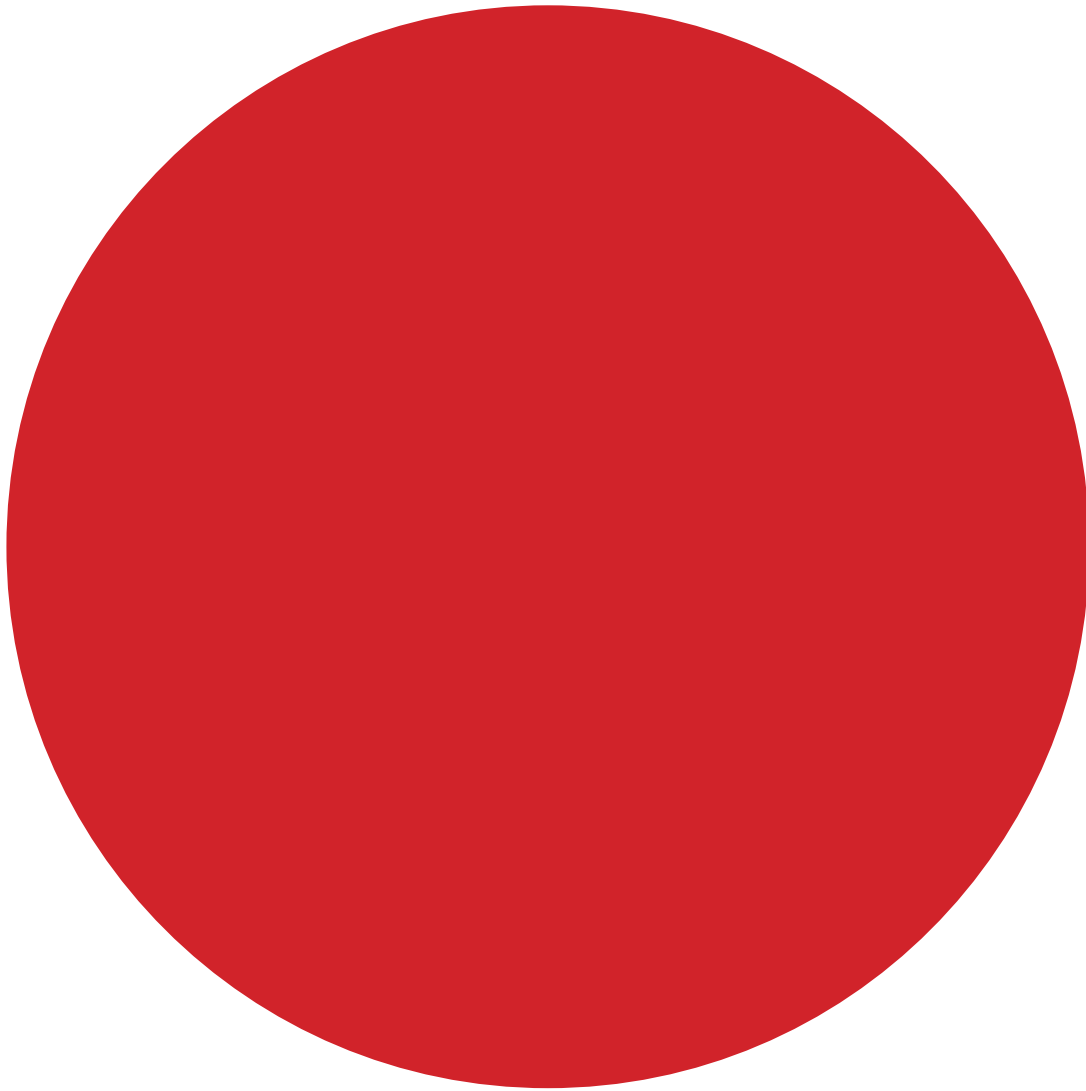
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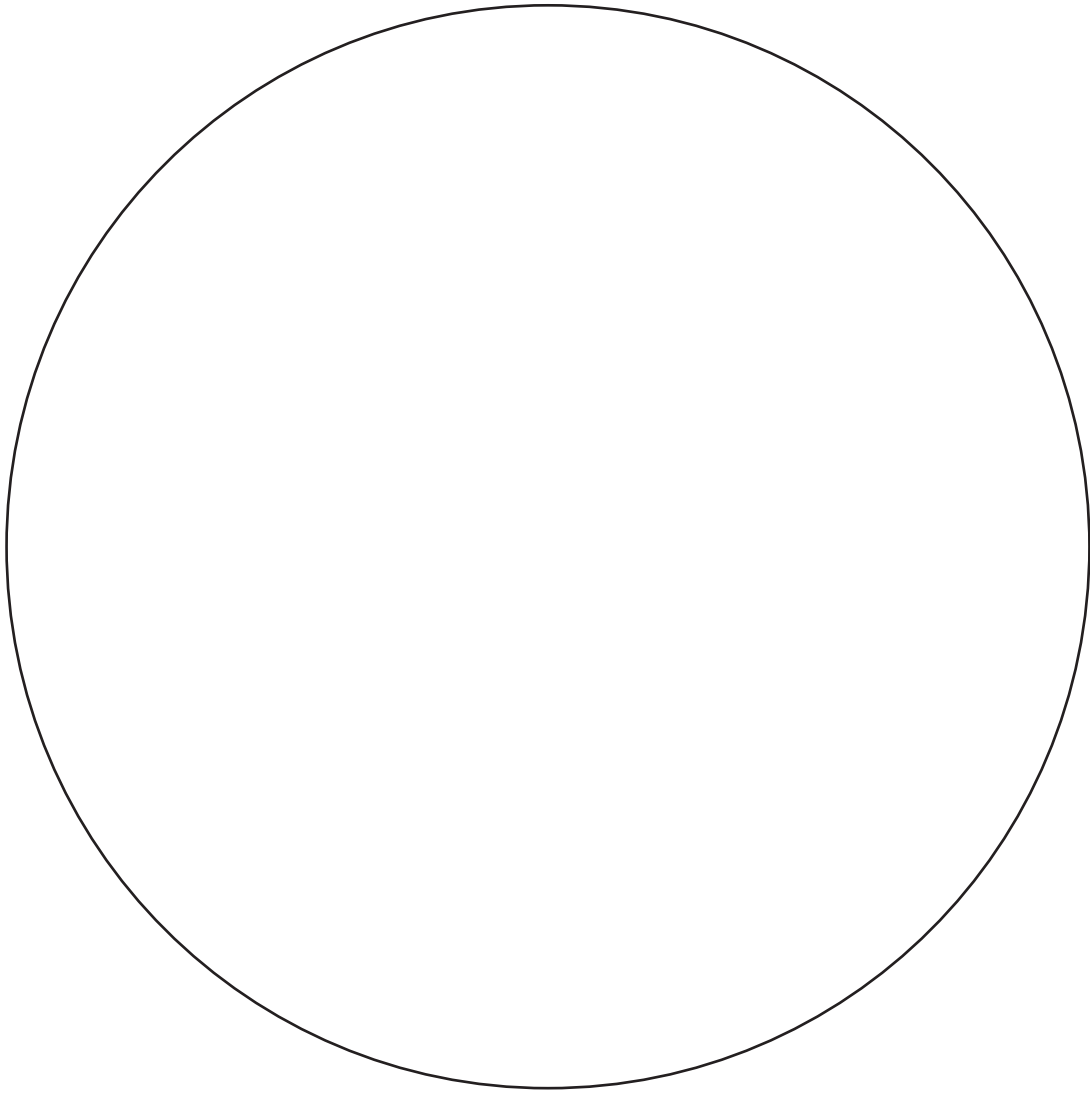


## RED - RIGHT - RETURN

When we're seeing red, nothing good can come of it.  
Anger means our FIGHT response is the one in charge.  
Exercise that excess energy. Load up your red station with  
red skipping ropes, hoola hoops, cans of red pasta sauce  
or diced tomatoes, red beach balls or a shiny red pogo stick.  
RED, RIGHT, and then RETURN.

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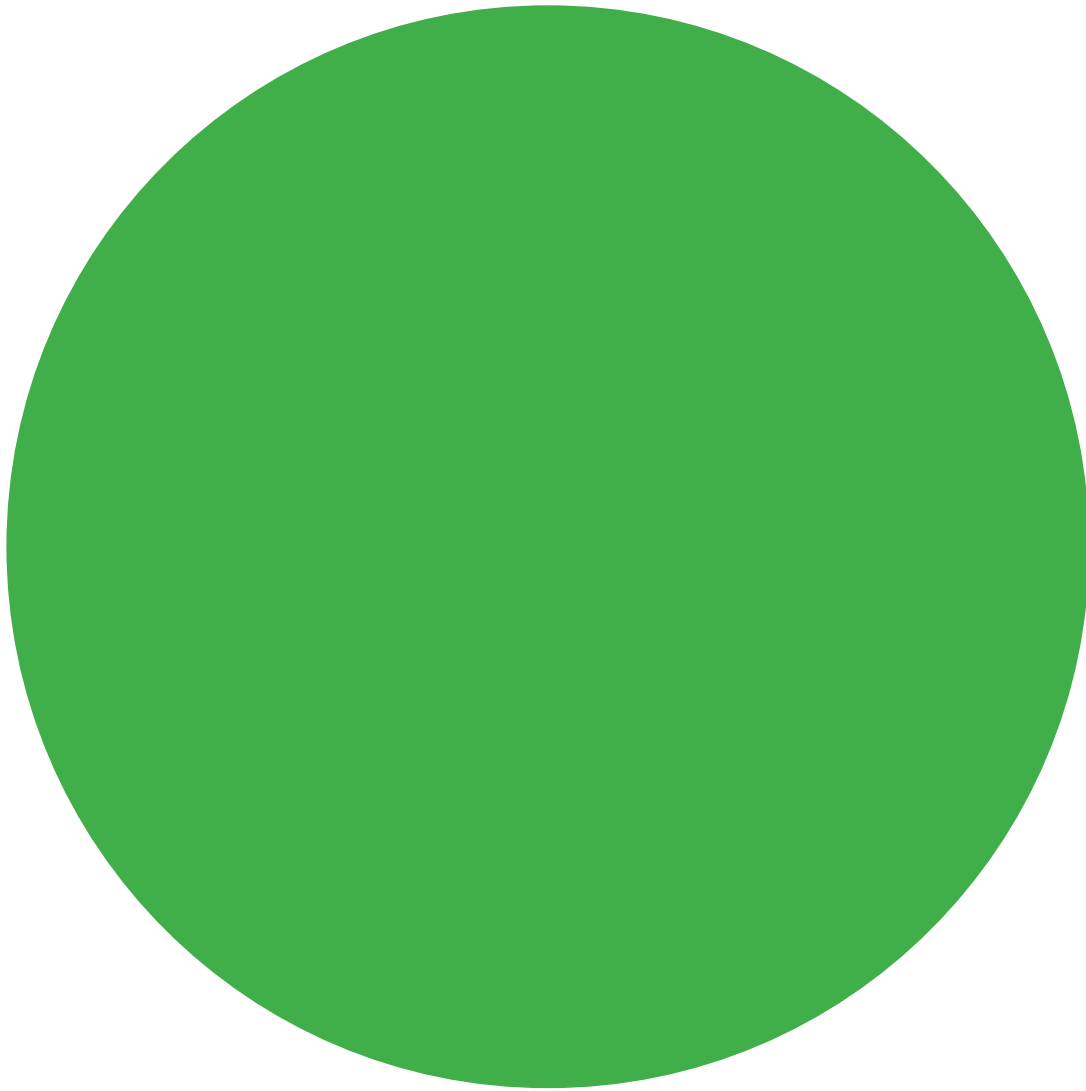


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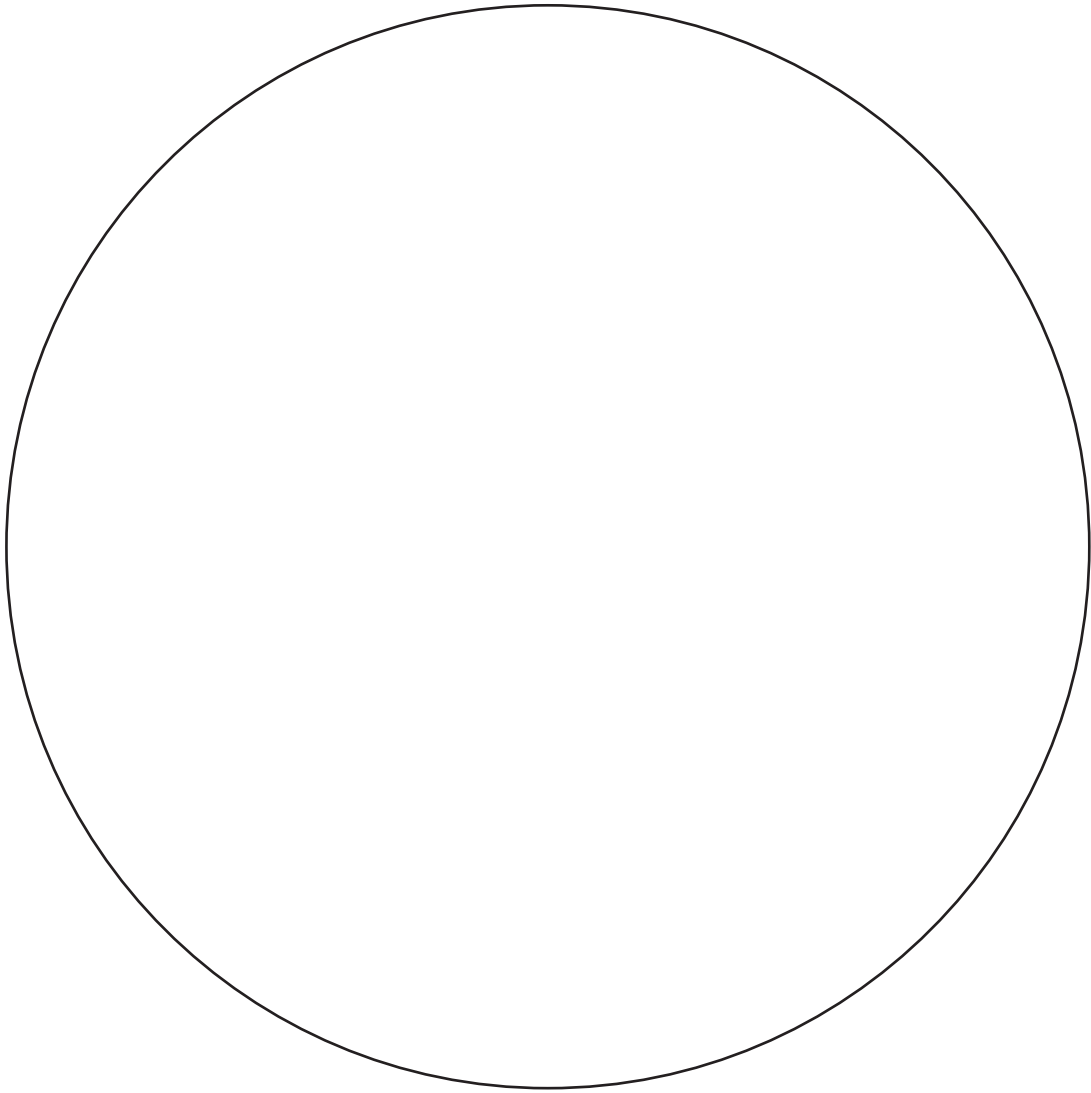


## GREEN MEANS GO

When we're happy and we know it - Plant it Forward!  
Create a station filled with seeds, soil and upcycled pots.  
Add construction paper and coloured pencils or markers for thank you cards.  
Examine the needs in your community and decide where  
you can help another with your happy mood.  
Share your happy vibes - they're contagious.

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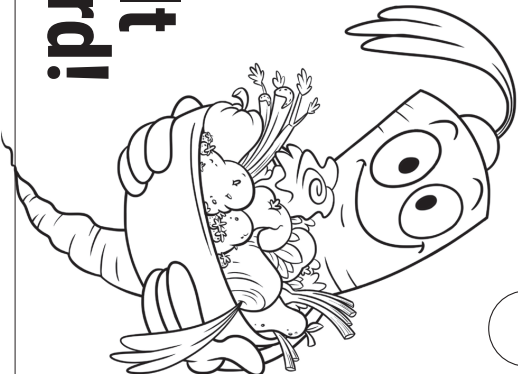
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TO

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Rooty says...

Plant It Forward!



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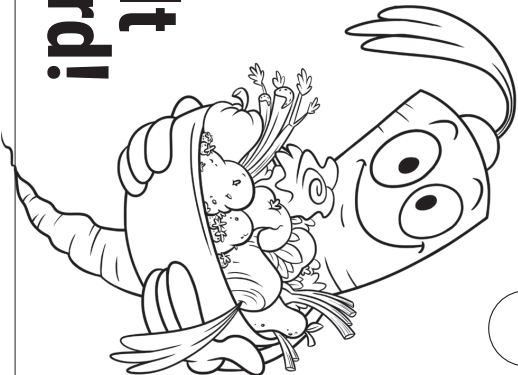
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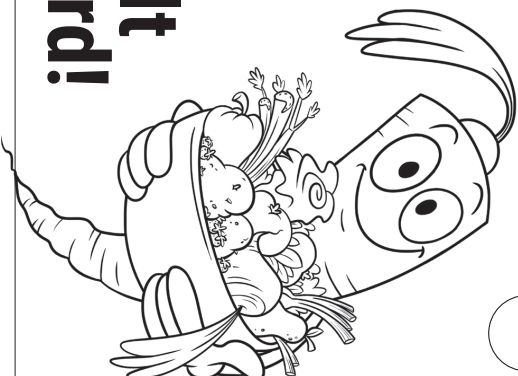
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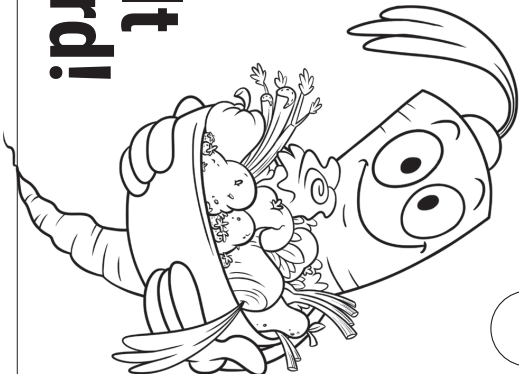
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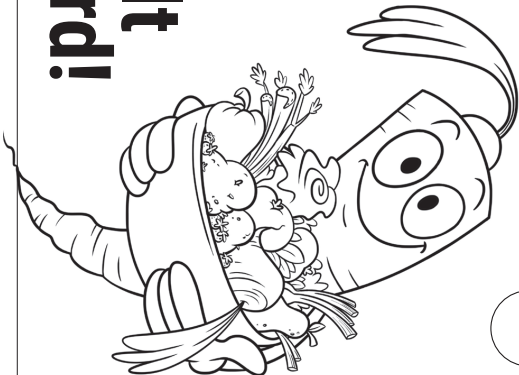
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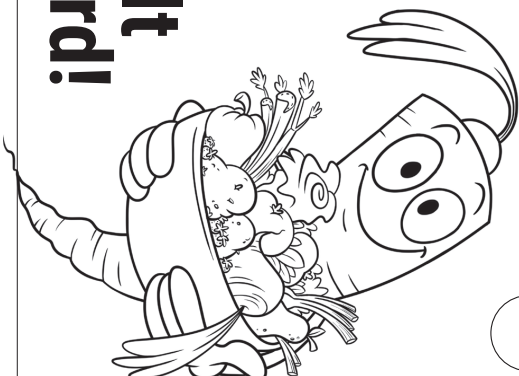
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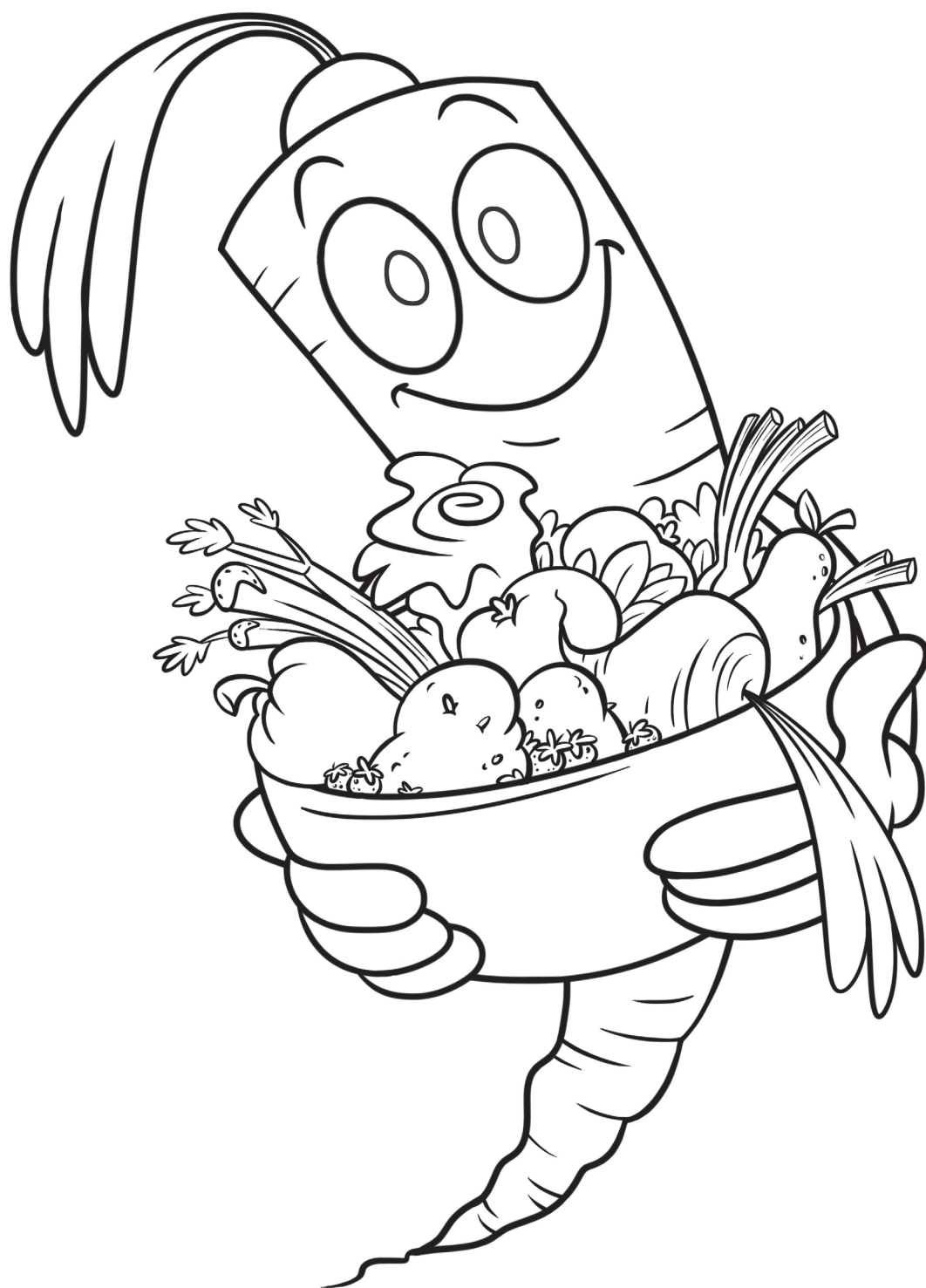
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# Rooty says...



# Plant it forward!