

# Fly Into Our NEHST



## Nature Education for HOMESCHOOL



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### Make Plantable Seed Paper!

Gather Paper, Tear, and Put it into the Blender  
Pour in Warm Water and blend it into a Smooth Pulp  
Stir in Seeds and Strain  
Spread out Pulp, Flatten, and Dry



Seed paper makes great note paper, postcards, and invitations!

Visit the [Plant Encyclopedia](https://www.bhg.com/gardening/plant-dictionary/) and check out some plants!

<https://www.bhg.com/gardening/plant-dictionary/>

**Calm yourself.** Find out what kinds of herbs and teas will help you slow down after a hard day at play!



**Buy a plant for your room!** There are certain species of plants that do not require a lot of work like succulents! Having living plants in your room has lots of benefits including...



- \* Increase happiness
- \* Boost healing
- \* Clean the air
- \* Humidify the air
- \* Assist with breathing
- \* Lower blood pressure
- \* Improve sleep
- \* Improve concentration
- \* Provide first aid or treatment for injury or discomfort