



Hi! I'm Sprig™ the Freedom Fighter.™

Did you know that the tree roots that grow in **MOUNTAIN FORESTS** break the mountain rock into soil and then help hold that soil in place so plants and animals can live there? Water that flows through forests down mountain slopes is being cleaned as it flows into lakes and rivers.

Where a forest grows changes the way that the forest helps the environment and the animals that live there. Forests that grow on the slopes of mountains, help hold soil in place as heavy rain or melting snow rushes down the hillsides. You can find a **Mountain Forest** in a **Tropical, Temperate or Boreal Forest**.