



MY PLANT JOURNAL



Who does this journal belong to?

Write your name below. The prompt says "my name is."

moon noon si _____

Heritage Michif

tân'si nisihkâson _____

Northern Michif

boon zhour monnom ay _____

Michif French

The strength of a plant

In Métis culture, we learn from the land. Plants give us food, medicine, and beauty. They carry joy within them and deserve our care. When we grow something, we strengthen our connection to all living things. Métis people have always learned from the land, planting, harvesting, and observing plants helped families survive, celebrate, and stay connected. When you grow your plants, you are carrying these same teachings forward.



I planted a wildflower seed

Right now it looks like this:



One day it will look like this:



What is the weather today?

Circle one:



Did my plant get water today?

Circle one:



Did my plant get sunlight today?

Circle one:



How does your plant make you feel?

Draw the plant:

A large empty rectangular box with a black border, intended for drawing a plant.

What is the weather today?

Circle one:



Did my plant get water today?

Circle one:



Did my plant get sunlight today?

Circle one:



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I planted a corn seed

Right now it looks like this:



One day it will look like this:



What is the weather today?

Circle one:



Did my plant get water today?

Circle one:



Did my plant get sunlight today?

Circle one:



How does your plant make you feel?

Draw the plant:

A large empty rectangular box with a black border, intended for drawing a plant.

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Circle one:



Did my plant get water today?

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Did my plant get sunlight today?

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Did my plant get sunlight today?

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How does your plant make you feel?

Draw the plant:

A large empty rectangular box with a black border, intended for drawing a plant.

I planted a bean seed

Right now it looks like this:



One day it will look like this:



What is the weather today?

Circle one:



Did my plant get water today?

Circle one:



Did my plant get sunlight today?

Circle one:



How does your plant make you feel?

Draw the plant:

A large, empty rectangular box with a black border, intended for drawing a plant.

What is the weather today?

Circle one:



Did my plant get water today?

Circle one:



Did my plant get sunlight today?

Circle one:



How does your plant make you feel?

Draw the plant:

A large empty rectangular box with a black border, intended for drawing a plant.

What is the weather today?

Circle one:



Did my plant get water today?

Circle one:



Did my plant get sunlight today?

Circle one:



How does your plant make you feel?

Draw the plant:

A large, empty rectangular box with a black border, intended for drawing a plant.

What is the weather today?

Circle one:



Did my plant get water today?

Circle one:



Did my plant get sunlight today?

Circle one:



How does your plant make you feel?

Draw the plant:

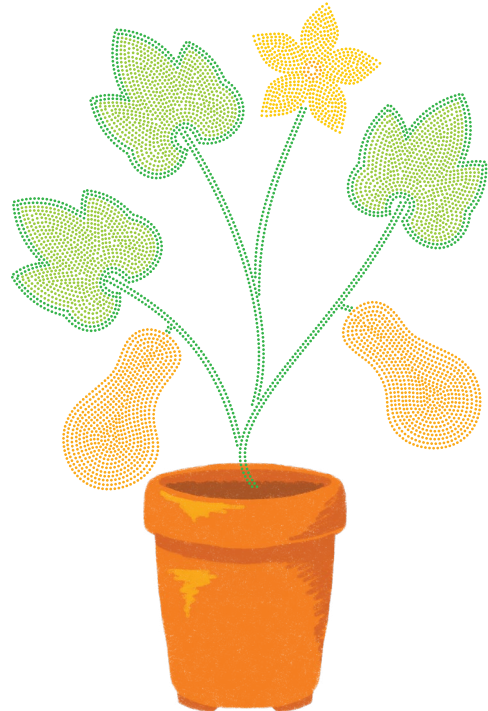
A large empty rectangular box with a black border, intended for drawing a plant.

I planted a squash seed

Right now it looks like this:



One day it will look like this:



What is the weather today?

Circle one:



Did my plant get water today?

Circle one:



Did my plant get sunlight today?

Circle one:



How does your plant make you feel?

Draw the plant:

A large empty rectangular box with a black border, intended for drawing a plant.

What is the weather today?

Circle one:



Did my plant get water today?

Circle one:



Did my plant get sunlight today?

Circle one:



How does your plant make you feel?

Draw the plant:

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The Three Sisters

The Three Sisters are corn, beans, and squash. Métis families planted them together because each plant helps the others grow. The corn stands tall, the beans climb the corn for support, and the squash spreads across the ground to protect the soil. They are called “sisters” because they work together and support one another, just like a family in the garden.

Let's learn how to say the names of the three sisters in each Michif Language:

Heritage Michif

Corn: lii bladenn

lee blaw-den

Beans: lii biins

lee-beens

Squash: si knoom
enn sitrooy

si-kohm en si-troy

Northern Michif

Corn: kâᑭwayô

kaw-gwhy-you

Beans: piwîᑭitôminak

pi-way-gi-too-mi-nuk

Squash: yîᑭicîpak

yee-gi-cee-puk

Michif French

Corn: lii bladenn

lee blad-enn

Beans: lii fayv

lee-fav

Squash: Traditionally
no word for squash

