



# 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.



# Learning the parts of a plant

Read each sentence in order to learn what each part of the plant does. Then, colour it in!

6. The **flower** looks beautiful, smells sweet, and makes seeds to grow new plants.

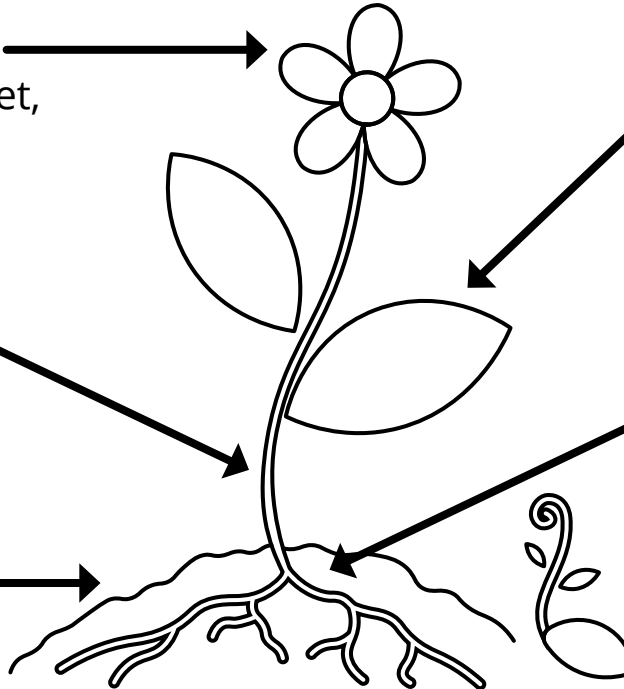
4. The **stem** holds the plant up straight and tall

1. The **soil** is the plant's home. It will keep it safe.

5. The **leaves** use the sun to make food for the plant

3. The **roots** drink up water from the soil.

2. Every plant starts as a **seed**.





# How will my plant grow?

With sunlight, water, and patience, your plant will grow big and strong.

1. Seed

2. Sprout

3. Seedling

4. Adult Plant

Now that you know how plants grow, it's time to plant your seeds and make observations!



An **observation** is when you look carefully at your plant to make sure it has everything it needs to grow.

Your plants won't change everyday; growing takes time!  
Try to observe your plant every one or two weeks.

# I planted a wildflower seed

Right now it looks like this:



One day it will look like this:



Date: Today is \_\_\_\_\_ the \_\_\_\_\_.

Describe the weather today using **two** of the following words

warm	sunny	cold	cloudy	rainy	windy
snowy	foggy	stormy	hot	cool	chilly
calm	wet	freezing	icy	frosty	bright

Today the weather is \_\_\_\_\_ and \_\_\_\_\_.



**Describe** means to explain what something looks like, sounds like, or feels like.

My plant has \_\_\_\_ leaves.

What changed about your plant?

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Did your plant get sunlight today? Circle one.

LOTS

It was sunny  
all day

SOME

It was sunny for  
part of the day

NO

It was  
not sunny

Métis people watched plants closely because the land teaches us what plants need. What is something your plant taught you today?

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Touch the soil. Is it dry?



YES  
It needs  
water



NO  
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# I planted a corn seed

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Draw the plant:

# I planted a bean seed

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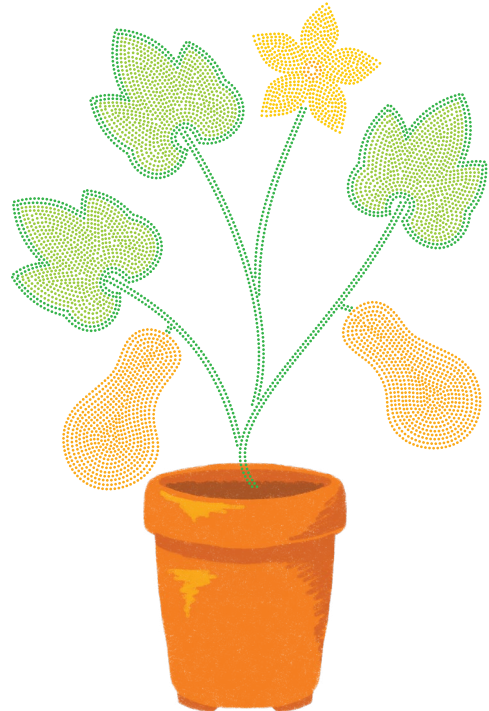
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# I planted a squash seed

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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



