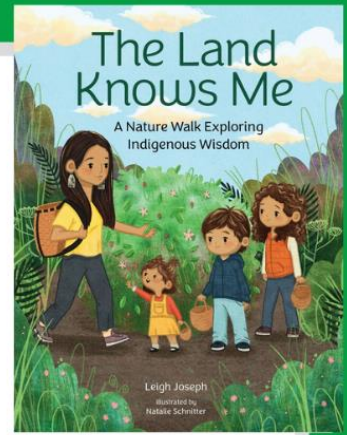


“The Land Knows Me”
written by Leigh Joseph
illustrated by Natalie
Schnitter



Discussion Questions

1. If you were to plan a plant walk in your neighbourhood or community, where would you go? What would you need to bring with you?
2. Which plants have you already met in your community? After reading *The Land Knows Me*, how would you introduce yourself to future plants?
3. How do you find mindfulness in nature?
4. Try the mindfulness activity with Styawat: Think about a place on the land that is important to you. Imagine yourself there and take time to picture every little detail. Describe in as many detail as possible what comes to your mind when you think about:
 - How does it feel when you go to this place?
 - Are there plants that connect to your memories of this place?
 - Are there important people who you have spent time with there?
 - What is the weather like?
 - Can you smell the plants around you or hear any animals?
5. List three interesting plant facts you learned on the plant walk with Styawat, Jake, Ava, and Aíilá?
6. How will this book change the way that you look at the plants around you?

