

## Appendix 7 Make a Plant Collection

*This activity should be considered with the items that families can gather safely. All outside activities should be considered carefully with the safety and well-being of participants in mind.*

**Step 1:** Find 20 different plants. Take a clipping, or dig up the whole plant and wash/dry the roots.

**Step 2:** Press the plant between pieces of paper or cardboard. Fold the plant if necessary, but don't break it. Put weights on top of it.

**Step 3:** A few days later when the plant is dry, tape each plant on a page to make a booklet. If the plant is too big, tape sections on the page instead.

**Step 4:** On each page write the date, time, and location you found the plant, its name, what you know about it, and, if possible, its name in your First Nations language. Template below

Date: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_  
Plant Name: \_\_\_\_\_  
Traditional Name: \_\_\_\_\_

Tape Plant here

Description: \_\_\_\_\_  
Traditional Uses/Preparations: \_\_\_\_\_

**Step 5:** Reflect on the plants you have chosen, considering:

- The importance of the plant to your community and family
- The historical importance of the plant
- How climate change may impact the plant species you have chosen
- Which species are introduced or invasive

**Step 6:** Choose a medium to share your new learning. Here are some examples:

- Make a TikTok
- Write a poem
- Create a PowerPoint
- Create a local field guide
- Write a news article

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