

4/11

PLANTING STORIES

with
Peace Lily



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WELCOME

The **Planting Stories Pathways** project is brought to you by KulturNest e.V. Germany and Tilia – association for the promotion of culture and cultural heritage, Croatia.

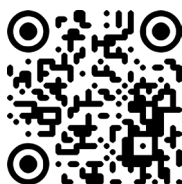
During in-depth research in both countries we discovered a simple and surprising phenomenon that happens between people and plants. When we truly connect with our houseplants, both we and they flourish.

From these experiences, we've created **11 zines** for people who are curious to learn how to develop their connection with plants and with themselves. The fun-to-use zines are filled with simple activities, reflections, and ideas inviting readers to explore their relationship with plants in their own way, at their own pace.

Zines can be printed on any ordinary printer and used whenever it feels right – whether there's a single plant or a green corner available. There's no right or wrong way to work with them.

We believe this gentle connection with plants offers comfort, grounding, and resilience that travels with people wherever they go.

For the full range of Planting Stories educational materials, more information on the background of this zine and how to use it, please scan this QR code.





Find
plant

Find
time

Find
place



Lines

Look carefully.
What lines do you
see in the plant?
Let your pen freely
draw what you



Connect
the lines
from both
sides.





Look carefully.
What lines do you
see within you?
Let your pen freely
draw what you

Connect
the lines
from both
sides.



Colours



Look carefully.
What colours do you
see in the plant and
around it? Let the
colours fill the page.

Combine
the colours





Look carefully.
What colours do you
notice within you
and around you? Let
the colours fill the
page.



Combine
the colours



Care. Water when the leaves start to droop slightly—they recover quickly. Repot every 1–2 years. Keep out of direct sun. Protect from cold.

Roots. They often grow so densely that they form a tight ball. Peace lily also grows horizontal rhizomes, which can store nutrients and send up new shoots and leaves, as well as grow new roots downward.





Flowers. The white “flower” is actually a single leaf. Hidden inside, almost unnoticed, are dozens of tiny flowers clustered on the pale spike. It is a quiet secret of the plant, revealed only to those who look closely.

Facts. Peace lily is not a real lily—it is a *Spathiphyllum*, which comes from the warm, shaded forests of Central and South America. It grows close to the ground under tall trees. It symbolises peace and protection.



Details

Draw details of the plant that make it unique.



Detail
in between





Draw details of
yourself that make
you unique.



Detail
in between



Presence in



I wonder what
would happen if you
sat still with a plant
for several minutes.
I wonder what you
would notice.

Stillness





Use this space to reflect. Take your pen and write all the thoughts that come to you, without editing or judging them. Free writing.

Writing



Co-created by
**KulturNest e.V. and
Tilia**

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Check for other
resources at:

<https://www.kulturnest.org/socio-cultural/planting-stories>
or udruga-tilia.hr/plantingstories

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