

PLANTING
STORIES.

8/11

THE STORY OF QUIET REVOLUTION ...AND BEGINNINGS...



HELLO!

This zine is inspired by plants and lovingly adapted for self-discovery work with indoor plants. It is part of a larger collection of educational materials titled Planting Stories, aiming at exploring and embracing the relationship between houseplants and humans.

A zine is a small, homemade magazine that people create to share their thoughts, art or interests. It's usually made by hand or on a computer, then copied and shared with others (self-published). For more information on the background of this zine and how to use it, please scan this QR code:



Take a few minutes to prepare your space and to make it supporting for this journey. You can: arrange light, mute music or TV sounds, open or close your windows or whatever makes you feel comfy. Grab your favourite pen and set aside some time for this inner exploration.

When you feel ready – sit with a plant.

One that has leaves. Well... One that has at least one leaf.

Observe this plant and slowly turn it towards the source of light. Turn it in such a way you think it's best for it.

If you can, go ahead and slowly clean your plant's leaves. Use a soft and dry cloth with a gentle, yet conscious touch.

Every leaf does something magical. Right now, at this exact moment, it is creating fresh oxygen for you.

Isn't that amazing?

Take a deep breath in.

And a deep breath out.

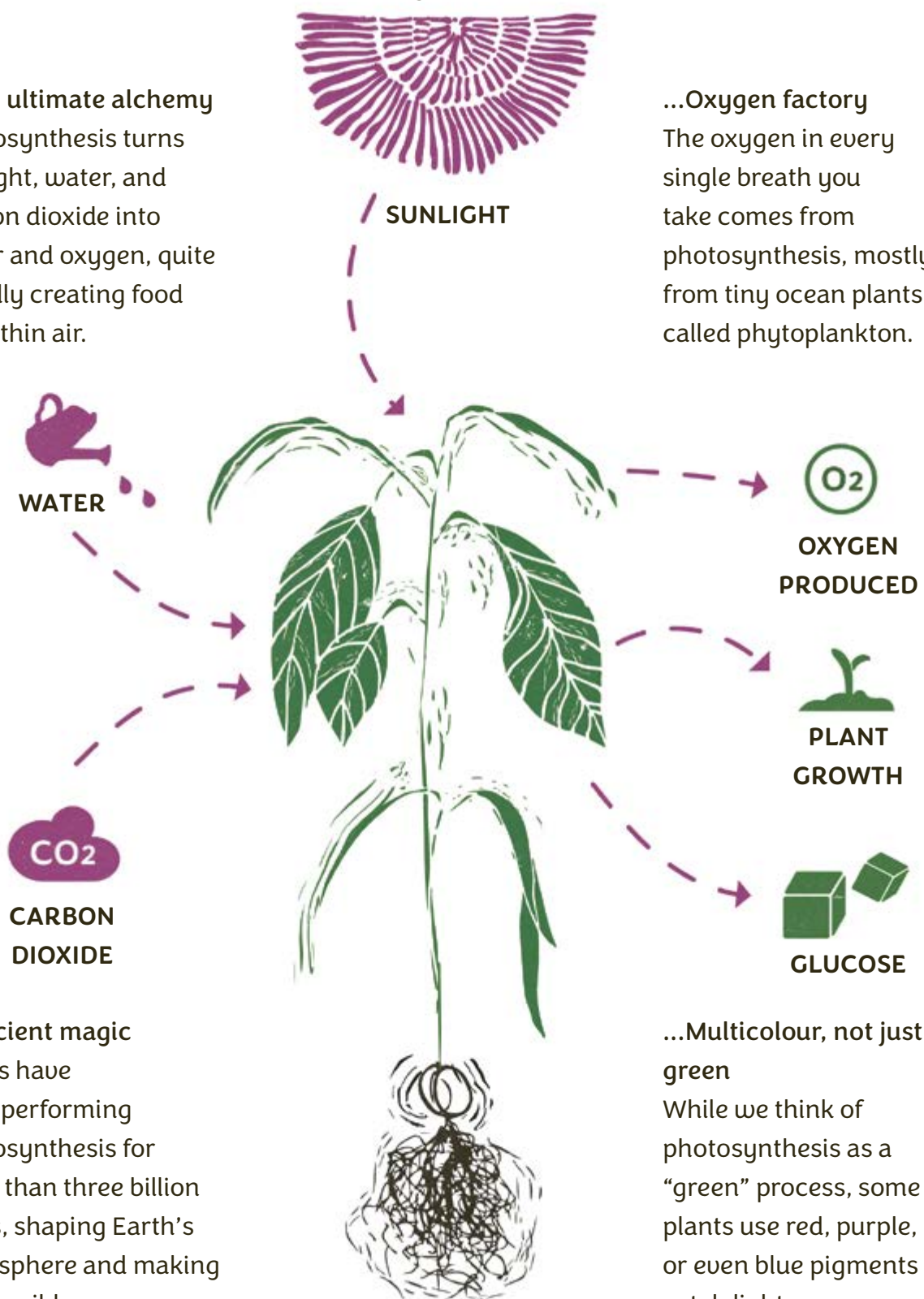
Welcome to another planted story!

This isn't just a story of a plant. This is your story, too. This is the story of a quiet revolution.

Photosynthesis is..

...The ultimate alchemy
Photosynthesis turns sunlight, water, and carbon dioxide into sugar and oxygen, quite literally creating food from thin air.

...Oxygen factory
The oxygen in every single breath you take comes from photosynthesis, mostly from tiny ocean plants called phytoplankton.



...Ancient magic
Plants have been performing photosynthesis for more than three billion years, shaping Earth's atmosphere and making life possible.

...Multicolour, not just green
While we think of photosynthesis as a "green" process, some plants use red, purple, or even blue pigments to catch light.

...Endless cycle

The energy from every bite of food you eat—whether it's bread, fruit, or meat—can be traced back to sunlight captured by photosynthesis.

PHOTOSYNTHESIS IS...

A QUIET REVOLUTION

It begins in silence.

A small green shape unfolds towards the sun—not only to be warmed, but to turn light into life.

For the first time, it creates its own food, its own strength. This moment changes everything. What was once fed now feeds itself.

Yet, the world does not always greet beginnings with kindness. Cold may hit, warmth may bless, winds may push without mercy...

In our lives, it is the same.

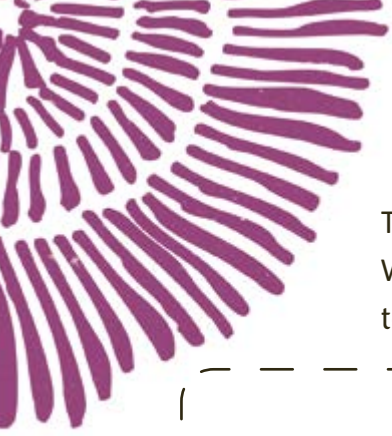
An idea comes up—small, almost invisible—and meets the world exactly as it is.

Some ideas fail, others take hold. And each of those shapes us.

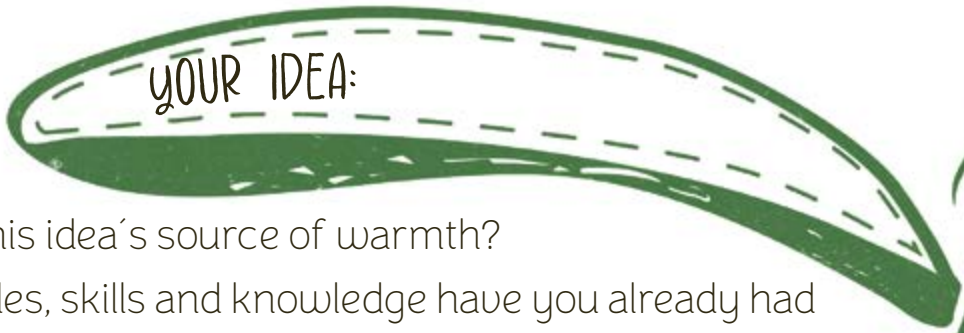
We learn to take in what comes along, to transform it, to stand taller. And when we do that, something deep within begins to move—slowly, steadily.

The start of a quiet revolution.





Think about one idea you have already turned into reality!
Write, draw or doodle. How did this idea come to you? Why did you want to turn it into reality?



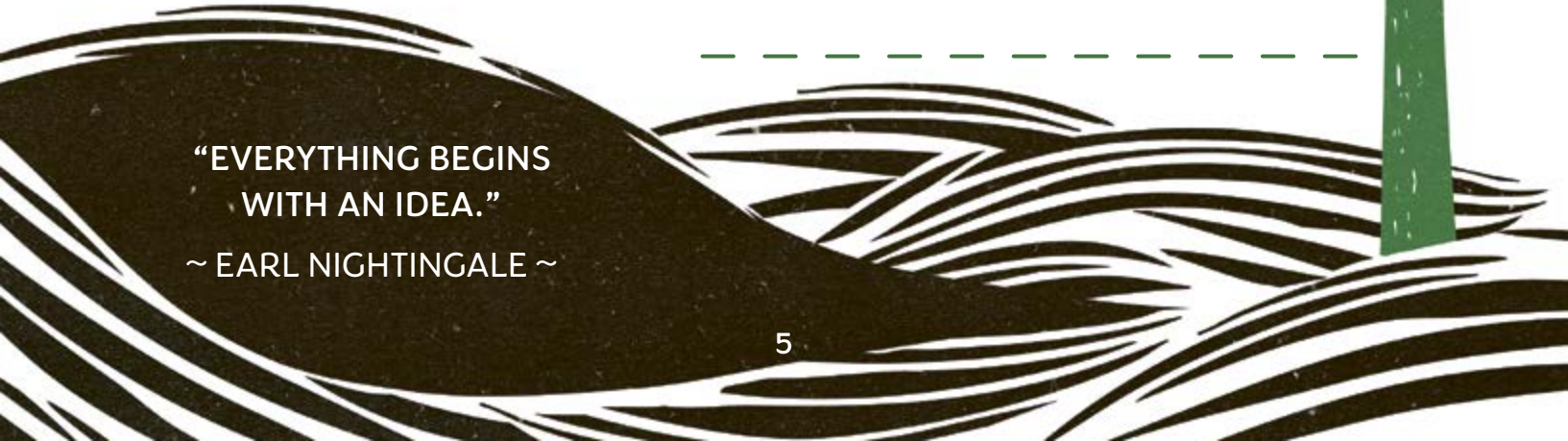
YOUR IDEA:

What was this idea's source of warmth?
What attitudes, skills and knowledge have you already had about it? Who helped you? What resources did you use?

What obstacles made this idea stronger, better, clearer?
In which way?

WHAT DID THE IDEA GROW INTO?

“EVERYTHING BEGINS
WITH AN IDEA.”
~ EARL NIGHTINGALE ~





Reflect on the following questions.

Notice what feels true for you, and write down your answers—or simply make notes or sketch your thoughts.

Think of a time in your life when you felt like the first leaf.

What made you vulnerable and what made you brave?

A large rectangular area with a dashed border, intended for writing or sketching answers to the reflection questions.

Imagine that you are the first leaf that is receiving life from the roots and the sun.

Who or what are you grateful for in your life and why?

A large rectangular area with a dashed border, intended for writing or sketching answers to the reflection questions.





Reflect on the following question.

Notice what feels true for you, and write down your answers—or simply make notes or sketch your thoughts.



How can you make your first leaves (ideas) grow bigger and stronger?

A large rectangular area with a dashed border, intended for writing or sketching answers to the reflection question.

Look at the plant in front of you again.

Isn't it amazing how it is actively using the carbon dioxide from you and turning it into oxygen for you?
And it all started with the first leaf.

Truly, a quiet revolution.

Take a deep breath in.
Take a deep breath out.

If you can – turn your body or stretch it into the position that feels best for you.

Leave your plant in its new position as well.





Thank you for taking this journey of
growth and connection.

Check for other resources at:

kulturnest.org/socio-cultural/planting-stories or udruga-tilia.hr/planting-stories/

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Lead Author: Elizabeta Petersdorfer
Lead Illustrator & Graphic Designer:
Nevena Moslavac



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