



SOM
SEED OF MEMORIES

CULTIVATING CARE

A RELATIONAL PLANT DIARY

THE HUMAN PERSON

eGamesLab

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WELCOME

This diary is intended as a bridge between the Human Person (you) and the Plant Person.

Too often, plants are treated like furniture, passive objects that simply occupy space. Here, we invite a different approach: to engage with the plant as a relational being, with its own rhythms, responses, and needs.

The purpose of this diary is to support an attentive ecology of care, one that emerges through ongoing interaction and mutual presence between the Human and the Plant.

KEY PRINCIPLES



NO “RIGHT” ANSWERS

This is an exploration, not a test. If a plant appears stagnant, that is an observation, not a failure. If care feels like a burden one day, write it down; that, too, is an authentic part of the process.

SELF-DISTANCING

Instead of saying “I watered it,” try: “The Human offered water to the Plant.” It may feel unusual at first, but this shift creates space to observe the relationship from the outside.

PAUSE

Each day, before touching or watering the Plant, the Human pauses for 10 seconds.

-Does the Plant appear thirsty?

-Does the Plant seem “at ease” in its environment?

As the Human pauses, they are invited to listen, to attend, as closely as possible, to what the Plant might be expressing.

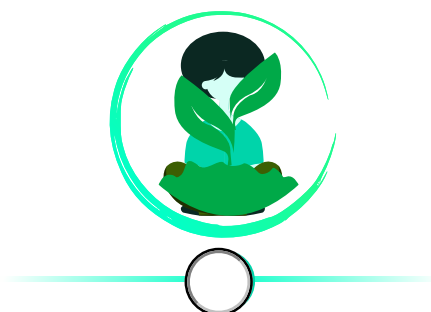
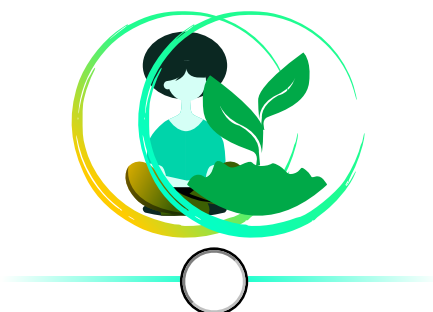
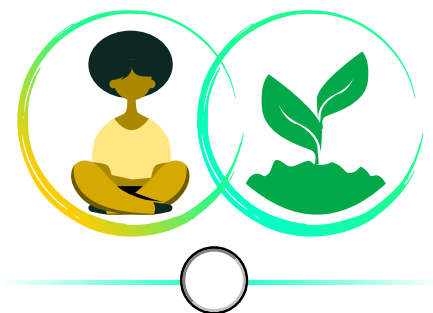
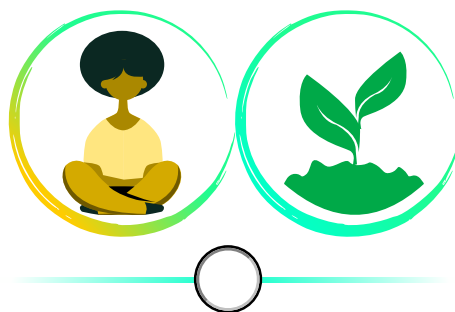
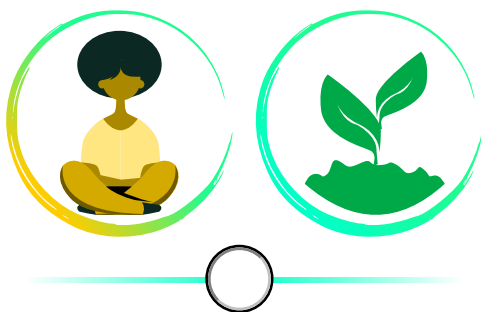
QUESTIONS

PRE-EXPERIMENT

Before beginning, take a moment to reflect on your relationship with plants. This captures your perspective before the experience.

How would you define your relationship with plants?

Select one below



SEEDLING

Open the seed bag: Take a moment to notice the scent.



Write three words to describe what you smell below



(	)	(	)
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Observe the seeds: Look closely at their texture, shape, and weight.



Write three words to describe what you see below



(	)	(	)
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Place the seeds: Take 3 seeds and gently place them on the soil/pot.



Write three words to describe what you feel below



(	)	(	)
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Sense the environment: Pause, close your eyes, and listen to the space
where the Plant will live.



Write three words to describe this habitat below



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Set an intention: Write a short intention for this new relationship.



To provide space



To grow together



To care for a living being



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DAY.....

How does the pressure of the Human's touch meet the Plant's soil?.



What feelings arise?



ADD A PHOTO

Use your phone to take a photo. Then return here and upload it using the button below.

DAY.....

The Human notices subtle changes in the Plant or its environment...



such as



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ADD A PHOTO

Use your phone to take a photo. Then return here and upload it using the button below.

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DAY.....

The Plant Person observes the Human Person.



Write three words to describe the Human's state today.



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ADD A PHOTO

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DAY

What signal did the Plant Person express today (if any)?



How did the Human respond to or respect this signal?



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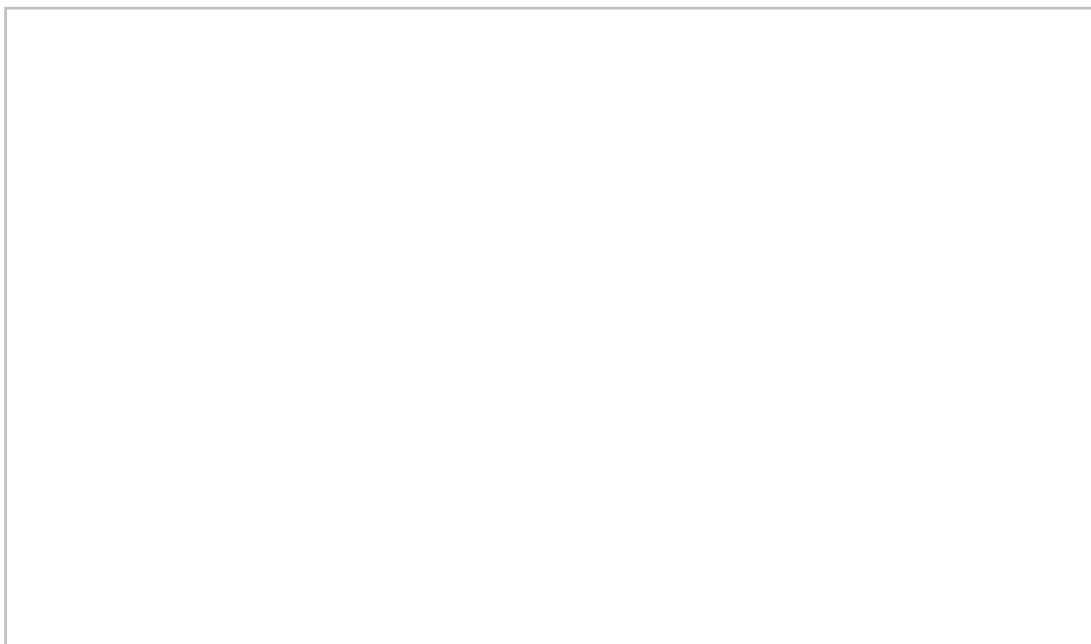
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