

TAKE ACTION GUIDE:

## SEEDS OF LIFE



### ABOUT THE FILM

Our environment—Mother Earth and biodiversity—is inextricably connected to our ongoing existence. That's the message of 14-year-old Diya Payal's film, *SEEDS OF LIFE*. This spirituality and approach to life infuses the work on the fields tended on her grandparents' farm, located in the foothills of the Himalayas in India. Diya tells the story of generations of farmers who live off the land and sell the surplus crops they grow, and the importance of preserving and growing indigenous organic seeds versus industrially produced and genetically modified seeds.

**"Food and farming is deeply connected to our spiritual and cultural relationship with the natural world. I wanted to share this idea with other young people, in the hope that we will choose to coexist in harmony with nature for the future of the planet and humanity, too." —Diya Payal**

## REFLECT AND SHARE

1. What surprised you about the film? Why?
2. What did you learn from watching this film?
3. How is the filmmaker's life similar to yours? How is it different?
4. Did watching this film make you want to change your behavior or the behavior of others? How?
5. What can we learn from witnessing other people's stories?
6. What is your story? What would you like others to learn from you?

## LEARN MORE

Diya brings her audience on a journey of learning and discovery as she uncovers the immeasurable value of indigenous seeds, biodiversity, and benefits of organic farming. Continue this journey for yourself by learning more about the importance of seed cultivation, farming, and climate change. Visit the sites below to get started.

### **Seed Savers Exchange**

Seed Savers Exchange works to educate and connect people through collecting, regenerating, and sharing heirloom seeds, plants, and stories.

<https://seedsavers.org>

### **Seed Matters**

Seed Matters focuses on conserving genetic diversity, promoting farmers' roles and rights, and seed research and education.

<https://seedmatters.org>

### **The Organic Farming Research Foundation**

The Organic Farming Research Foundation advances research on organic agriculture to create more resilient, healthy environments.

<https://ofrf.org>

### **One Earth**

One Earth focuses on the climate crisis. Below is their information sheet on why seed preservation is so important.

<https://www.oneearth.org/saving-seeds-for-the-future>

### **World Wildlife Fund**

The World Wildlife Fund's "The Living Planet Report, Youth Edition" has infographics and visuals to help explain environmental issues, what they mean, and actions to take.

<https://www.worldwildlife.org/teaching-resources/toolkits/living-planet-report-2022-youth-edition>

## TAKE ACTION

Learning is an important first step, but biodiversity won't be preserved unless we all make an effort to protect all the plants, insects, animals and other wildlife that comprise our diverse ecosystem. Join Diya's fight to preserve biodiversity and have a positive impact on the environment. Here are some organizations to get you started.

### **Organic Seed Alliance**

Organic Seed Alliance watches intellectual property rights (IPR) actions that could give ownership of seeds to one company or organization instead of keeping them as natural resources.

<https://seedalliance.org/resources/seed-patent-watch>

### **Yale Sustainability**

Yale Sustainability has tips for preserving biodiversity.

<https://sustainability.yale.edu/blog/6-ways-preserve-biodiversity>

### **Re:Wild Biodiversity Preservation Action Funds**

Re:Wild Biodiversity Preservation Action Funds provides funding for conservation resources.

<https://www.rewild.org/action-funds>

### **The Nature Conservancy**

The Nature Conservancy sponsors a variety of actions and climate justice campaigns around the world.

<https://preserve.nature.org/page/80352/action/1>

## ABOUT BYKIDS

BYkids produces real-world films for kids, by kids. Talented young storytellers from around the world are paired with seasoned filmmakers to create powerful documentaries about their lives. In partnership with public television and education innovators, we share the films and their educational resources to help make global issues feel personal, relevant and actionable for millions of students. Our work serves as a catalyst for change, igniting important conversations and inspiring a new generation of social activists. To support our work, visit [bykids.org/donate](https://bykids.org/donate).

This guide was created and written by Big Picture Educational Consulting.