

Worksheet: Exploring Identity, People, and Journey

This worksheet encourages you to connect personal experiences with broader historical and cultural narratives to contemplate identity, community, and future possibilities.

Theme 1: Who We Are

Explores personal identity through connections to meaningful places and personal values.

Reflective Questions:

1. What personal connections do the author and their family have with the places they visit, such as parks in the GTA, Etienne Brule, and Old Mills?
2. How do these designated "thinking places" contribute to one's understanding of personal identity?
3. How does the Robert Burns inscription ("Whatever mitigates the woes or increases the happiness of others...") reflect a core personal or societal value

Activity: Describe a place that serves as a "thinking place" for you.

Write a short paragraph explaining why this location is meaningful and how it helps you reflect on who you are.

Theme 2: What We Are as a People

This section examines how shared histories, ethical principles, and cultural dialogues shape collective identity.

Discussion Points:

1. How does the text illustrate the fusion of diverse cultural histories through sites like the Ashokan Pillar at Firoz Shah Kotla.

The text highlights core principles of Ashoka's Dhamma, such as Non-violence, Obedience, Generosity, Truthfulness, Purity of Heart, and Tolerance. How might these universal ethical principles help define a people's shared identity?

2. How do the referenced book club discussions (e.g., *Heart of Darkness* and *Things Fall Apart*) contribute to a collective understanding of cultural legacy and complexity?

Activity: List five values or traditions from your own community or family that help define "what you are as a people." For each, provide a brief explanation of its significance.

Theme 3: How We Reached Here and What We Can Become

This theme connects historical journeys and memories to envisioning a future built on ethical foundations.

Critical Thinking:

1. Reflect on the immigrant narratives and the historical fusion described (e.g., Ashoka's and Firoz Shah's legacies). How do these layered histories shape our present understanding of community?
2. Considering the practice of revisiting parks and histories, what role do memory and physical place play in shaping future possibilities for individuals and societies?
3. Based on the principles and interconnected histories discussed—such as harmony, ethical governance, and cultural integration—what kind of future can you envision?

Activity Imagine a community project or event that celebrates your cultural or personal history while actively promoting unity and a better future. Describe your idea in a few sentences.

Developed by: Prashant Bhatt, MD , MA, RP, Registered Psychotherapist Copyright-2025-12
version: Contact- 6478181385; drpbhatt@gmail.com

Bonus: Quotes for Inspiration and Reflection

- "Whatever mitigates the woes or increases the happiness of others / That is my criteria of goodness." Robert Burns
- Ashoka's Dhamma principle of Tolerance: Respect for all religious sects and their histories

RATTRAY MARSH-CONSERVATION AREA- 50 years 1975-2025



In 1967, concerned local residents, led by Dr. Albert and Barbara Reid, formed the "Protective Association of the Sheridan Creek Valley and Environs." This group mobilized public opinion, conducted ecological studies, and lobbied governments intensely to save the marsh from destruction.

1972: The Credit Valley Conservation Authority (CVC) began acquiring key parcels of land.

1975: A decisive agreement was reached. The Province of Ontario, the CVC, and the City of Mississauga partnered to purchase the core 90-acre wetland and surrounding uplands, permanently protecting it from development.

Official Opening: The Rattray Marsh Conservation Area was officially opened to the public in 1976.



