

# NUTSHIMIT

## IN THE WOODS

MELISSA MOLLEN DUPUIS  
ELISE GRAVEL



English text by Gaëlle Mollen

North Winds Press  
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To Pierre-David, Thalia and Elias.  
To my family and the Innu nation: thank you  
for inspiring me to continue to fight.  
— M.M.D.

Melissa would like to thank Yvette Mollen  
for her expert review of the book and  
the Innu-Aimun vocabulary.

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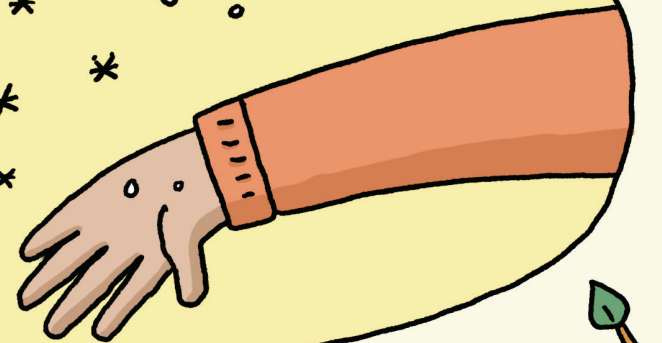
When I walk in the forest,  
I activate my **SENSES:**

**SIGHT**



**TOUCH**

BRRR!

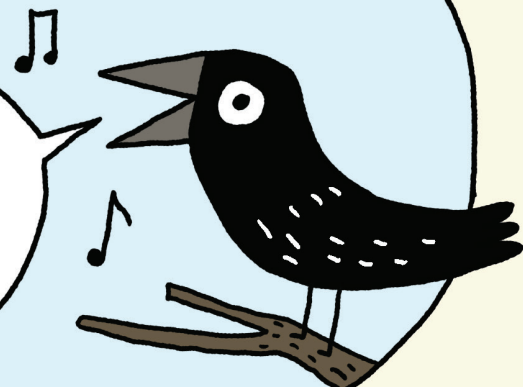


**SMELL**



**HEARING**

CAW!  
CAW!



**TASTE**

YUM!





That way, I can observe everything around me and immerse myself completely in nature. It's like taking a

## FOREST BATH.



Often, the first things I notice when I go outside are the

## TREES.

I love trees!

