Sun and Her Flowers by Rupi Kaur

Split into five movements—wiltng, falling, rooting, rising, blooming—a vibrant and transcendent journey about growth and healing. Ancestry and honoring one’s roots. Expatriation and rising up to find a home within yourself.


About the Author: Rupi Kaur is a Canadian poet, author, illustrator, and performer. With her mother’s encouragement, she began drawing at the age of five. She views her life as an artistic journey and has a degree in rhetoric studies. She is a poet and has performed her work internationally. Her debut poetry collection was published in 2014, Milk and Honey. It became a New York Times bestseller. The Sun and Her Flowers is her second poetry collection and was published in 2017. (Bowker Author Biography)

Questions for Discussion

1. What is significant about the title?
2. What topics does the author touch upon in her writings? How do those topics affect your life?
3. Is her use of metaphors effective or contrived?
4. Her style of poetry is similar to Nayyarih Waheed and Warsan Shinre. How does is compare?
5. Do you feel poetry is experiencing a resurgence? Why or why not?
6. Do you have a favorite passage from The Sun and Her Flowers?
7. Have you read Milk and Honey? Is there a similarity between them or are they completely different?
8. Do all of the poems feel as though they are of equal “weight?” If not, what makes one poem feel more significant than another?
9. Do the poems make use of symbols? If so, do the symbols carry or merely reinforce the meaning of the story?
10. Did any part of the book elicit a strong emotional reaction?