



Make a Journey Stick



Ages 5 +

Journey sticks were used by Native Americans and Aboriginal people to share stories from their travels.

You will need:

- An interesting stick (no longer than your forearm)
- Some natural materials that you found on a walk
- String, wool or elastic bands

On your daily exercise walk collect some natural objects that will remind you of your adventure. You could also try collecting different textures, colours or shapes.

Eco tip - Remember only collect things which have fallen off their parent plant:

- A brown leaf might remind you of the crunchy noise the leaves made as you walked over them
- A fallen petal may remind you of the butterfly you saw visiting the flowers. Don't pick flowers, the insects need them more than you do.

When you get home tie string, wool or elastic bands (loom bands work well) along the length of your stick. Tuck your objects under the string to hold them in place in the order that you found them. You can then use your stick to tell stories about your adventure or to remind you about what you saw, heard, smelt and did.



Bringing nature nearer