

Get outside: Journey stick

In many countries people have developed the idea of creating a journey stick to help them tell the story of their journey to others. It involves tying objects and colours to a stick that represent different experiences, feelings or parts of the journey.

You will need: coloured wool or string to tie the different things onto your stick.



Start by finding a stick as long as your foot...

...Set off on your journey and explore the landscape around you...

...Collect items that represent different parts of your journey - think about all the different experiences and feelings you encounter...

...Can you find a soft feather, a round seed and something yellow?...

...What about a piece of grass longer than your arm or something shaped like a the first letter of your name?...

...Tie all your items on to your stick with coloured wool in the order you found them...

...When you get home, use the reminders on your journey stick to tell the story of your adventure!

