

Journey Sticks



HOW TO MAKE A JOURNEY STICK:

To make a journey stick, you will need a few basic supplies. Younger children can use a piece of cardboard with double sided tape attached to secure their items to the card. Older children can make a journey stick the traditional way by choosing a stick and attaching items to it using string or wool. Make sure you spend a couple of minutes explaining this to children before you start, and only collect things that have fallen to the ground.

Here are a few ideas for questions you could explore with children while making your journey sticks.

- Do you want your journey stick to have a theme? For example, a colour, all flowers, all leaves.
- How long does your stick need to be? Think about how long your walk is!
- What senses does each item stimulate?
- What is the story that your journey stick is telling? Let your imagination run wild!