

# JOURNEY STICK

45  
mins



A Journey Stick is the story of an experience; a store for your memories. It will help you to understand more of your surroundings by noticing, collecting and finding out about the small things that you would normally walk past, step on or step over.

Everybody's journey is different and we all notice different things, such as wildlife, feelings, sounds and natural items. A journey stick is a great way to remember your journey so that you can tell people about it afterwards.

## HOW TO MAKE YOUR JOURNEY STICK

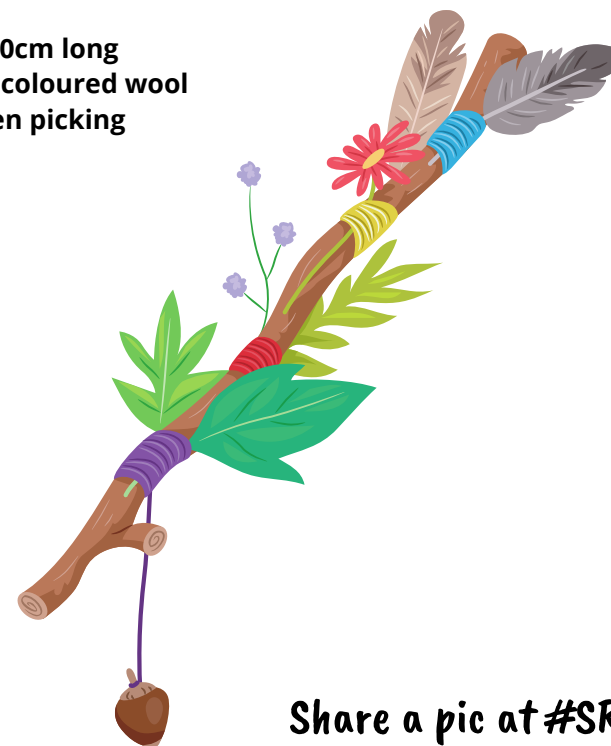
- 1. Find a stick!** Look for one that is around 30cm long and thicker than your thumb. It can be longer or shorter depending on the length of your journey.
- 2. Grab your string, twine or wool and go for a walk.** During your walk:
  - stop along the way and be still. What can you **see, hear, smell** and **touch**?
  - collect items of interest and bind them to your stick as you find them; start at one end of the stick and work in order to the other end.
  - if you have coloured wool, use a different colour for each item
  - preferably collect natural items, but if there is anything else you see that you can safely pick up and add to your journey stick, then go for it!
  - Please **don't pick flowers** or living things - choose items that have already fallen to the ground. Use colours to represent living things if you like.

## WHEN YOU'VE MADE IT

- 1.** Tell a friend, family member, your group or teacher about your nature walk. Use your stick to recall where you went. What sense does each item stimulate?
- 2.** If you are completing a learning diary, write a story or draw a picture to describe your nature walk.
- 3.** You could hang your journey stick on your bedroom wall.

## YOU WILL NEED:

- a stick, approx 30cm long
- string, twine, or coloured wool
- to take care when picking things up.



Share a pic at #SRESatHome

Younger children could use card and sticky tape instead.

Year 6+: find items that represent how you feel as you stop and pause at different points along your walk. Create a story or poem from the items you collect.



Find out how Native Americans and Aboriginal people used journey sticks to record their travels!

More activities  
[bit.ly/3dnjewS](https://bit.ly/3dnjewS)

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