



## Week 1: Make your own Journey Stick!

Type of activity - exploring outside (in a garden or on a walk)



Who is it for? All the family

### What do I need?

- Find a stick each, or share one together. You could find your stick near the start of a walk outside (lying on the ground, not living) or take a garden cane, walking stick or broom handle with you.
- Wool or string and maybe sticky tape.
- Scissors (adult to carry these).
- Sharp eyes, ears and curiosity!

### Introduction

We know that it is not possible for you and your families to go outdoors much at the moment. But having some fresh air, exercise, a change of scene and seeing signs of spring out on a walk are important to keep our body and minds healthy. So that means when we **do** go out, we want to remember the things we saw and heard, and treasure them for the times we have to stay inside.

Do you have a garden? Or will you be able to go out for a walk with your family this week?

Journey sticks have been around for many years - we know they were used by Native Americans and Aboriginal people to share stories from their travels and also as a type of map for someone else to follow.

### Here's how to...

Find your interesting stick, and start to wrap some wool around it at the top of the stick. You will wrap the rest as you go.

As you walk, use all your senses to notice what is around you and look for natural items to remind you of what you have seen and felt. A feather might remind you of beautiful birdsong, while a leaf might help you remember a tree you climbed. A piece of bark might remind you of the roughness of a tree or a pebble where the path was steep.

Wrap the wool around your treasures and the stick to keep them safe; use extra sticky tape for tricky items. Soon you will have a full journey stick!

### Now tell some stories...

When you get back home use your stick to share stories with someone else about what you've seen and done. If you keep it, you can re-remember your adventures and enjoy them over and over again! What will your next Journey Stick look like?