



Making a Journey Stick

Journey sticks are an easy activity to help encourage children to explore and engage with their natural surroundings.

1.

Choose the best stick you can find and take it with you on your walk.

2.

Along your walk try and notice what's around you and pick up any interesting natural objects such as seeds, leaves or twigs!

3.

Attach your objects to your stick using string.

Reminder: Only pick up items that are already on the ground for you to use, don't pull up wildflowers!

4.

Afterwards, try and use your journey stick to tell someone else a story about your walk!

