

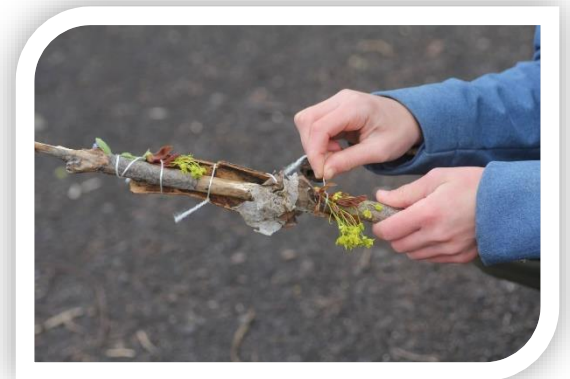
# A Journey Stick

Making a journey stick is an easy and fun activity. A journey stick is a way to remember a nature walk with natural items found on the way. Journey sticks come from Aboriginal Australia; they were once a way to tell the story of your journey.

To make a journey stick you need a stick with elastic bands wrapped around it or string wrapped and tied. You could also use a piece of cardboard with double sided tape to attach items to the card.



On your walk, look for things that you can attach to your journey stick – leaves, flowers, etc. Collect the items and attach them to the stick.



When you are home with your journey stick, use it to help tell a story. Ask about the journey and encourage them to tell you about each item they found.

