

# How to make a Journey Stick

\*With all nature activities, you need to be mindful of protecting your surroundings. 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.

## Supplies:

- Piece of cardboard (cut into a rectangle strip, like a stick) or use a cardboard toilet paper roll. If you have older kids, they can do it the traditional way by using a stick.
- Double sided tape (if using cardboard as base) or string or wool (if using stick). This is used to stick or attach your findings to.



After the walk, sit and identify your findings. Talk about what you found!

## Some tips when creating your Journey Stick

1. If you are going on a long walk, you might want the stick or cardboard piece to be longer.
2. Can you find items that stimulate each of our senses?
3. Is there a theme that can be applied? Color, season, habitat, etc.
4. What is the story that your journey stick is telling?