

Journey Stick

WHAT YOU WILL NEED:

- A large stick
- Elastics or double-sided tape
- Items found in nature
(flowers, leaves, sticks, feathers)

WHAT TO DO NEXT:

1. Cover your stick with double sided tape or small elastics.
2. Head out for a nature walk in your neighbourhood or on your favourite trail.
3. Collect items along the way and place them on your stick. If using an elastic, weave them in.
4. Talk about your walk and use the stick to retell your journey!
5. This is a fun way to talk about your adventure and all the items that were collected!

