

CREATE YOUR OWN JOURNEY STICK

A 'journey stick', also known as a story stick or nature stick, is a memento of a nature walk featuring items collected on the walk.

Materials

- A stick
- Wool or string
- Nature materials
 - Leaves
 - Twigs
 - Flowers
 - Any natural items you can find

Instructions

- Explore your favourite trail or path.
- Find a stick and gather nature material along your journey.
- At the end of your nature walk, attach the materials you collected to your stick using wool or string.
- Be creative, and enjoy your new journey stick!

