

# Make Your Own Journey Stick

## Materials

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- Short Stick
- String/Thread or Rubber Bands
  - If you want to get extra creative, you can use different colors of thread!
- Optional: Crayons/Markers, Double Sided Tape, Cardboard



## Getting Started

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### What is a Journey Stick?

A journey stick (also known as a story stick or nature stick) is a memento of a nature walk, featuring items collected whilst on the walk. These might be things like leaves, twigs, flowers, feathers, or anything else natural that you find along the way.

### How do you use a Journey Stick?

Have you ever experienced something so amazing or beautiful and wish you could hold on to that moment a little longer? A journey stick helps to capture these moments, strengthens our relationship to nature, and provides both a verbal and visual map to recount our day. The best part? A journey stick allows you to capture these special moments from your own personal experience and perspective.

### History of Journey Sticks

Aboriginal people in Australia used journey sticks to recount their journeys to other people upon their return. They found a large walking stick, collected materials found along the way, and tied them to the stick in chronological order. Native Americans also made sticks to recount their journeys and tell about their travels. These sticks can be used both for storytelling and for creating navigational maps from memory!

### Making Your Own

- To start the process, explore the above materials regarding the concept of journey sticks. You can even look up pictures and resources online (such as [here](#)) before setting out on your nature walk.
- Before you go, make sure you have your string, scissors, and crayons/markers.
- Make it part of the adventure to find your own personal stick! Then, wrap various colors of string on the stick to create layered stripes of color.
- Now, during each part of your adventure, tuck little physical reminders of that part of your story under the string, creating a visual narrative. You can also use your markers/crayons to create markings on your stick.
- You can make one journey stick for the entire family or individual sticks for each member, if they're old enough.

**Helpful Hint:** If you have very young members of your group, you may try using double sided tape on a piece of cardboard or bark - or using rubber bands instead of string.

### Share Your Story

Use your Journey Stick to share the story of your adventure with friends, families, and neighbors!