

Nature at home

Experience the magic of
Forest School from home!



Journey Sticks

Do this activity outside as part of your daily outdoor exercise.

Long before maps were used, the Aboriginal peoples made journey sticks to record their routes and discoveries. As you go for a walk, create your own journey stick as a record of your adventures.

Step One

When you're out for a walk, find a good stick. It should be shorter than your arm and probably quite straight (although it could be very bumpy or bendy). It's important you chose a stick you like.

Step Two

As you continue on your walk look for interesting natural things you can find around you. Start at the bottom of your stick and tie your finds on by wrapping your string/wool/pipe cleaner around the stick.

Step Three

Keep working up your stick by adding more items as you go on your walk, so your wool/string/pipe cleaner makes a spiral shape.

Step Four

When you get home, can you tell a story about your walk based on all the things you found? When you go for a walk tomorrow you could take the stick with you and see if it helps you remember the route you took.



Kit List

- Piece of string/wool or a pipe cleaner or sticky tape
- A stick.



If you are using sticky tape, wrap the tape around the stick in a spiral with the sticky side out. Make sure the tape sticks to itself at each end so it stays stuck on. Now you can stick your finds on.

