



Making a Journey Stick

A Journey Stick is a good way to remember a journey in a very sensory way! Enjoy a nice walk in nature and collect items for your Journey Stick as you go.



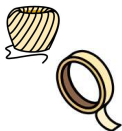
1. Go on a Wellbeing Walk.



2. Find a stick you can carry on your journey.



3. Collect natural items on your walk.



4. You can tie or stick items to your Journey Stick with string or sticky tape.



5. What do the items smell, sound and feel like?



6. Can you match your natural items to the symbols below?

