

Natural Ways to Wellbeing

Journey Sticks

Your Outdoor Journey - Your Story



Journey Sticks are similar to those made by native Americans. A map is the usual way of finding our way around, or to show others where we have been, but the woodland can also do this by the many different items it produces.

How to

The Journey Stick is created by first selecting a fallen stick that appeals to you. Then, whilst walking through the area pick up natural items/materials that have meaning to you (such as a leaf, feather or piece of moss) and tie them on to the stick in the order that they were found. This creates the 'Journey' or map of where you have been.

Once the stick has been completed you can share your personal journey with others to:

- Remind you of locations within the wood where you found a special item and lead a friend to where you found it.
- Navigate your way back to the start of your journey by looking at the items in reverse.
- Discuss how the items are linked to life that is found in the woodland.

What you will need

Scissors, twine or string, a stick and a sense of adventure!

You could also try:

- Creating a linear map of the journey by recalling each item's location and drawing that particular area/habitat on it.
- Create an imaginative story or poem based on what you found.
- Drawing the items on an actual map of the woodland, roughly where you found them.
- Take the stick home to show your friends, family or carers.

Stay safe and pay attention to public safety notices!