



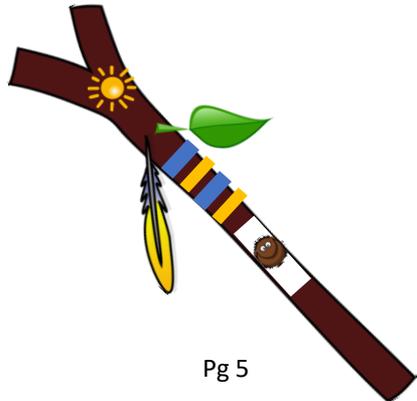
Journey sticks



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Exercise time

Go for a walk and collect objects that you spot on your journey. These items will remind you of your walk and what you spotted, i.e. a feather or leaf



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What are Journey sticks?

Journey sticks are a way to record things you have seen on a walk that can help you remember your journey.

Materials you'll need:
Paints to decorate, wool or string to attach items and your awesome observation skills to spot items to add!



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Get the family involved

Get everyone in the house involved. Each person has their own journey and this can be mapped by having your own journey stick. We all see different things and each walk will have a different story.

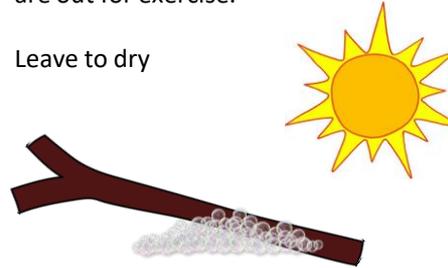


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How to make them?

Go for a spot of exercise in nature and look for a stick. Make sure the stick is safe to pick up and take home (no dog poo on it!). Once home give them a wash and don't forget to wash your hands too! story going. You now have a clean stick to use the next time you are out for exercise.

Leave to dry



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Create your story

One home why not share the story of your journey? You can create drawings to go with these story and share with friend and other family members by email. We've left space on the other side of this handy activity sheet for you to write your story and add some artwork.

You can make another stick at any time and then look at the different journey's you have made together!

Great work!



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Painting

This is your time to get creative, paint something on the stick, leave to dry.

Some ideas could include stripes, weather symbols, smiley faces. You can seal the paint with a mix of water PVA glue if you have any.



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We hope you have enjoyed this activity.

Try our other activity sheets and connect with nature. Each one is easy to print and create in your own home.

You can share your story on our face book page: Cumbernauld Living Landscape and follow our series at cumbernauldlivinglandscape.org



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Today on my journey I spotted