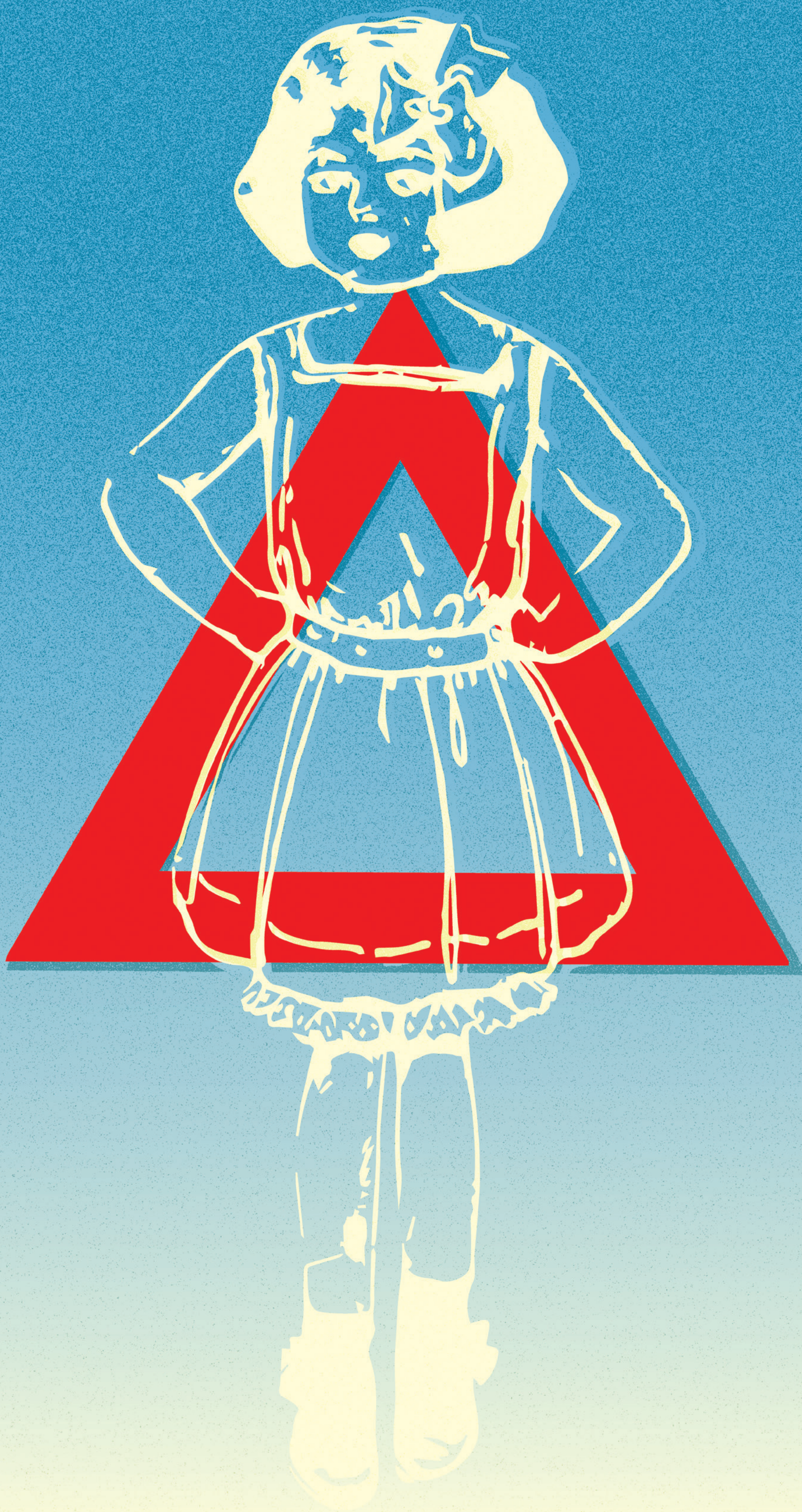


HOME
SCHOOL
HEROES

JOURNEY STICKS

JUPITER
ARTLAND 0001



HOW TO MAKE A JOURNEY STICK

Journey Sticks have been used by many ancient cultures to capture events and tell a story using the objects gathered while out walking. They are a great way to show that stories can be told in many different ways. The Journey Stick acts as a visual map of our relationship to an outdoor space.

YOU WILL NEED:
A handful of
string or wool

1.

First stretch your arms up high and waggle your fingers at the sky. Right, we're ready to go.

3.

Take your string or wool and tie it to the top of your stick. You're going to use this to tie your objects to your stick. Right, you're ready for a journey

4.

Start your walk and keep your eyes peeled. Look for things that stand out: a feather, a pinecone or an interesting stone. Remember it's your stick, it's your journey, you decide.

7.

Back at home, your journey stick really comes alive. Use your stick to tell the tale of your walk to someone in your household.

8.

Now remember they didn't go on the walk, so you can be as truthful or as magical as you like, however try and keep the unicorns to single figures.

2.

Now get your looking skills on and find the perfect stick. You're looking for something as thick as your finger and as long as your arm from wrist to elbow. Keep the trees happy and choose a stick from the floor. Once you've found it give the nearest tree a hug to say thank you.

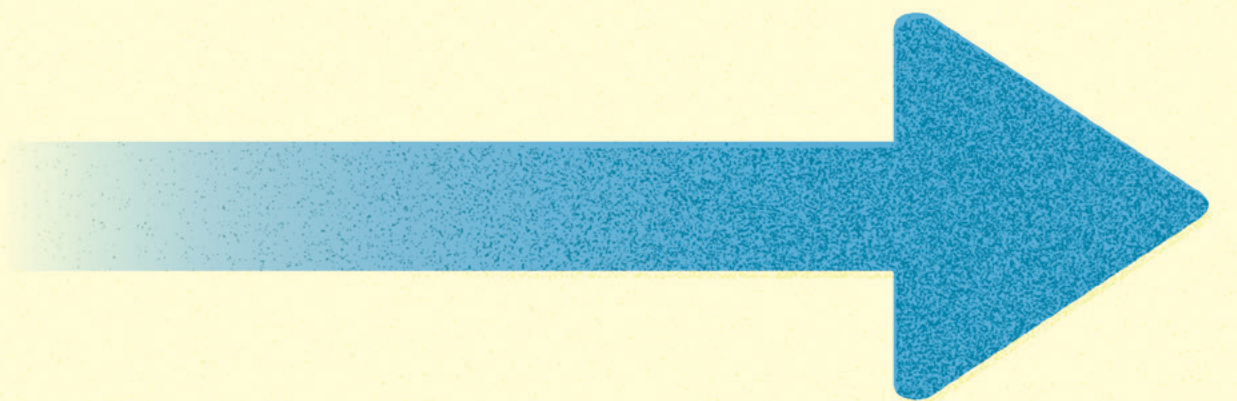
5.

When you've found something nice, pick it up and use the string to bind it to your stick. Round and round nice and tight, three times is good; it's the magic number.

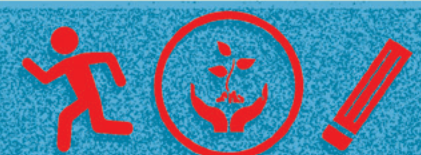
6.

Your journey sticks complete when the stick is full or your walks finished whatever comes first.

WANT MORE?



LEVEL UP ON THE NEXT PAGE



LEVEL UP BELOW!! KIDS WANT MORE!

Go on a new adventure and make a new stick

Try making a beach journey stick using driftwood!

Look at the difference or similarities in the objects you collect

What does that tell you about the environment?

If you have made lots of journey sticks put them all end to end

How long do they stretch? Guess first, then measure!

TEACHER ZONE

SOCIAL STUDIES

Use the journey sticks to initiate a discussion on the biodiversity. Journey sticks can be used to think about human impact on the environment.

EXPRESSIVE ARTS

Use the journey stick to form the colour palette for a painting that celebrates nature!

LITERACY

Encourage your students to take their English Lesson outside!

You can use the journey stick to instigate a written story. Encourage your students to create an animal character and write the journey through their eyes.

MATHS

Getting outside can be a great way for students to practice maths skills. Being physically active helps our brain power too. Try integrating measuring tasks that kids can undertake using their journey stick. How many sticks in 1 metre? Use the kitchen scales to weigh your stick before and then after your journey. How much do the objects weigh?

PARENTS CORNER

EXTENSION TASK ONE:

Lockdown is **HARD**, especially when we miss seeing our friends and family. Why not handwrite a letter with your child to a family member, telling them about your walk using your journey stick? Take your time and make the letter as beautiful as possible.

EXTENSION TASK TWO:

A journey stick can be about emotions rather than objects. Use the windowsill and post-it notes to make a 'How I'm feeling today' journey stick. Everyone has bad days now and again and it's good to remember the good moments too.



MINDFUL MOMENTS FOR HOMESCHOOL HEROES

Take time to take care of yourself. Some days, even getting out of bed deserves a medal! If you feel able, adopting a power pose can give you a wee confidence boost.



TRY THIS:

Standing or sitting, spread your arms out wide like wings. Puff out your chest and let your body take up as much space as possible. Be expansive. Hold for 1 minute, breathing deeply. If a power pose isn't for you today, just give yourself a big cuddle instead. You deserve it.

LUCKY LINKS

Random links each week for a daily dose of joy:

