

# Journey stick

In many countries people have developed the idea of creating a journey stick to help them tell the story of their journey to others. It involves tying objects and colours to a stick that represent different experiences, feelings or parts of the journey.



You will need to bring pieces of different coloured wool or thread with you on your walk.



As you walk look for a short stick. Then choose pieces of wool to show places, feelings and to attach objects to create your own journey stick.

