

NATURE ACTIVITIES for all ages

How to make a journey stick

You will need

- Strong, sturdy stick



- String (or double-sided tape)



- Scissors (if using string)



- Walking shoes



Always respect wildlife.
NEVER pick wildflowers.



- 1 Go for a walk, taking your stick and string (or tape).



- 2 Pick up things that interest you on the way...



Leaves



Feathers



Petals



Twigs

Remember: always wash your hands thoroughly before eating or drinking.

- 3 Use your string (or tape) to attach them to your stick.



- 4 When you get home, you can use your stick to remember, and talk about, your journey.



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Make a nature mandala

You will need

- Bags or baskets to collect natural materials

- Natural materials:



Sticks

Grass



Leaves



Feathers



Pebbles



Pine cones



Flowers

Only pick from your own garden and leave plenty for pollinators!

- 1 Head outdoors and collect your natural materials. Try to find a few of the same thing as this will help with your shape (eg. five yellow leaves, four twigs of equal length).



- 2 Find a flat surface – maybe a table or even your lawn or yard outside. Place one of your finds down first to act as the middle of the mandala.

- 3 Use the rest of your finds to make a pattern coming out from the centre. Consider the symmetry of your pattern, making one side mirror the other. You can be as creative as you like.



- 4 Remember to take a photo of your finished mandala!

The word 'mandala' is Sanskrit for circle. The circular shape symbolises how nature doesn't begin or end, but is always connected.

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