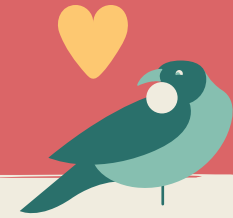


Journey Sticks



What are we learning?

To create a journey stick, a wonderful resource which will continue to grow and evolve. It is unique to you, a place to keep special things that you find or create in the outdoor classroom, and it also doubles as a walking stick for your hikoi.

Word Alert



Can you say ngahere in 5 different languages?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

How about hī koi?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Fun facts



Did you know Children and adolescents aged 6-17 years should do at least 60 minutes (1 hour) of moderate-to-vigorous intensity physical activity each day? This includes aerobic activities (like running or jumping) three days each week, and muscle building activities (like climbing or doing push-ups) three days each week.

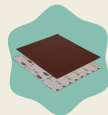
Walk and talk

Step 1: Get prepared

Along with your Kaitiaki kids backpack, kete or basket to collect your natural resources in, you will need:



Shoulder height sticks



Sandpaper



String



Glue



Rubber bands



Felt pens



Ribbons

Step 2: Find your stick

Kaiako might need to gather these in advance if your outdoor classroom doesn't contain a lot of sticks! It needs to be no higher than your shoulder, as it will act as your walking stick, so choose one that makes your heart sing!

Step 3: Prepare your stick

Sand down the outside of your stick to make it smooth and splinter-free. Next divide it into four sections- one for each season.

Step 4: Hikoi time

Off we go exploring! As you walk, look out for the signs of summer- the bright colours, the birds singing, and perhaps the dryness of the Earth. Sunny summer skies give us vitamin D, which is wonderful for our health and wellbeing. Collect natural resources that depict summer for you, just remember our rule: don't pick it! If you want to include it, perhaps try drawing it instead.

Step 5: Accessorize

Now it's time to beautify your stick! Using the glue, add your found treasures to express your experience of summer that is unique to you.

Reflection time

What did you learn today? Chat with the person across from you and see what they discovered. Perhaps you might like to show what you created.

Challenge or extension: Use your journey stick as inspiration to tell a story. You could describe, act out, or draw your journey. What story comes out from this experience?