

JOURNEY STICKS

On Passover, we commemorate our ancestors escaping from slavery in Egypt. After the exodus, they wandered in the wilderness for 40 years on a terrific journey to the Land of Milk and Honey. Today, we will go on our own journey and use a stick, like our ancestor Moses used, to guide us and help us create a keepsake of our adventures.

DURATION 20 minutes
AUDIENCE 4 years +
SETTING Outdoors
THEMES Hiking,
Passover

DIRECTIONS

1. Find an area where you can explore and take a walk (ideally outdoors in open green space, but you can adapt and do this activity with things around the house or on a balcony or porch!).
2. Find a sturdy stick about the length of their arm.
3. Wrap the yarn or elastics loosely around the stick.
4. Walk slowly, keeping an eye out for things that make you say Wow! You might see a funky pinecone, a beautiful leaf, an empty seed pod...
5. If the thing you notice is not alive or growing from the ground, you can securely attach it to your journey stick using the yarn.
6. You can bring your stick with you on future adventures and keep adding to it or you can keep it as a memory of your journey!

MATERIALS

- Colourful yarn (about 3x the length of your arm) or a handful of elastic bands



We'd love to see pictures of your journey sticks! Tag us on social media [@ShoreshTO](#).

Follow us on [Facebook](#) or check out our [blog](#) for more Jewish nature-based activities you can do at home!