



Outdoor activities resources

Time: 10 minutes | cost: free | location: outdoors

yha

Something sticky

Close your eyes and memorise the feeling and shape of a stick.
Can you identify your stick from a collection?



You will need:

- a bag of different interesting sticks, enough for everyone

You will learn

To value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

To be happier

Be cheerful, have fun, and love your life.

Before you begin

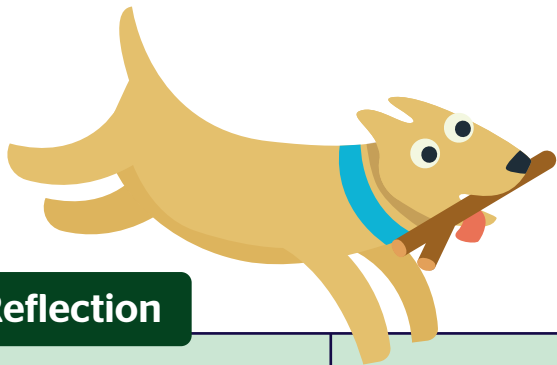
Fill a bag with enough sticks for everyone in your group to have their own. You need a variety of sticks - try to find ones of different lengths, thicknesses, textures, and shapes.

Get stuck in

- 1 Everyone should sit in a circle and close their eyes. Anyone who doesn't want to close their eyes could sit facing out of the circle and put their hands behind their back. If you've got a large group, you might want to split into a few circles.
- 2 The person leading the activity should pass the bag full of sticks around the circle.
- 3 As each person gets the bag, they should take out one stick.
- 4 Everyone should try to feel their stick (without opening their eyes) so they can really get to know its shape, length, and texture. What makes their stick unique? People could also smell the stick or rub it against the floor and listen to the sound it makes.
- 5 The person leading the activity should pass the bag back around the circle. Everyone should put their stick back into the bag.



- 6 When all the sticks are back in the bag, everyone should open their eyes. The person leading the activity should tip the sticks out of the bag into the middle of the circle.
- 7 Everyone should take it in turns to describe their stick and pick it up from the pile in the centre.
- 8 Everyone should work together to make sure everyone gets their stick back.



Reflection

Time	Activity
5 minutes	It's easy to label lots of different things under the same category, for example, sticks, trees or flowers. But nature is so varied that even a basic twig is unique. Ask everyone to describe some of the differences between the sticks. Was anyone surprised by just how varied sticks can be?

Change the level of challenge

If one person describes their stick, can the rest of group find it in the pile?

