

Sit Spot



A sit spot is a place to go all your own where you can sit, observe your natural surroundings, and clear your mind.

Finding Your Spot!

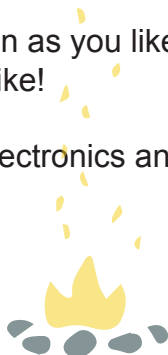
- Choose someplace comfortable that you can visit daily
- You don't have to travel to a forest or mountain to have a sit spot in nature. Nature is everywhere!

Some possible sit spots:

- A comfy seat by a window
- A porch with a view of the yard or neighborhood
- A tree or stump to lean against, near your house
- In the crook of a low tree limb (ask an adult first and DON'T climb higher than you are tall)
- A spot in your house near a house plant
- Get creative! Your sit spot can be anywhere you like!

Visit Your Sit Spot:

- Tell a grown up where you are going and have them set a timer for at least 5 minutes and go sit in your spot
- Visit as often as you like, and for as long as you like!
- Leave all electronics and toys behind



What am I doing here?

Observing your surroundings and taking time to clear your head.

Here are some things to think about at your spot:

What plants do I see?



- Where is the closest plant to my spot?
- Where is the furthest plant I can see?
- Are there any new flowers or leaves since I last visited?
- Do they look familiar? Where have I seen them before?

What animals and insects do I see?



- Are there squirrels jumping from tree to tree, birds soaring overhead, or ants working nearby?
- What are these insects or animals doing?
- Where might they live?

What do you hear?



- What is the closest sound you hear?
- What is the furthest away sound?
- Which direction are the sounds coming from?

Can you observe any humans from your sit spot?

- Are people nearby talking, working in yards, walking down the sidewalk?
- People have habits just like animals. What patterns do you notice?

When the time is up, share your observations with a friend or family member. Or observe how it changes the next time you visit your sit spot!

