



Sit Spots

Observe and connect with nature!



What is a sit spot?

A sit spot is a place that you can return to regularly in the outdoors. By being in a sit spot, you can connect, understand, and observe that natural world on a deep level. It is important for many reasons to be able to observe and understand what is happening around you.

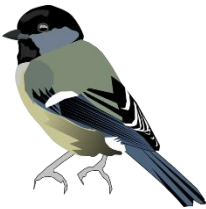
People who work with nature use their observation skills every day to solve problems, connect with their environment, collect data, and heighten their senses and awareness.

A sit spot can also be useful to track changes in nature over longer periods of time, such as through the fall, winter, and spring. Try it out for yourself and see what you discover!

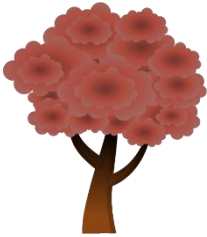
Sit Spot Activity



Pick a spot where you feel comfortable being for at least 15 minutes. This could be indoors or outdoors (try and get outside, if you can), under a tree, on a park bench, or looking out a window. The important thing is that you can return to this spot every day.



Take some time to settle into your spot. What do you see, hear, and smell? How do you feel? Take 5 minutes just to be in your spot and notice. You can use the attached worksheet to guide you.



Write or draw what you notice over the next 10 minutes. You can use the [nature journaling guide](#) during this time if you want, or you could get creative on your own. You could write a poem, story, paint, collage, or however else you want to record what you notice! Notice if anything has changed from the beginning to the end of your 15 minutes. How do you feel?

Return to your sit spot each day this week, following the same steps.

Here are some tips on how to choose your sit spot:

- Pick a spot where you feel good and comfortable.
- Look around your spot to make sure it's safe. Be on the lookout for low-hanging tree branches, broken glass, or any other hazards.
- Pick a spot that interests you. Is there a cool looking tree nearby? Any wildlife?
- If you cannot go outside, choose a spot indoors where you can see the outdoors or the sky, such as near a window.

Once you pick a sit spot, use this sheet to guide you:

Date:

Time of day:

Weather:

What do I see?

What do I hear?

What do I smell?

How do I feel?

What do I wonder?

Use this page for recording your observations and feelings. Get creative!