

Unit 1: Our Community

WEEK 3 Day 1

Outdoor Learning: Sit Spots and Nature Journaling

Children reflect and write/draw outside while sitting in one spot.

****This lesson can be conducted with the whole class or in small groups.**

Big Ideas	One way people in communities communicate is through stories. People in communities represent their experience and traditions through artistic expression. Communities interact with and are affected by their environments.
Guiding Questions	How do you most effectively communicate your thoughts, ideas, feelings, and traditions? When is it important to work in a group or independently?
Materials and Preparation	Identify an outdoor area large enough for the class or a small group to find a space to sit by themselves. ● nature journals Store bought or class made. ● writing and drawing tools ● materials to create journals (optional): ○ paper ○ heavy paper/tagboard for covers ○ hole punch to bind the journals ○ Sticks (just a bit shorter than the length of the spine) and rubber bands: use the rubber band to attach the stick to the journal by putting the rubber band through the holes and around each end of the stick.

Outdoor Learning

	○ Covers can be decorated with natural materials, stamps, drawings, etc. Different types of nature journals: ● Nature Journal using a stick ● Paper Bag Book ● Easy Nature Journal
Intro	Bring children outside to the identified area. Every child chooses a place to sit and visit regularly throughout the year when the class is focused on outdoor learning (their “Sit Spot”). Invite children to spend a few minutes at their Sit Spot to get to know the area.
Activity	Children draw or write in their journal while they observe their surroundings.
Notes	With more time outside, increase the amount of time children spend at their Sit Spot until they are spending at least 5 minutes there. As the year progresses and the children become more comfortable with this activity, spending 10-15 minutes at their Sit Spot will be achievable. Each time children are at their Sit Spots, they will notice changes in the environment and wildlife. They can meet as a class and share their discoveries.
Facilitation	● What do you notice while in your Sit Spot? What do you see/hear/smell/feel? ● What animals or plants did you see at your Sit Spot? ● Did your spot look different than the last time you were there? ● What story could you tell about that animal/plant you noticed?
Extensions	Use the information garnered by the children during their Sit Spots to start a Phenology calendar. This is a calendar that keeps track of happenings in the natural world. Keep a chart with a list of the animals, plants, and weather the children notice when they are outside. Over the course of the year, many patterns will emerge and children will begin to predict and have

	a sense of which animals or plants to notice each month and how the weather may affect what they see.
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