

Find your Sit Spot



Finding a place that you can sit and relax in nature can be a great way to unwind in this busy world, plus it gives you a chance to really get to know part of a local habitat. This is a mindful practice but also a great practice in observation and creating a nature connection.

Getting Started – It's Easy!

Who: all ages (younger children may need more guidance)

Where: inside or outside, in a city or in a rural town

Materials: none are required but optional items- cushion, chair, notebook

Length of time: 15-30 minutes or more

Note *When choosing your sit spot make sure you are allowed to be there, someone knows where you went and when you will be back.*

Let's Begin:

Grab any materials you may want, dress for the weather and go pick a spot. Most people have one spot they use year-round, but if you are new to this practice you may want to try a couple places till you find that special location for you. This can be a quiet activity you do alone or one you choose to share with someone close to you such as a child or partner.

- Pick a spot or visit your spot
- Take a minute and just observe- look, breathe, smell, listen
- Now settle in a spot and begin your observations

Thoughts and activities for your Sit Spot

- Get to know your spot in all seasons
- Get to know the trees and plants around you
- Get to know the animals that you see there, but not too close
- Make observations about the area so it is special to you
- Use your senses- focus on sight, sound, touch, and listening
- Eventually this area will be as familiar to you as a close friend or family
- Try Keeping a Nature Notebook activity
- Try Sound Mapping activity

Create an indoor sit spot

To create an indoor sit spot it is best to be near a window where you can observe parts of nature. You can always add plants, nature pictures, or other natural elements nearby (as long as that is allowed). Once your spot is set go ahead and practice all the same thoughts and activities mentioned above.