

## Nature at Home - Sit Spot

*The secret to doing a sit spot is to keeping going back to the same place again and again. You can visit your sit spot as frequently as you wish - try for once a day or once a week. You don't have to sit for long - but try for at least 5 minutes. Give your self a chance to quiet your thoughts and focus on your senses - it can be hard at first but gets better with practice. You can do this anywhere - your backyard is the perfect place to start.*

*Here's what you do:*

- 1. Go outside*
- 2. Find a place where you can sit comfortably*
- 3. Take some deep breaths and practice using your senses - what do you see, hear, smell?*
- 4. Repeat as often as you can.*



*You can use our sit spot sheets to help you focus while you are at your sit spot. This sheet will be for the first time you do your at home sit spot. After this first time, you should use the 2<sup>nd</sup> sit spot page.*

## First Time Sit Spot

Observer's name \_\_\_\_\_

Today's date \_\_\_\_\_ Location \_\_\_\_\_

1. Why did you choose this spot to be your spot?

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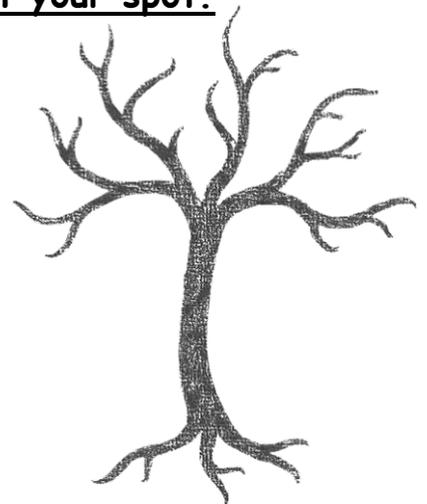
2. You will visit this same sit spot each time. Write or draw yourself some clues or directions to help you find your spot next time you come out.

3. Write about or draw something interesting you see at your spot

**Now choose one plant (a tree or a shrub) that lives at your spot.**

1. Plants come in all sizes. The top of my plant is:

- So tall I have to look up to see the top
- About as tall as me
- Above my knee but shorter than me
- Lower than my knee



2. I can put my arms around my plant.....  yes  no

3. My plant is (check all that apply)

- Near a building
- By itself
- Near other plants
- Near the driveway/sidewalk

4. Here is a picture of what my plant looks like today:



5. Today my plant has: \_\_\_\_no leaves, \_\_\_\_leaves, \_\_\_\_buds, \_\_\_\_flowers, \_\_\_\_ seeds/fruit

**If it isn't your first time doing your sit spot - use this sheet.**

Observer's name \_\_\_\_\_

Today's date \_\_\_\_\_ Location \_\_\_\_\_



1. Draw or use words to describe what the weather is doing today

2. Write about or draw something interesting you see (or feel, smell, or hear) at your spot  
(Do you see/hear any animals? What are they doing - why? Have any animals visited your spot? How do you know? Do the plants look the same or different compared to last time?)

**Now look at your plant (the one you picked, that lives at your spot)**

3. My plant looks noticeably different..... yes  no

If "yes," what has changed?

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4. Today my plant has:

- |  |  |
|--|--|
| <input type="checkbox"/> No leaves     | <input type="checkbox"/> Little, tightly closed buds |
| <input type="checkbox"/> Little leaves | <input type="checkbox"/> Buds that are opening       |
| <input type="checkbox"/> Big leaves    | <input type="checkbox"/> Flowers                     |
| <input type="checkbox"/> Seeds         | <input type="checkbox"/> Fruit                       |

5. Here is a picture of what my plant looks like today:



6. Write one "I Wonder" question about something at your spot

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