



Try A Sit Spot

What is a Sit Spot?

A Sit Spot is a place you choose in nature to sit and observe what you notice for a period of time. Naturalists practice sit spots to observe and get a better understanding of their environment and the animals and plants that live there and track changes over time. However, everyone can benefit from a Sit Spot practice! It is a wonderful activity for the whole family. See our handout, “Nature and Wellness,” for the many benefits of spending time in nature.

Tips for Practicing a Sit Spot:

1. Choose a place in nature. It could be your backyard, a nearby park, walking trail with benches, nature center. Make it close to your home so that you will use it regularly. Make sure the place you choose feels safe for you. You need to be able to relax and be still in your sit spot.
2. Start small: Plan to sit for short periods of time to start—5 minutes is a good start for children. Over time, 15-20 minutes can be ideal. Have a goal to sit 2-3 times a week to start and maybe practice every day, if your schedule permits.
3. Bring a seat or choose a spot with seating and take a seat and get comfortable. Silence your cell phone and set it aside. This is time to connect with the natural world around you.
4. Notice your breath and feel your seat making contact with the earth. Take a look around you and notice what you see. Let your eyes land on something interesting and observe. Then, keep noticing what else you see from your sit spot.
5. Allow your other senses to be engaged with your environment. What do you smell? What sensations do you feel on your skin (cool, warm, moist, dry)? What do you hear (leaves rustling, bird calls, insect sounds, water, wind, rain)? Is there something you want to touch (a rock, tree trunk, leaves—just be sure it is safe)? Notice if your breath has changed.
6. Consciously tune into the patterns of nature you are observing and stay curious. It can be fun to bring a notebook or sketchbook and note or draw interesting things you notice. As you return to your sit spot over time, you can note changes in the environment.
7. If you do this with children, take time to share what you are experiencing with each other. Allow for some quiet time for them to observe and then talk about the plants, animals, colors, smells, shapes and textures that they are noticing. Keep repeating this exercise and it can be a great learning tool. Over time, you can discuss what has changed with the seasons.

To learn more about Sit Spotting, check out these resources online:

<https://www.sensorytrust.org.uk/resources/activities/sit-spot>

<https://nature-mentor.com/sit-spot/#exercises>

<https://runwildmychild.com/sit-spotting-nature-meditation/>

